



Photo by Michael Lee Pope/Gazette Packet

Candidates for City Council prepare for their second debate.

Council Debate Heats Up over Taxes, Spending

“Telling the truth is not vitriolic.”

By Michael Lee Pope
Gazette Packet

The high-water mark of Tuesday's City Council candidates forum was a clash between former Councilman Justin Wilson (D) and two incumbent members, Councilman Frank Fannon (R) and Councilwoman Ali-

cia Hughes (R), over taxes and spending, a key issue that hits voters in the pocketbook each year when property tax bills are issued. After Fannon and Hughes spoke about fiscal restraint, Wilson went on the attack.

“There they go again,” said Wilson. “Just like in 2009, Councilman Fannon and Councilwoman Hughes are resorting to the same, tired national talking point about taxes.”

Wilson said that months after being sworn in, both Fannon and Hughes proposed a higher tax rate during the add-delete work session. Fannon and Hughes

ended up voting against the budget that year, but Wilson says their willingness to propose a higher tax rate during the budget negotiations demonstrated that they were trying to have it both ways. He also criticized Republican candidate Bob Wood for suggesting that having developers spend money should be a “last resort,” which Wilson said was an irresponsible way to approach governing.

“Mr. Wilson voted for a tax hike the week before he lost the election,” responded Fannon. “Without me on the City Council,

you will continue to see your tax bill rise.”

THE DEBATE about taxes and spending is at the heart of the campaign this year, with candidates taking various positions on a number of issues. Libertarian Robert Kraus, for example, has repeatedly said that he wants to revert to 2007 spending levels. But when asked about which line items he would cut to make that happen, Kraus says he won't know specifics until an audit is conducted.

See Candidates, Page 9

Wake at an Irish Restaurant

After decades in business, Pat Troy sells his restaurant and enters retirement.

By Michael Lee Pope
Gazette Packet

Friends and supporters — and even some former enemies — gathered at Pat Troy's Ireland's Own Restaurant last weekend to say goodbye. After decades in business as one of the most outspoken businessmen in the city, the irascible Irishman has sold the business to two of his employees — general manager Scott Holdt and receptionist Maggie Keane. The restaurant will now be known as Ireland's Own, dropping Pat Troy's name from the operation. But it's clear that his spirit will inhabit the restaurant forever.

“The menu will be changed, and there's been some talk of a paint job,” said Troy. “But all the stuff in the restaurant is my property.”

That stuff includes an array of military uniforms



Photo by Jeanne Theismann/Gazette Packet

Pat Troy celebrates with son Patrick and daughter Kathleen Molloy at the Sept. 30 farewell party.

and paraphernalia, an indication of Troy's love for the armed forces. It also includes a number of items related to President Ronald Reagan's storied visit to the restaurant in 1988. Perhaps what's

See Pat Troy, Page 14

Clash for Mayor

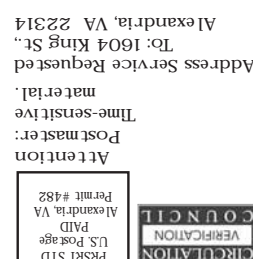
Incumbent Democrat Bill Euille squares off with independent challenger Andrew Macdonald.

By Michael Lee Pope
Gazette Packet

In their first of three scheduled debates Tuesday night at George Washington Middle School, three-term incumbent Democrat Bill Euille and independent challenger Andrew

Macdonald clashed over the waterfront plan, the Base Closure and Realignment Commission and the scale of development in Alexandria. Euille presented his record in office as a successful time for the city, when jobs have been added and a coal-fired power plant has

See Clash, Page 14





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Three-Month Councilman

Everything old is new again at City Hall, where former Councilman **David Speck** has been tapped by Alexandria Circuit Court Chief Judge **Lisa Kemler** to fill the unexpired term of former Councilman **Rob Krupicka**, who was recently elected to fill the unexpired term of former Del. **David Englin** (D-45). The chain reaction started in April, when Englin announced that he had been unfaithful in his marriage and that he would not be seeking another term in the House of Delegates.

Almost immediately, speculation began to mount that he would resign, but Englin waited until after the primary. By the time Krupicka won a Democratic caucus and a special election, it was too late to have another special election so close to the November general election. City code calls for the chief judge to make the call, so Kemler asked applicants to apply in writing. Last week, she selected Speck, who appeared on the dais Thursday night.

"When I received the call from the court this afternoon, I immediately started to think about my inaugural address where I would lay out my legislative agenda, my hopes and dreams, my philosophy of government," said Speck. "And then I realized I'm only going to be here for three months."

More Parking Headaches

Bicycles have invaded Alexandria, where Capital BikeShare bicycles have added to the countless cyclists cutting through Old Town on the Mount Vernon Trail. Now bicyclists are confronting the age-old question that has confronted motorists for decades — where to park?

During a discussion of the Congestion Management and Air Quality Improvement Program, Vice Mayor **Kerry Donley** suggested that the lack of bicycle parking at Metro stations have created chaotic scenes.

"If you go there today, you see bikes all over the place," said Donley, an avid bicyclist. "They are locked to the fence and to the gate. They're everywhere."

One potential solution is on the horizon, however, Transportation and Environmental Services Director **Rich Baier** said an upcoming \$7 million redesign of the King Street Metro station will add bicycle parking. But don't hold your breath. Washington Metropolitan Area Transit Authority has to sign off on the design. "We can't really start construction like that over the winter," said Baier. "So we'll start in February or March of 2013."

Construction will take about 18 months, and new bicycle parking will be part of the project. In addition to that, city leaders have scheduled \$25,000 for bike parking in 2016 and \$225,000 for bike parking in 2017.

Leasing Beachcomber

It's been half a century since diners gathered at the old Beachcomber restaurant at the foot of Prince Street. In more recent years, the building became a military surplus store that sold guns and camouflage gear. Since the city government purchased it a few years ago, though, it's been a blighted spot on the waterfront. Now the Alexandria City Council has approved a request for proposals to renovate and lease the building.

"Because the building was purchased with open-space funds, the building really needs to be used as an active use," said **Jeremy McPike**, director of General Services. "In fact, the revenue generated from the site will replenish the open-space funds."

Recommendation 3.93 of the waterfront plan calls for the city to pursue the reuse or reconstruction of the Beachcomber as a working restaurant, "provided it is financially feasible without public subsidy." The plan also calls for demolition "if an economically viable use is infeasible." Releasing the request for proposals is the first step in determining whether or not the Beachcomber will be a part of the Alexandria waterfront in the future.

"I'm not sure, quite frankly, that the city should be saving this building," said Councilman **Paul Smedberg**. "I think it's going to look a little odd sitting there."

— Michael Lee Pope

News



Photo by Michael Lee Pope/Gazette Packet

City leaders gather Monday morning to declare victory over the Potomac River Generating Station, which closed this week. But the future of the 25-acre site remains uncertain.

What's Next?

City officials and neighbors look to the future after coal-fired power plant shuts down.

By Michael Lee Pope
Gazette Packet

Seeing to avoid the problems that emerged on the waterfront earlier this year, city officials have taken an early lead meeting with residents in North Old Town to start planning for the future of a now-shuttered coal-fired power plant.

The 25-acre property is currently operated by Houston-based GenOn, which has an 88-year lease with Washington-based Pepco. Instead of meeting secretly with developers before drafting the small-area plan, which happened in advance of the controversial waterfront plan, city officials now say they want to keep lines of communication open between neighborhood residents and make sure the city is being more transparent.

"There will not be anything going on at City Hall that you don't know about," Deputy Planning Director Karl Moritz told members of the North Old Town Independent Civic Association this week. "If you are not hearing something, it's because nothing is happening."

Mayor Bill Euille assured the residents that he has not heard from any developer who has plans about the 25-acre site other than the Clean Skies Foundation, a nonprofit organization with ties to the natural gas industry. Last year, weeks before GenOn announced the plant would be closing, the foundation

issued a concept plan for transforming the site into a mixed-use community. Since that time a number of possibilities have been raised for the future of the site — a new home for the Corcoran Gallery of Art, a college campus, a convention center, a resort, soccer fields and housing are some of the possibilities that have been raised.

"This is not just a once-in-a lifetime opportunity, it's a once-in-history opportunity," said North Old Town resident Ernie Lehmann. "We need to think big."

"This is not just a once-in-a lifetime opportunity, it's a once in history opportunity. We need to think big."

— Ernie Lehmann

THE FUTURE of the 25-acre site will be determined by GenOn, which will take the lead in finding a developer, and Pepco, which must approve the deal. Like a warring couple preparing for a bitter divorce, GenOn and Pepco need to find some way of dissolving the ties that bind them and coming to some resolution before parting company. City officials and neighborhood residents will have to live with the consequences.

"They run a power plant, and they're not developers," said Planning Director Faroll Hamer. "But we can certainly encourage Pepco to put out an RFP for mixed-use development."

The land is assessed at \$54 million, but that's at its current "utility" zoning. City officials say it will be much more valuable once it's rezoned for residential or mixed-use. Cleaning up the site is likely to take a year or two, so city officials say the small-area planning process isn't likely to begin until next year. But

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People



Photo by John Bordner

Chef Cathal Armstrong debuts his menu for The National Gallery of Art's Garden Café at a reception Oct. 2.

Armstrong Makes D.C. Debut

Local chef creates menu for National Gallery of Art.

By Jeanne Theismann
Gazette Packet

Alexandria Chef Cathal Armstrong debuted his latest signature dishes at the National Gallery of Art's Garden Café Oct. 2 in celebration of the new Masterpieces of American Furniture Exhibit.

"When they told me what the exhibit would be, I knew immediately what I would do for a menu," said Armstrong of the menu specially designed as part of the gallery's themed Garden Café series. "The furniture in this exhibit is classic American so I wanted to do something that identifies with American cuisine."

The themed menu, which includes candied walnuts and grapes, a roasted butternut squash salad, pot roast, turkey pot pie and apple and Georgia pecan pies, will be featured in the café of the West Building of the gallery for the next year, with seasonal changes made "two or three times," according to Armstrong.

"I will have a summer and fall menu and make other changes according to the seasons," said Armstrong, who worked three days a week since mid-summer

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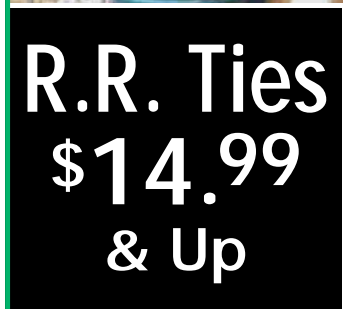


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News



Photo by LaShawn Avery-Simons/Gazette Packet

Runners will cross the Potomac River Oct. 7 in the Woodrow Wilson Bridge Half Marathon. Morning traffic from Mount Vernon to the bridge access in Alexandria will be affected.

Race Alert **Half Marathon to affect GW Parkway traffic.**

The 3rd annual Woodrow Wilson Bridge Half Marathon will be running from Mount Vernon Estates to National Harbor on the George Washington Memorial Parkway on the morning of Sunday, Oct. 7.

Northbound lanes of the George Washington Memorial Parkway from Belle Haven Boulevard to Church Street (Alexandria City line) will be closed from 7 a.m. until 11 a.m. Traffic, however, will be able to travel northbound from Belle Haven Boulevard as well as southbound from Alexandria to Belle Haven Boulevard at a reduced speed in single lanes on the southbound route from 7 to 11 a.m.

Residents of Hunting Point Towers and Porto

Vecchio will be able to proceed in and out of their respective parking lots during the race, as instructed by City of Alexandria police, when there is a break between runners.

In National Harbor, the Express Lanes of National Harbor Boulevard will be closed to vehicular traffic from 7:30 a.m. to 11 a.m. All lanes of the Woodrow Wilson Bridge will remain open. The Woodrow Wilson Bridge Pedestrian Path will be closed from 6:30 a.m. to 10:30 a.m.

No other road closures are anticipated.

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Schools

SROs: Making Differences in Students' Lives

Officers discuss their roles at Substance Abuse Prevention Coalition meeting.

By Yuhan Xu
Gazette Packet

Sgt. Courtney Ballantine used to work as a patrol officer, riding around with seven officers day and night, looking out for any signs of crime and responding to 911 calls. He never thought about being surrounded by children until he was assigned as the school resource officer supervisor at Alexandria City Public Schools two years ago. Since then, he has been working with children, telling them what is the right thing to do. And he loves it.

"It's probably one of my toughest assignments," Ballantine said at the quarterly meeting of the Substance Abuse Prevention Coalition of Alexandria on Sept. 17. "It's challenging to ensure the safety and security of the kids. But the beauty of this job is it's not so much about law enforcement; it's more about mentoring."

Founded in 1997 and supported by the City Police Department, Alexandria City Public Schools, City Manager's Office and City Council, the School Resource Unit is committed to the safety and well being of students. The unit now has five SROs working with Ballantine.

"SROs are very invaluable community ambassadors," said Margee Walsh, executive director of policy development at Alexandria City Public Schools. "The purpose of having SROs in school is not strictly related to substance use. They're working on all kinds of activities. Having SROs is saying to folks 'We can support you in preventing any behaviors that are not good for kids or interfering with learning.'"

Police officers who have three years of experience working on the street can apply. All officers selected to the School Resource Unit attend a 40-hour training provided by the Virginia Department of Criminal Justice Services — Center for School Safety. The SROs also need to receive additional specialized training on various subjects, including dealing with children who have emotional and educational issues, learning about school policy, laws of search, seizure and arrest on school grounds, how to prevent and deal with an active school shooting incident

and many other related topics.

"Don't come here for the weekends or holidays off," said Jill Lingle, the SRO who's been working at G.W. Middle School for 15 years. "You have to like kids. If you don't, you're not going to survive."

As an SRO, most of Lingle's jobs are mentoring and mediation like a social worker, she said. For instance, a girl came to Lingle because she felt upset for failing a test; a boy from a separated family asked her for help when his mother gave him a cellphone that his father didn't want him to have. Lingle can help deal with most of the issues children might have. But first of all, she needs to win trust from them.

"First thing you do is to learn their names," Lingle said. "I mean, you can say 'Hey, stop!' But instead, you say 'Hey, John, stop that!' They're like 'Oh, OK, Officer Lingle.' Because they know you



Jill Lingle, veteran SRO at G.W. Middle School, and Sgt. Courtney Ballantine.

know them."

Another technique, according to Lingle, is sitting down and talking to students. At lunch time, Lingle usually goes to the cafeteria, teases

students while keeping an eye on surroundings. One day, she wore a Dallas t-shirt in front of a Redskins-fan students, "then that just started it," she laughed. "I

mean, once they see you as a person, they'll climb up on you, hug you, and they'll tell you everything."

When it comes to students involved in drug or alcohol use, carrying weapons, or gang activities at schools, SROs have zero tolerance. SROs talk about law enforcement and consequences students may suffer if they caught in drug use or underage drinking. If students are being suspected, teachers and principals will conduct the administrative search first, and they won't bring students to SROs until they find actual evidence.

"That's why this is the hardest job because you need to know when you're wearing a police hat, an adult hat, or a social worker hat," Ballantine said. "We're just constantly switching gears."

SRO is a difficult job, Lingle said, especially when she sees children struggling. Sometimes SROs can talk students through and help them solve problems. But when they are sent back home, for whatever reason, they show up and struggle again. "It's like you can't

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Photo by Yuhan Xu/Gazette Packet

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Alfred Street Baptist Church Hosts Health Fair

Screenings, demonstrations highlight annual event.

By Jeanne Theismann
Gazette Packet

Hundreds of attendees turned out Sept. 29 for the 2012 Alfred Street Baptist Church Community Health Fair.

The annual event featured free flu shots and screenings for cholesterol, diabetes, HIV and bone density. Presentation topics included breast cancer, holistic medicine, urology, dermatology, geriatric medicine, dermatology,

gastrointestinal medicine and chiropractics. A diabetes seminar was led by Dr. Bradley Ware of Alexandria.

"Diabetes is the fifth leading cause of death in the U.S.," said Ware, who has participated in the health fair for the past three years. "It is particularly devastating to the African American community and leads to blindness, kidney failure and amputation yet with proper lifestyle changes, this disease can be managed and even reversed."

Nigel Greaves participated in a yoga demonstration with ASBC Sports Ministry director Faith Bynoe.

"This is a great event," Greaves said. "It's been a great way to demonstrate the benefits of yoga for men."

A bloodmobile and sight and hearing screenings were also included in the health fair, which was sponsored by the ASBC Health and Wellness Ministry.

"The response from our presenters and exhibitors was overwhelming," said ministry director Dawn Stafford said.

"It is exciting to see them rallying together to meet a need right here in our community."



Dr. Bradley Ware gives a presentation on the growing epidemic of diabetes and ways to manage and reverse the disease.

Photos by
Jeanne Theismann
Gazette Packet

Daemon Jones participates in a yoga demonstration at the Community Health Fair Sept. 29.



Alexandria's John Bordner receives a flu shot from Darhyl Jasper, RN, at the Alfred Street Baptist Church Community Health Fair Sept. 29.



Nigel Greaves, Faith Bynoe and Daemon Jones pose for a photo following a yoga demonstration at the Alfred Street Baptist Church Community Health Fair.

ALEXANDRIA RENEW ENTERPRISES NOTICE OF UNSOLICITED PPEA PROPOSAL

PROPOSAL FOR BIOSOLIDS PROCESSING
Issue Date: September 6, 2012



CLOSING DATE: October 21, 2012
CLOSING TIME: 2:00 PM, EDT

Alexandria Renew Enterprises ("ARenew") has accepted an unsolicited proposal for review pursuant to the Virginia Public-Private Education Facilities and Infrastructure Act of 2002 (the "PPEA") (Va. Code § 56-575.1 et. seq., as amended) and the ARenew PPEA Guidelines. ARenew intends to evaluate the proposal, may negotiate an interim or comprehensive agreement with the proposer based on the proposal, and will accept for simultaneous consideration any competing proposals that comply with the procedures adopted by ARenew and the PPEA.

Summary of Proposal: Intellergy Corporation of Richmond, CA (Intellergy) has submitted an unsolicited PPEA proposal. Intellergy proposes to install and operate a seven dry-ton per day biosolids processing facility at the ARenew treatment plant located at 1500 Eisenhower Avenue Alexandria, Virginia, using its patented steam reforming technology. Intellergy's proposal offers ARenew the opportunity to diversify its biosolids management options with a more sustainable system that would produce marketable diesel fuel and pelletized fertilizer from both digested and undigested biosolids.

Copies of the Intellergy proposal shall be available upon request, subject to the provisions of FOIA and § 56-575.4 G of the PPEA.

For general inquiries contact Lander Napper, Purchasing Agent at 703-549-3381 Ext. 2203.

ISSUED BY: ALEXANDRIA RENEW ENTERPRISES, VIRGINIA
LANDER NAPPER PURCHASING AGENT
PURCHASING DIVISION
1500 EISENHOWER AVENUE
ALEXANDRIA, VIRGINIA 22314

COMPETING PROPOSALS MUST BE MAILED OR HAND DELIVERED TO THE ADDRESS SHOWN ABOVE, NO LATER THAN THE ANNOUNCED DATE AND TIME OF CLOSING.

PROPOSALS SENT BY FACSIMILE
WILL NOT BE ACCEPTED.

Politics



Photo by Michael Lee Pope/Gazette Packet

All 14 candidates gather for the second City Council debate.

Candidates Spar over Spending

From Page 1

"I'm running for City Council because I'm angry," said Kraus. "I'm angry as a homeowner because we are paying too much taxes."

Unlike issues such as development, where local politics is reversed from the national trend, issues of taxes and spending are falling along traditional party lines this election cycle. Republicans charge Democrats with being wasteful, and Democrats charge Republicans with being unreasonable. When the debate erupted over the council's recent past, Councilman Paul Smedberg offered a defense of the council's recent spending priorities.

"It's very easy to say you are going to cut taxes," said Smedberg. "But if you look at the city's budget, a local budget is about the priorities the city sets. It's not about something they do at the national level or even the state."

AGAIN AND AGAIN, the clash between Wilson and Fannon hogged the spotlight at the Tuesday night debate. Wilson continued to attack Fannon for proposing a higher tax rate during the budget

negotiation. Although Fannon did not respond during the debate, he said afterward that it was "ridiculous" to charge him with proposing a higher tax rate because of a proposal that was aimed at facilitating negotiation. When Wilson suggested that the city offer childcare at public meetings, Fannon shot back.

"Getting people to the meetings is an important thing," said Fannon. "But I don't propose raising taxes to pay for babysitters as Mr. Wilson just endorsed."

"Mr. Fannon apparently doesn't want to raise taxes to provide for increased community engagement," responded Wilson. "But in his first budget he did want to raise taxes to provide money for the Alexandria Pipe and Drum Corps."

That comment sparked an immediate response from the crowd, which began booing and hissing the former councilman. Then Hughes jumped into the fray, criticizing Wilson's repeated attacks on Fannon.

"It's vitriolic," said Hughes. "And it's something that does not reflect the best that we have to offer."

"Telling the truth is not vitriolic," Wilson responded after the debate.

Euille, Macdonald Clash for Mayor

From Page 1

been shut down. Macdonald criticized Euille's leadership, especially several recent developments that have included adding density to the waterfront and the West End.

"Development in Alexandria should not be the cart leading the horse," said Macdonald. "Revitalization should clearly be beneficial and sustainable, and everyone should agree that we are moving in the right direction."

On the campaign trail, Macdonald has been trying to seize on popular unrest with the waterfront plan, a proposal to increase density at three sites slated for redevelopment. He's also trying to capitalize on unhappiness with the Beauregard small-area plan, which will allow developers to increase the level of density on the West End. And he's trying to cast Euille as responsible for the location of the Washington Headquarters Service at the Mark Center as part of the Base Realignment and Closure Commission recommendation 133. The city government endorsed the Mark Center site as a potential location in 2008, and now more than 6,000 daily commuters arrive at the building each day.

"It was not a decision that the city could have had anything to do with stopping at all because it's private property, and it did not require a special-use permit process at all," said Euille. "But the main thing is that the project is there and we need to look forward."

THE CANDIDATES also clashed about how the city should handle property owned by the Old Dominion www.ConnectionNewsletters.com

Boat Club. Recommendation 3.69 of the waterfront plan is that the city should "create a new park/plaza where the ODBC parking lot currently exists." In the summer of 2011, City Attorney James Banks appeared at a press conference in the club's parking lot to announce that the city would be considering the use of eminent domain. City leaders later backed down, but the specter of eminent domain has been haunting the waterfront plan ever since.

"I don't support efforts to take land anywhere in Alexandria by eminent domain, and I think it's a very poor way of dealing with not just conflict but land-use issues," said Macdonald. "And we've seen that along the waterfront with efforts to take land or consider taking land owned by the Old Dominion Boat Club."

Euille disagreed.

"He is totally wrong with regards to any of the discussion that has taken place with regards to the waterfront and the Old Dominion Boat Club," said Euille. "There has been no use of eminent domain on any properties along the waterfront. As a matter of fact, there has been no use of eminent domain since I've been serving on City Council in the past 18 years."

After the debate, Old Dominion Boat Club president Miles Holtzman took issue with Euille's comments.

"The mayor is correct that the city didn't use eminent domain against the Boat Club, but they certainly threatened it," said Holtzman. "If you hold a gun to someone's head to cut a deal, you're not really playing on a level field."

On the Campaign Trail

Swinging in Virginia

With five weeks to go before Election Day, Republicans and Democrats have targeted a small number of jurisdictions as key battlegrounds, including Henrico County and Virginia Beach. Here in Northern Virginia, the key swing jurisdictions are Loudoun County and Prince William County, where Republican **George W. Bush** won in 2004 followed by Democrat **Barack Obama** in 2008 only to flip back the next year and vote for Republican **Bob McDonnell** in 2009. Those swing counties are now at the center of battleground Virginia.

"The polling shows that there's still a group that has not made a decision," said **Toni-Michelle Travis**, political science professor at George Mason University, adding that attracting swing voters in Northern Virginia will probably come down to the bottom line. "I think it has to be some dimension of the economic because that's where we saw a number of home foreclosures and, you know, people losing jobs."

So who are these swing voters? Conventional wisdom says many voters who have not yet made up their mind are "low-information voters." That's a group that does not read the Alexandria Gazette Packet or watch C-SPAN on a regular basis.

"The people who do pay more attention have a partisan affiliation, either an explicit one or an hidden one whereas the undecided folks generally aren't paying as much attention," said **Kyle Kondick**, analyst with the University of Virginia Center for Politics. "There's some evidence that both parties are pursuing a base strategy, which is usually associated with Bush's 2004 campaign. I wonder if you might not see a similar thing with Obama taking the role of the polarizing president."

Back in Alexandria

Virginia Democratic Party Chairman **Brian Moran** was back in Alexandria this week, plotting the final few weeks toward Election Day. Over coffee at the Uptowner, the former member of the House of Delegates who once represented Alexandria's West Side handicapped a number of key races in Virginia. He acknowledged Democrats have an "uphill battle" to take back the 5th congressional district, where Democrat **Tom Perriello** lost in 2010 to Republican **Robert Hurt**, who now faces Democrat **John Douglas**. He's feeling more upbeat about the 2nd congressional district, however, where Moran describes the race between Republican **Scott Rigell** and Democrat **Paul Hirschbiel** as a "toss up."

Moran says he will not be running for governor next year, and he says he will back former rival **Terry McAuliffe** if he gets the nomination.

"At this point, it's unlikely that anyone else will jump into the race on the Democratic side," said Moran. "I haven't heard from anyone else who has expressed an interest."

Oriental Regulation

Libertarian **Robert Kraus** is angry. He's angry about excessive spending. He's angry about taxes. And he's angry about government regulation.

"I pledge not to vote for any new spending that doesn't come with targeted cuts or savings. For every dollar in new spending, I want to see two dollars in savings or cuts," said Kraus. "I challenge all the other candidates at this forum to take the same pledge."

Nobody took him up on the challenge Tuesday night during the second City Council debate, so Kraus decided to illustrate his point about government out of control by giving an example. He told a story about a time when he was the manager of Heritage Furniture at Landmark Mall. He said he was "continuously harassed" on a weekly basis by city officials who said he needed a special sale permit because he was selling oriental rugs at a discount of more than 50 percent. Kraus says this is a ridiculous example of government overreach, and that if elected he would work against excessive regulation that undercuts small businesses.

"Apparently the city wants to tell me what I should sell something for, but it's not the city's business," said Kraus. "And have you ever seen anybody sell an oriental rug for less than 50 percent off? It's the standard way of operating."

— Michael Lee Pope

Opinion

Be Prepared: What's on the Ballot?

Early voting (technically voting absentee-in-person) is already underway in Virginia, so you can go out and vote this week.

Every voter in Virginia will vote for U.S. senator and member in the U.S. House of Representatives, in addition to President of the United States and two constitutional questions.

Two constitutional questions will appear on all Virginia ballots, one about the use of eminent domain and one about the timing of a particular session of the General Assembly to consider overriding vetoes by the governor of legislation that was passed by the assembly. See <http://www.sbe.virginia.gov/webdocs/201211ConstitutionalAmendmentsPoster.pdf>.

In the City of Alexandria, voters will also choose a mayor, members of the city council and school board.

The Alexandria City Council is composed of a mayor and six council members who are elected at-large for three-year terms. Incumbent Mayor Bill Euille (D) will face Andrew H. Macdonald (I) in the race for mayor.

Alexandria voters will choose six City Council members from a list of 12: Frank H. Fannon IV (R)*, Alicia R. Hughes (R)*, John R. "Bob" Wood (R), John Taylor Chapman (D), Timothy Lovain (D), Del Pepper (D)*, Allison Silberberg (D), Paul C. Smedberg (D)*, Justin M. Wilson (D), Glenda B. Davis (I), Robert

Last Week to Register to Vote

To vote on Election Day, you must be registered at your current address no later than Oct. 15, 2012. Registered voters should have received a new voter card in the mail by now. You can check your registration status online by visiting the State Board of Elections website at www.sbe.virginia.gov. There you can also download a voter registration form and mail or fax it to your elections office address.

Alexandria Board of Elections, 703-746-4050, <http://alexandriava.gov/Elections>
132 North Royal Street, Alexandria, 22314; FAX 703-838-6449; email tom.parkins@alexandriava.gov

State Board of Elections, 804-864-8901 Toll Free: 800-552-9745 FAX: 804-371-0194
email: info@sbe.virginia.gov
http://www.sbe.virginia.gov/cms/Voter_Information/Index.html

Krause (L), Jermaine A. Mincey (I). (* means incumbent.)

The Alexandria City School Board is a nine-member elected body that adopts policy for the daily operation of schools and sees that school laws are properly explained, enforced, and observed.

The city is divided into three voting districts, and three board members are elected from each district. Each member serves a three-year term. Incumbents are marked with *.

Serve as Election Officer

Election Officers work at the polls on Election Day to ensure elections are run in an honest and well-organized manner. Election officers are paid \$100 - \$200 for the day depending on assignment and locality. Election Day begins by showing up at an assigned polling place before 5 a.m. and remaining on the job until all votes are tallied after the polling places close at 7 p.m.

Requirements to serve as an election officer include: being registered to vote in Virginia; not holding elected office and not being an employee of an elected official; enjoying meeting other people and serving the public; being detail-oriented, able to take direction well and not easily distracted. Election officers must attend training before Election Day. Many officers are assigned to their "home" precinct or a nearby precinct or asked to work in the absentee precinct.

Fairfax County needs 3,000 election officers in its 239 precincts for Election Day. Call 703-324-4735.

Arlington County will need 900 election officers in its 52 precincts on Nov. 6. To apply, visit <https://sites.google.com/site/arlingtoncountypollworkers/apply-now>

The City of Alexandria needs 500 election officers to serve at its 27 precincts. Call 703-746-4050.

School Board District A: Stephanie Amann Kapsis, William E. "Bill" Campbell*, Karen A. Graf, Helen F. Morris*, Joyce D. Rawlings, Heath E. Wells.

School Board District B: Michael A. Brookbank, Chyrell D. Bucksell, Kelly Carmichael Booz, Justin P. Keating, Marc Williams*.

School Board District C: Ronnie M. Campbell*, Patricia A. "Pat" Hennig, Christopher J. Lewis, Jeff N. Zack.

Editorial

Letters to the Editor

Questions for School Candidates

To the Editor:

In the din of the campaigns for

president, Congress, mayor, and City Council, the races for Alexandria School Board are largely being ignored.

But on Monday, Oct. 8, in Del Ray, residents will have an opportunity to hear the candidates in District A discuss some of the key

issues affecting our schools. The forum will be held from 7:30 to 9 p.m. at the Mount Vernon Community School auditorium. Childcare will be provided.

The six District A candidates, who are vying for three seats, will certainly have some vexing issues

to debate.

Superintendent Mort Sherman has said that "eliminating academic achievement differences among race, income, disability and language subgroups must be the highest priority." He called this "an educational and moral imperative." Schools across America are struggling to close these achievement gaps. Do the candidates believe that Alexandria is making progress? If so, what are the best examples? If not, where and in what areas do we need to do more?

Given the major focus on closing achievement gaps, do the candidates believe that the school system is doing enough to support students who are achieving at high levels? If not, how would they change or improve programs for the most gifted students?

Many parents want to understand how Alexandria measures the success of its schools. They also want to know if they are sending their child to a good school. What measures of achievement are now being used? Are they adequate or are additional metrics needed?

Because of big enrollment increases in recent years, Alexandria's elementary schools are bursting at the seams. But

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Photo by Louise Kraftt/Gazette Packet

Snapshot

St. Stephens St. Agnes students cheer as the varsity football team scores a touchdown Saturday afternoon, Sept. 29, during their homecoming game against Paul VI.

Alexandria Gazette Packet

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NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
gazette@connectionnewspapers.com

Steven Mauren
Editor, 703-778-9415
smauren@connectionnewspapers.com

Michael Lee Pope
Reporter, 703-615-0960
mpope@connectionnewspapers.com
@MichaelLeePope

Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

Jon Roetman
Sports Editor, 703-224-3015
jroetman@connectionnewspapers.com
@jonroetman

Louise Kraftt
Photographer
lkraftt@connectionnewspapers.com

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com

Julie Ferrill
Display Advertising, 703-778-9446
jferrill@connectionnewspapers.com

Jane Hughes
Display Advertising, 703-778-9448
jhughes@connectionnewspapers.com

Tara Lloyd
Display Advertising, 703-778-9447
tlloyd@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
asmith@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

Publisher
Jerry Vernon
jvernon@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
@MaryKimm

Editor in Chief
Steven Mauren
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Jean Card
Geovani Flores

Editor Emeritus:
Mary Anne Weber

CIRCULATION: 703-778-9427
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com

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Opinion

TC Students Organize Against Breast Cancer

By Stephanie Slaven
Treasurer, TC Breast Cancer
Awareness Club

October is Breast Cancer Awareness month and students at T.C. Williams High School are gearing up to spread the word. Juniors Emma West and Janet Johnston have recently founded the TC Breast Cancer Awareness Club, and they hope that through activism and community involvement, T.C. Williams students will raise money and awareness for finding the cure for breast cancer.

Says West, "I created this club for personal reasons; my mother is a breast cancer survivor. I also believe that students should have more opportunities to make a difference in our community." Co-president Janet Johnston also has personal interest in seeing the end of breast cancer. The Breast Cancer Awareness Club is completely student run with members eager to collaborate with their community to fight against the disease.

Breast cancer affects us all. Nearly 1 in 8 women are diagnosed with breast cancer in their lifetime, making it the most common cancer among women; al-

Support the Cause At Los Tios Grill

On Monday, Oct. 29, from 4-9 p.m., the TC Breast Cancer Awareness Club is fundraising at Los Tios Grill at 2615 Mount Vernon Ave. where a percentage of the restaurant's proceeds will be donated to fight breast cancer.

though rare, men can also develop breast cancer. Breast cancer starts when a mutation in a cell causes uncontrolled cell growth that develops in the tissue of the breast. It is a disease that has caused the deaths of countless loved ones and must be stopped.

The Breast Cancer Awareness Club's main goal this school year is to raise enough money to send a few club members to participate in the 2013 Avon Walk for Breast Cancer.

The walk, which is 39.3 miles long and takes place over the course of two days, will take place on May 4 and 5 in Washington, D.C. At \$1,800 per walker, raising funds is an ambitious task, but the students are enthusiastic and optimistic that they will achieve their goal. In addition to the Avon Walk, the club is working on a number of short-term projects, such as organizing a TC letter-writing program for cancer patients.



Photo Contributed

Some of the members of the TC Breast Cancer Awareness Club.

In support of October Breast Cancer Awareness Month, club members are volunteering in the Oct. 20, Making Strides Against Breast Cancer race in Washington

D.C., as well as raising awareness and fundraising in their own school through poster campaigns, bake sales, distributing handmade pink ribbons, and selling t-shirts.

Keep updated with the latest news on breast cancer and the club by Liking the Facebook page "Alexandria Breast Cancer Awareness."

Letters to the Editor

From Page 10

these enrollment increases appear to be limiting elementary school choice. How would the candidates address the capacity challenges facing the schools and their effects on parental choice?

Despite increasing enrollment, there is a perception that some parents continue to question the quality of Alexandria's public schools and send their children to private school or to a public school elsewhere. Is this perception accurate, and if so, what can and should the school system do, if anything, to convince these families to stay in Alexandria schools?

In an August 2011 column in this newspaper, Superintendent Sherman stated that, "Our community and students deserve candor and a complete picture when it comes to looking at school and division performance." How do the candidates grade the school administration on communication, transparency, and candor? If they give a grade of less than A, what changes to improve the situation would they recommend?

One of the school board's major responsibilities is overseeing and managing the superintendent.

What do the candidates believe is the right relationship between the school board and the superintendent?

Another one of the school board's major responsibilities is developing and overseeing the school system's budget. How would the candidates work to restrain costs while ensuring that students receive the services they need?

There is pressure on school systems to develop rigorous teacher evaluation systems. Virginia requires that 40 percent of a teacher's evaluation be based on student outcomes. Because the state allows districts some flexibility in determining those outcomes, what makes sense for Alexandria?

After the U.S. Department of Education designated T.C. Williams High School a persistently low-achieving school in 2010, significant changes were made. To what degree have these reforms been successful? Do the candidates believe that additional steps need to be taken? If so, what?

Is the school system doing a good job at retaining good teachers and principals, or could more

See Letters, Page 12



Ye Olde Towne Dogge Walke

Tina, Natasha and Molly Edwards arrive at Market Square on Sunday morning, Sept. 30, for the Olde Towne Dogge Walke.



Photos Contributed

Leslie Anderson with Scooter after the dog walk on Sunday morning.

Letters

From Page 11

be done, such as more generously rewarding high-performers?

Is the school system doing all it can to prevent students from dropping out of school? If not, what more could be done?

These are difficult questions, but ones we hope the candidates will grapple with.

Bill Hendrickson

President, Del Ray Citizens Association
Alexandria



Helping RTA

The JBG Companies, a real estate development firm in the D.C. region, wrapped up its 2012 Days of Giving community service project, donating more than 1,600 hours of volunteer time by JBG employees to eight nonprofits across the metro area — including Rebuilding Together Alexandria. A team of JBG volunteers provided the materials and labor to make repairs to the home of an elderly Alexandria widower, including plumbing, drywall and stair repairs, door replacement and re-screening, sealing the deck and handicap ramp and fixing damaged siding on the house. Team organizer Linda Blau said the plumbing, electrical and carpentry skills of JBG's residential management division were essential to the success of this day-long project.

Bigger Than Union Street

To the Editor:

A high speed runway for bikers coming out of the Wilkes Street tunnel; no left turns onto King Street off Union Street; no consideration of future density on the waterfront; disavowing traffic congestion in favor of traffic calming on Union Street; a continued failure to ensure active police oversight of King and Union street intersection; and considering only Union street traffic thus disregarding other traffic circulating within the Union Street Corridor grid up to Washington Street. Yes, these are but a few of the many shortcomings in the Union Street Corridor Traffic study proposed by the city's Transportation and Environmental Services Department (T&ES) and its highly paid consultants.

By putting a traffic calming "hump" across Union Street as an extension of the path coming out of the Wilkes Street tunnel, T&ES will create a high speed biker twits who rarely if ever stop there or at any other stop sign on Union Street. This will increase the odds that a biker will eventually meet his/her maker.

Recommending that vehicles can make no left turns onto King Street from Union Street totally inconveniences everyone living in Old Town. A better idea would be to not allow those turns during the peak traffic hours on Fridays, Saturdays and Sundays.

The original Waterfront Plan took into effect the traffic on Washington Street. T&ES has now baselined the traffic only to Union Street. No consideration to what the traffic might be when all of the proposed waterfront density occurs in future years. Without considering that future density this study is useless. There is no hurry to implement the Union Street Small Area Plan. When the court actions are completed we will then know what zoning will be allowable thus dictating what density we can expect to plan for in the future.

Most of the proposed traffic fixes on Union Street, especially those around Windmill Hill Park, are nothing more than traffic calming measures. In fact, some of those changes will chase Union Street traffic up to Lee Street which is our narrowest street in the Old and Historic District.

The intersection at King and Union Streets continues to be a major problem for both pedestrians and vehicles especially on weekends. Police continue to be present at the intersection but do nothing to alleviate cars fighting pedestrians and vice versa. It appears that after numerous appeals to have police officers stand out in the middle of the intersection and direct traffic that they have made a conscious decision to never do that. After the 2000 election when I ran for council, one of my initiatives was to have police officer's direct traffic on Route 1 and Washington Street during the peak hours. The council adopted that initiative and it worked.

The only street being considered in the Union Street Corridor Traffic Study is Union Street. There are a myriad of other problems that need to be addressed within the

Much Happening at SSA

By Mary Anne Beatty
Volunteer, Senior
Services of Alexandria

October is a busy month for Senior Services of Alexandria, and we are working hard on behalf of our seniors to make sure that we are providing services that will foster independence and self sufficiency. As such, we have two events scheduled to help us provide these services and our Gazette Packet readers are invited to attend.

Commentary

Our Fall Speakers' Series is off to a great start with the annual Senior Law Day event, "Alexandria for a Lifetime!" This informative event is being co-sponsored by the Alexandria Bar Association on Saturday, Oct. 13, from 8:30 a.m. to 12:15 p.m. at First Baptist Church, 2932 King St. in Alexandria. Join local experts to explore opportunities for aging well in the Alexandria community by accessing the myriad services available to assist and protect yourself and your loved ones.

This free seminar will target planning documents, housing, insurance, financing, and medical and care resources available to families, both for seniors themselves, and for the children, friends and caregivers who are helping to meet the challenges of aging.

The event is free and open to all who would like to attend. Please register by

calling Senior Services of Alexandria at 703-836-4414, ext. 10, or register online at: www.seniorservicesalex.org

And what's October without an Oktoberfest! We are excited to have Port City Brewing Company sponsor our fall fundraiser to support SSA's Meals on Wheels Program. Enjoy a tour and tasting event on Tuesday, Oct. 16, from 5:30 – 8:30 p.m. Port City Brewing is located at 3950 Wheeler Ave. For information on sponsorship opportunities and tickets to this fun-filled event, email SSA at admin@seniorservicealex.org (or executivedirector@seniorservicesalex.org) or call us at 703-836-4414.

The Meals on Wheels program delivers two meals to seniors ages 60 or older who are home-bound and unable to prepare food for themselves. We rely on a committed group of volunteers who deliver over 60 meals 6 days a week to seniors around the city. We are excited that in October we are expanding delivery to Sundays so the seniors we serve will not have to miss a single meal.

SSA is grateful to the Alexandria community that supports the work we are doing on behalf of seniors, and we are proud of our accomplishments and our efforts to push forward our mission. We hope you can join us in October at one or both of our events. If you would like more information on SSA's programs and services, visit our website at www.seniorservicesalex.org or by calling 703-836-4414, ext.10.

traffic grid which includes all the streets from the waterfront to Washington Street. Without considering the other streets and their resultant traffic effects leaves much to be desired.

Hopefully the council will be savvy enough to ensure that this plan is well vetted. We don't need to adopt another T&ES debacle. BRAC 133 was enough.

Townsend A. "Van" Van Fleet
Alexandria

Campaign Donations

To the Editor:

Data from the Virginia Public Access Project (www.vpap.org) allows some interesting comparisons between Andrew Macdonald's fundraising efforts this year and those of current Alexandria Mayor William Euille.

First, from Jan. 1, 2012 through the end of August, Mayor Euille raised only \$17,234 in campaign donations from 33 people or organizations who donated more than \$100 each plus 78 more who donated less. Over the same period, Mr. Macdonald raised \$29,541 from 68 donors (more than \$100 each) plus 125 more (donating less). This

suggests either that Mayor Euille may be so confident that he will win re-election that he feels it unnecessary to do much fundraising or perhaps that his heart is no longer in the Mayor's job.

Second, of the \$17,234 received by Mayor Euille's campaign, \$5,900 — or 34 percent — came from businesses or organizations. Conversely, in Mr. Macdonald's case only \$819 out of the \$29,541 he raised—less than 3 percent — came from a business or organization rather than an individual person. This suggests that Mr. Macdonald enjoys substantial grass-roots support among Alexandria's citizens, while Mayor Euille is tied closely to special-interest groups and developers.

The coming election, now little more than a month away, is vitally important for the future of Alexandria. Will the city continue to be turned over to developers, as it has been throughout Mayor Euille's nine-year administration, or will it be returned to the citizens? The November ballot is long and complicated and includes the local races at the end, after the national and state contests. Please make sure to vote and remember to complete your ballot by voting for the local candidates of your choice.

Hugh Van Horn, Treasurer
Andrew Macdonald for Mayor

People

**Fire-
fighters
Myron
Dent
and
Jeffrey
Harrison**



Picnic Benefits Friendship Firehouse

The historic Friendship Veterans Fire Engine Association hosted an afternoon picnic on Sept. 23 in Aspen Green at the Virginia Theological Seminary. Pork Barrel BBQ and Hard Times Café donated barbeque and chili. Games were set up on the lawn as local bands played music through the afternoon. The Alexandria Volunteer Collaborative was on hand providing volunteer assistance at the picnic.

The Friendship Veterans Fire Engine Association assists in the preservation of the historic fire engine house on South Alfred Street; supports the Alexandria Fire Department, and provides scholarships and other philanthropic services to the Alexandria community.



**Herb & Hanson perform.
Suzanne Ives & Michael
Dunkley of BumpKin Pie
and the Kate Moran
Band also made appear-
ance on stage.**

Photos by
Louise Krafft /
Gazette Packet



Ned and Fred Parker served up chili to the guests all afternoon at the picnic.



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News

Struggling School Braces for Change

Jefferson-Houston identifies,
faces its challenges.

By Michael Lee Pope
Gazette Packet

Standing in the lobby of Jefferson-Houston Elementary School, Bea Porter is frustrated and angry. She sent her children to the school, and now her grandson is enrolled. But that may change unless the school makes drastic improvements soon.

"I don't know if it's the teachers don't care enough. I don't know if it's the students misbehave. I don't know what it is," said Porter. "I'm very disappointed."

Year after year, the school logs one failing round of tests after another. The most recent disappointment was a decision from the Virginia Department of Education to deny accreditation to Jefferson-Houston. Administrators are appealing that ruling, which will be ultimately determined by the Virginia Board of Education later this month. For now, though, school officials acknowledge that drastic change is needed at Jefferson-Houston.

"We acknowledge that the SOL scores especially the last few years, those results have been dismal," said Mark Eisenhower, a central administrator tapped to help transform the school. "What I would say in response is that we are looking at the school from top to bottom."

IN THE LAST YEAR, the school has replaced half its teachers, instituted a new curriculum and hired a new administrative team. Last week, members of the Alexandria School Board voted to extend the school day at Jefferson-Houston by an hour and a half each day. That will make Jefferson-Houston the only school in Alexandria that has an extended day, an effort school officials say will help improve test scores at the struggling elementary school.

"Having more time on task will help the students, and having more time to collaborate will help the teachers," said School Board member Charles Wilson. "When you have struggling students, it's important to get to them as early as possible and that's what we're intending to do here."

Adding time to the school day accomplishes another important goal for school administrators,

which is securing an "external lead partner." Because Jefferson-Houston is in the bottom 5 percent of schools that receive money under Title 1 of the No Child Left Behind Law, it's been classified as a "priority school." That means it must take on what administrators call an "external lead partner" that has been approved by the Virginia Department of Education, such as Edison Learning or Pearson Education. All of the external lead partners would require an extended learning day, so school administrators say extending the day now will provide a jumpstart on the process.

"If we want to have the impact we are looking for in May on our test scores, we don't have time to wait until January when we bring on the external lead partner," said Eisenhower. "We need to get it started now."

IN THE LONG RUN, the 1970-era building will be demolished and replaced by a \$44.2 million, 120,000 square-foot facility. Construction will begin next year on the unoccupied land next to the school. That will allow for the old school to remain in operation during construction. VMDO Architects of Charlottesville is leading the design team, and Brailsford & Dunlavey is providing management services.

"We made a commitment to the students and families in that community," said Superintendent Morton Sherman. "And we intend to keep it."

Bea Porter isn't so sure about that. She's heard year after year of promises, which are inevitably followed by another round of failing test scores. Even if school administrators are able to persuade the Virginia Board of Education to overturn the denial of accreditation, she said, she had lingering doubts as to the long-term viability of the school that her children and grandchildren have attended. And she hasn't been persuaded that adding an hour-and-a-half to the school day is going to change anything.

"I'm not really sure how this is going to improve anything," said Porter. "If they don't improve the teachers teaching here, then the education is not going to get better."

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Former Washington Redskins general manager Charley Casserly gives a good-natured roast of Pat Troy at the Sept. 30 farewell party.



Pat Troy, surrounded by family and staff, congratulates longtime employee Scott Holdt as the new owner of Ireland's Own Restaurant in Old Town.



Mayor Bill Euille, left, congratulates Pat Troy on his retirement from the restaurant business.

Bidding Farewell to Pat Troy

From Page 1

most appealing about the restaurant, though, is its intangible quality — the sense of importance that was recognized Sunday night by the deputy ambassador to Ireland, retired Gen. Stanley McChrystal and Councilman Frank Fannon among many others.

"We haven't always seen eye to eye," acknowledged Mayor Bill Euille. "But Pat has dedicated himself to this city."

TROY ISN'T NECESSARILY one to hold a grudge, but he also isn't one to forget a perceived slight. His memoir includes an extended section about a late 1990s fight with City Hall about the relocation of his restaurant. The Irishman wanted to move the operation from North Royal Street to

North Lee Street. But neighborhood residents opposed the move and members of the City Council cast a four-to-three vote against Troy.

"I'll never forget the bitterness over that," Troy wrote. "It was a terrible time."

Now, in the fullness of time, that anger had receded. And now Troy is looking forward to a life of retirement away from the constant headaches of running a restaurant. And because he sold the businesses to former employees, he'll be able to participate in the life of the restaurant — and even show up from time to time. But he made one thing clear: Sunday night's performance of the infamous "Unicorn Song" will be his swan song.

"This is what I would love for my funeral," said Kathleen Molloy, Troy's daughter.



With Pat Garvey on the guitar, Pat Troy leads the crowd in a final song in tribute of U.S. troops.

What's Next for GenOn Site?

From Page 3

neighborhood residents in North Old Town have already created new lines of communication with city officials so that mistakes of the waterfront plan are not repeated at the GenOn site.

"No one has been at our doors yet about this," Euille assured North Old Town residents. "And when that happens, you will know about it."

ENVIRONMENTALISTS ARE also looking toward the future. Organizers with the Sierra Club see the shutdown of the Potomac River Generating Station as a major victory in a protracted war against coal. Along with the GenOn plant, Sierra Club leaders point out, nine other coal plants operated by Dominion Power are scheduled to retire or transition from coal in Virginia. Sierra Club leaders have been criti-

cal of the company's long-term plan, which focuses on natural gas with a minimal investment in solar and wind power. Now that GenOn has initiated a "cold shutdown" of the infamous waterfront power plant, Sierra Club leaders hope to use the momentum to pressure Dominion to take action and increase the percentage of clean energy in its 15-year plan, which must be approved by the State Corporation Commission.

"We should build on this community victory and continue to come together and tell Dominion to invest in a clean energy future with Virginian-made wind and solar power," said Phillip Ellis, organizer for the Sierra Club. "We hope Dominion will seize this opportunity to invest in clean, renewable energy like wind and solar in Virginia that will create new jobs in the state."



Photo by Louise Kraft/Gazette Packet

eBooks Available Alexandria Library is now offering a limited number of eBooks to its patrons. On Sept. 25, the eBookmobile parked for the afternoon at the Beatley Central Library offering virtual tours on how to connect different reading devices for the new service. Information is available online at the library website www.alexandria.lib.va.us



Photo by Yuhuan Xu/Gazette Packet

The quarterly meeting of Substance Abuse Prevention Coalition of Alexandria was held on Sept. 17 at T.C. Williams High School, where Sgt. Courtney Ballantine explained the roles of school resource officers.

Making Differences in Students' Lives

From Page 7

save all the starfish on the beach," she said. "That's very very frustrating."


Although there are many challenges, Lingle likes the job.

"This is the best job the police department ever gave me," Lingle added. "Anything working with kids is the future. I mean, you can change kids' life, teach them to become productive citizens of the society. Then my job is complete."

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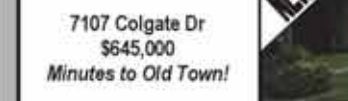
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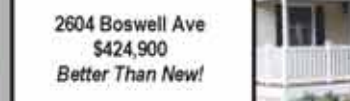
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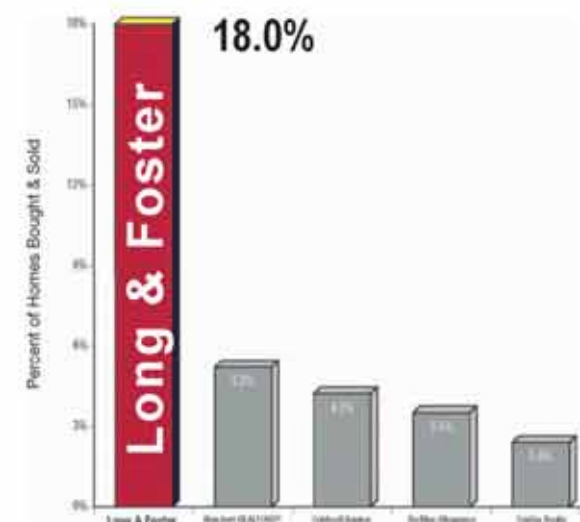


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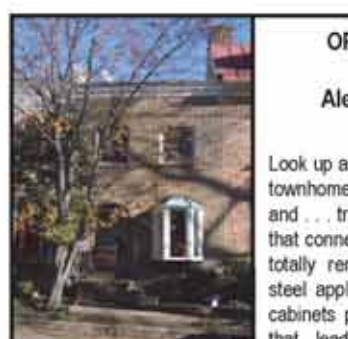
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*Source: Information based on data supplied by MRS and its member Association (s) of REALTORS, who are not responsible for its accuracy. Does not reflect all activity in the marketplace. January 1, 2011 - December 31, 2011. Information contained in this report is deemed reliable but not guaranteed, should be independently verified, and does not constitute an opinion of MRS or Long and Foster Real Estate Inc. ©2012 All rights reserved.

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Entertainment

Tour Cameron Station Homes

Oct. 6 tour to benefit Samuel Tucker Elementary School.

By Jeanne Theismann
Gazette Packet

The distinctive homes of Cameron Station will be featured in the first Cameron Station Homes Tour Oct. 6 as a benefit for Samuel Tucker Elementary School.

"I've lived in Cameron Station for 12 years now," said tour organizer Mike Lekas. "I love this community — the vibrancy and multitude of activities — and I wanted to do something to show people what a great place this is."

Five homes will be featured on the tour, which will act as a benefit for Samuel Tucker Elementary School.

"I started thinking about organizing a tour earlier this summer," Lekas said. "When I decided to put it together, I decided to also make it a fundraiser for Samuel Tucker."

The tour will take place from 11 a.m. to 4 p.m. Tickets — \$15 in advance or \$20 on the day of the event — can be purchased at Cameron Café (4911 Brenman Park Dr.) or any of the five featured properties.

"There is no set order for the tour," Lekas said. "Visitors can start at any of the five locations and tour the homes at their leisure."

Homes featured on the tour are: 5250 Bessley Place, 357 Cameron Station Boulevard, 175 Cameron Station Boulevard, 5098 Donovan Drive and 5019 Waple Lane

For tickets or more information, contact Mike Lekas at Mike.Lekas@LongandFoster.com.



The Cameron Station community will hold its first Homes Tour Oct. 6 from 11 a.m. to 4 p.m. For tickets or more information, contact Mike Lekas at Mike.Lekas@LongandFoster.com.

"I love this community ... and wanted to show people what a great place this is."

— Cameron Station Homes Tour organizer Mike Lekas



Photos by Mike Lekas



'Jekyll and Hyde'

Mills mesmerizes in Synetic masterpiece.

By Jeanne Theismann
Gazette Packet

If a picture paints a thousand words, then Alex Mills has crafted a masterpiece with his performance in "Jekyll and Hyde," playing now at Synetic Theater in Crystal City.

Under the masterful direction of Paata Tsikurishvili, the wordless adaptation of the Robert Louis Stevenson classic fuses theater, dance, acrobatics, music and special effects into an incomparable evening of innovative theater.

Mills gives a riveting performance that defies tradition in the demanding dual role

of Dr. Jekyll and Mr. Hyde and the duo's descent into madness.

Torn between two opposing levels of society, as well as conflicting impulses and desires, the ambitious and driven Dr. Henry Jekyll seeks to understand the origin and nature of the human soul, and, in the process, better all of humanity. First attempting to filter all evil from his own psyche, he rapidly loses control of his experiments, transforming into the elegant, charming and hideously psychopathic Mr. Hyde. The result is a terrible and shocking liberation of Jekyll's darker side, with tragic consequences.

With sultry choreography by Irina Tsikurishvili, the ensemble cast mesmerizes the audience with standout performances by Peter Pereya as Lanyon, Rebecca Hausman as The Stripper and Brittany O'Grady as The Fiancee.

Synetic's award-winning wordless style has earned more than 100 Helen Hayes nominations since the theater's founding and allows the artistry and brilliance of other production elements to create a vivid re-imagining of the classic cautionary tale.

Lighting by Andrew Grifin, original music compositions by Konstantine Lortkipanidze, sets by Daniel Pinha and costumes by Chelsey Schuller seamlessly combine for a powerful and haunting adaptation where Stevenson's Victorian world collides with the modern.

But it's the captivating and unrivaled performance of Mills that leaves the audience in awe and makes this one of the region's finest theatrical creations. If you see one production this year, make it "Jekyll and



Photo by Johnny Shrock

Synetic Theater's "Jekyll and Hyde" stars Alex Mills as Jekyll and Hyde and Brittany O'Grady as The Fiancee.

Hyde" at Synetic Theater.

"Jekyll and Hyde" is playing now through Oct. 21 at Synetic Theater, 1800 S. Bell St., Arlington. For tickets or more information, call 703-776-9810 or visit www.synetictheater.org.

Entertainment

Art on the Avenue Back for 17th Year

The Art on the Avenue annual arts festival is one of the largest arts festivals in the area, and it's conveniently located in the heart of Del Ray. This year's event will take place Saturday, Oct. 6, 10 a.m.-6 p.m., rain or shine.

More than 50,000 people attend this annual event — now in its 17th year. Neighbors and local businesses come together to make this event a community effort celebrating the arts. Local artisans and arts vendors will line the Avenue, showcasing their work and products, everything from artwork, handmade blankets and clothing, woodwork pieces, jewelry, accessories and more. Bands and musicians will perform music of all genres at stages throughout the festival.

But the place to be for families with children is the Kids Art Korner — a designated interactive children's art center. It will offer a variety of children's art activities (most are suitable for toddlers to elementary-age school kids) for children to make small, easy-to-do projects onsite and then take them home.

The Kids Art Korner will be located on the field adjacent to the Mount Vernon Recreation Center. More than a dozen local non-profit groups will each provide a different art activity for kids. Pop art, sock puppets, and face painting are just some of the activities that kids will enjoy. In addition, kids can also display their artistic side by painting and decorating their own pumpkins. And back by popular demand is the "make-your-own scarecrow" activity, which will run from noon-4 p.m. Visit www.artontheavenue.org.



Photo Courtesy of Metropolitan Fine Arts Center

Metropolitan Youth Tap Ensemble, a not-for-profit dance ensemble, will perform free at Art on the Avenue in Del Ray, Saturday, Oct. 6.

Calendar

E-mail announcements to gazette@connectionnewspapers.com. Photos and artwork are encouraged. Deadline is Thursday at noon.

ART AT THE CENTER CLASSES

Evening Drawing. Wednesdays, 7-8:30 p.m. Focus on improving drawing skills through fun activities that explore seeing and drawing from observation.

Art in the Afternoon. Wednesdays or Thursdays, 1:15-2:30 p.m. Fridays 4-5:15 p.m. This studio class is designed for artists age 4-6 and includes an introduction to paint, clay, collage and drawing.

After School Studio. Wednesdays or Thursdays, 4:15-5:45 p.m. This studio class is designed for artists ages 7-12 and includes instruction and studio work in paint, clay, collage and drawing. Art at the Center is located at 2804 Sherwood Hall Lane. Visit www.artatthecenter.org or call 703-201-1250.

THURSDAY/OCT. 4

Concert. 7:30 p.m. Jorma Kaukonen will be performing intimate solo concerts at the Birchmere Music Hall located at 3701 Mount Vernon Ave. \$25. Call 703-549-7500.

Ladybug Girl Party. 4:30-5:30 p.m. Come and enjoy stories, snacks, activities, and crafts based around Ladybug Girl and the Bug Squad by David Soman and Jacky Davis. Ages 3-7. Free. At Beatley Central Library, 5005 Duke St.

THURSDAY-SUNDAY/OCT. 4-7

Annual Oktoberfest. Fort Belvoir invites the community to the 17th Annual Oktoberfest festivities to celebrate the fall harvest, the cooler weather and German inspired food

and beverages. This event is held on Richmond Hwy (Rt. 1) at Fort Belvoir's Fremont Field. Parking and admission are free. Enjoy a fall crafts bazaar at Specker Field House on Saturday and Sunday and a 10K Volksmarch (walk). Some of the other attractions of this year's festival include a fest tent, a Kinder Korner, traditional polka music, tasty German foods and beverages, a variety of food vendors, carnival rides for young and old and more. Sunday is Military Family Appreciation Day. Military families are eligible for discounted carnival wristbands to ride unlimited rides for that day. Visit www.belvoirmwr.com/Oktoberfest. Oktoberfest hours are:
❖ Thursday/Oct. 4, 6-10 p.m.
❖ Friday/Oct. 5, 6 p.m. to midnight
❖ Saturday/Oct. 6, noon to midnight
❖ Sunday/Oct. 7, noon to 8 p.m.

OCT. 4 THROUGH NOV. 5

Free Art Exhibit. "Tierra y Memoria": Striking Paintings & Linocuts by Juan E. Hernandez G. Opening reception is Oct. 11, 6:30-8 p.m. 105 North Union St., Studio 21 (located in the Torpedo Factory Art Center). Visit www.theartleague.org or call 703-683-1780. Gallery Hours: Monday-Saturday, 10 a.m.-6 p.m.; Thursdays open until 9 p.m.; Sunday, noon-6 p.m.

FRIDAY/OCT. 5

Taste of Giving 2012. 7 p.m. In the atrium of the Torpedo Factory Art Center. Enjoy fine food, libations, music and fine arts and crafts all under one roof. There also will be live and silent auctions. Tickets are \$75 each, the second ticket is half off. Visit www.tasteforgiving.org.

Wee Ones Storytime. 10:30-11 a.m. Explore the world with some favorite stories and songs. Ages 2 and under. Free. Hooray for Books! Children's

Bookstore, 1555 King St. Visit www.hooray4books.com or call 703-548-4092.

OCT. 5 THROUGH 28

Sweet n' Salty Art Exhibit. Artists were asked to "give in to their cravings" to create dynamic and interesting interpretations of this theme. Visit www.TheDelRayArtisans.org.

OCT. 5 THROUGH NOV. 11

Sculpture Exhibition. "Discipline of Edge" presents three Maryland-based artists, Gordon Lyon, Jaclyn Martin and George Wedberg, whose works share a principal concern with edges in space. It will be on display in the Margaret W. and Joseph L. Fisher Art Gallery, located in the Rachel M. Schlesinger Concert Hall & Arts Center at the Alexandria Campus of Northern Virginia Community College. The opening reception is scheduled for Saturday, Oct. 6, from 4-6 p.m. with curator's talk at 5 p.m. The gallery hours are 10 a.m.-4 p.m., Monday through Friday and during performances.

SATURDAY/OCT. 6

"Mind your Health" 5K Run/Walk hosted by Mental Health America. Event starts on October 6 at 8 a.m. at Bluemont Park, 339 N. Manchester Street, in Arlington, Virginia. Registration is \$25 through August 31 and \$30 beginning September 1 through race day. Online registration is available through the Mental Health America website at www.mentalhealthamerica.net/go/mindyourhealth5k. Sponsorship opportunities are also available. For those wishing to be a sponsor, please contact Julie Burke at

See Calendar, Page 22

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Calendar

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jburke@mentalhealthamerica.net to learn more.

17th Annual Art on the Avenue 10 a.m.-6 p.m. Free. Celebrating the diversity of Del Ray, this annual street festival along Mount Vernon Avenue has 300 juried artists, three stages of music, children's art activities (scarecrows and pumpkin painting) and restaurants selling their specialties. At Mount Vernon Avenue between Bellefonte and Hume streets. Call 703-683-3100

Jewelry Workshop. 2-3 p.m. Beginners will learn about basic jewelry making at the Autumn Inspirations Jewelry Workshops (limited to 12 participants). Sponsored by the Friends of the Beatley Central Library, 5005 Duke St. Call 703-746-1702 to sign up.

Yard Sale. 9 a.m.-2:30 p.m. Alexandria Salvation Army Women's Auxiliary will hold a yard sale at 1804 Mount Vernon Ave. Antiques, collectibles, books, paintings, electronics, clothes and toys. Rain or shine. Call Ann Mueller at 703-913-0191.

Octoberfest. 11:30 a.m.-10 p.m. Virtue Feed and Grain will be celebrating Octoberfest — they are closing down Wales alley and will feature Sam Adams hops, housemade sausages, sauerkraut, potato salad and oysters. Free. No reservations necessary. Virtue Feed and Grain, 106 S. Union St.

Historic Huntley Open House. 2-4 p.m. Visit Historic Huntley, a Federal-style villa built in 1825 for Thomson Francis Mason, a grandson of George Mason. After many years, the site has been restored and is now open to the public. Enjoy informal tours and light refreshments. Free Admission. Rain or shine. 6918 Harrison Ln.

Spooky Saturdays at the Athenaeum. 1-2 p.m. Featuring mask making. Free. Recommended for children 6-9 years old. (The Athenaeum is located at 201 Prince St. Visit www.nvfaa.org.)

Annual Cameron Station House Tour. 11 a.m.-4 p.m. Proceeds to benefit Samuel Tucker Elementary School. For more information/tickets, call Mike Lekas at 703-927-9895.

Blowout Night. 6-9 p.m. Blowout Theatre Company will host a Cupcakes and Italian Soda Night at Bishop Ireton High School (201 Cambridge Rd.). Blowout Theatre Company is a young New York City based group, founded by former students of the College of William and Mary. The general public are invited. The night will be featuring pictures, videos and storytelling.

Wee Ones Storytime. 10:30-11 a.m. Explore the exciting world around us with some favorite stories and songs. Ages 2 and under. Free. Hooray for Books! Children's Bookstore, 1555 King St. Call 703-548-4092 or visit www.hooray4books.com.

OCT. 6 THROUGH 28

Exhibition. Homage: Past Influences. Reception is Oct. 11, 6-8 p.m.; juror talk with Brooke Seidelmann at 7 p.m. Torpedo Factory Art Center, 105 N. Union St. Visit www.torpedofactory.org/target.

OCT. 6 THROUGH 28

2nd Annual "Taste of Fair Trade." Ten Thousand Villages, located at 915 King St., will celebrate Fair Trade month with its second annual "Taste of Fair Trade." Call 703-684-1435 or visit www.alexandria.tenthousandvillages.com Scheduled Tastings:
❖ Oct. 6-7: Coffee, Tea, Chocolate – Discover which fair trade chocolate tastes best with after dinner coffee, and which pairings bring out the best



Oktoberfest

Celebrate fall at Virtue Feed & Grain on Saturday, Oct. 6. Live music all day with Fuse Box at 5:30 p.m. and Bravenoise at 8 p.m. Virtue Feed & Grain is located at 106 S. Union St. Visit virtuefeedandgrain.com or call 571-970-3669.



flavors in each.

- ❖ Oct. 11-12: Snack Time – Dried fruits, nuts, even energy bars.
- ❖ Oct. 16-17: Fairly traded olive oil from Palestine is rich and full bodied, and there are subtle differences between the varieties.
- ❖ Oct. 20-21: Iced tea, lemonade and other refreshing beverages.
- ❖ Oct. 27-28: Sample wines from South America and South Africa.

OCT. 6 THROUGH NOV. 2

Death Comes to Carlyle House. To commemorate the 232nd anniversary of the death of John Carlyle, Carlyle House presents an exhibit on the mourning practices of 18th-century Virginia through the experience of the Carlyle household. 10 a.m.-4 p.m. from Tuesday through Saturday, noon-4 p.m. on Sunday. Admission: \$5/adults, \$3/children, Free for members. Carlyle House, 121 N. Fairfax St. Call 703-549-2997.

SUNDAY/OCT. 7

Matinee Film. 2 p.m. Beatley Central Library Sunday Matinee Film Series featuring: Iron Jawed Angels (unrated documentary). The Charles E. Beatley Central Library, 5005 Duke St. Visit www.alexandria.lib.va.us or call 703-746-1702. Free and open to the general public. Refreshments will be served.

Pet Blessing. 2 p.m. Messiah Lutheran Church invites people and their pets to the "Blessing of the Pets" with an ice cream social to follow. 6510 Ft. Hunt Rd.

Pope-Leighey House In-Depth

Tour. 9-11 a.m. The tour is back on a reservation basis. Take a detailed behind-the-scenes look at the only Frank Lloyd Wright-designed house museum in the metro D.C. area. Admission is \$30; \$25 for National Trust members. Space is limited to 12 participants, but flexibility is available. Advance reservations and payment required. Call 703-780-4000 x26327 Thursday through Monday, from 10 a.m.-4 p.m. to reserve a space.

MONDAY/OCT. 8

Tift Merritt (Band) at the Birchmere. \$25. Visit www.tiftmerritt.com. The Birchmere Music Hall is located at 3701 Mount Vernon Ave. Visit www.birchmere.com or call 703-549-7500.

WEDNESDAY/OCT. 10

Author Series. 7-8:30p.m. The Beatley Central Library presents Sisters in Crime. Meet five new mystery writers at 5005 Duke St. Call 703-746-1702.

THURSDAY/OCT. 11

Art Night at the Torpedo Factory 6-9 p.m. Free. Browse open studios and galleries, interact with artists, and enjoy refreshments at this free event held on the second Thursday of each month. Torpedo Factory Art Center, 105 N. Union St. Call 703-838-4565 or visit

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Calendar

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www.torpedofactory.org.
Second Thursday Music: Danielle Westphal & Ken Giese. 7 p.m. \$10. At the Athenaeum, 201 Prince St. Tickets are available online at nvfaa.org or at the door.
Second Thursday Art Night: Past & Present. 6-9 p.m. Browse open studios, interact with artists, and enjoy refreshments. Free exhibition including "In the Garden" by Luisa Mesa, Target Gallery's "Homage: Past Influences." At Torpedo Factory Art Center, 105 N. Union St. Visit www.torpedofactory.org or call 703-838-4565.

FRIDAY & SATURDAY/OCT. 12 & 13

Music Event. 7:30 p.m. Singer-songwriter Dar Williams will perform at The Birchmere, co-headlining with Loudon Wainwright III. Williams tours in support of her ninth studio album, *In The Time Of Gods*. Visit www.darwilliams.com. Tickets are \$45. The Birchmere Music Hall is located at 3701 Mount Vernon Ave. Call 703-549-7500 or visit www.birchmere.com.

SATURDAY/OCT. 13

17th Annual Alexandria Arts Safari. 12-4 p.m. Free. The Torpedo Factory Art Center hosts the 17th annual Alexandria Arts Safari, a FREE day of hands-on arts and crafts activities for kids and their families. Torpedo Factory Art Center, 105 N. Union St. Call 703-838-4565

Gadsby's Sutler Market & Lectures. 10 a.m.-5 p.m. Ever wanted to experience shopping 18th century style? Gadsby's Tavern Museum, 134 N. Royal St. Call 703-746-4242.

River Fest. 4-7 p.m. Live Music. Boats. Fare. Refreshments. 2 Duke St. Old Town Alexandria Waterfront. \$55/ticket ~ \$100/couple
 Visit www.alexandriaseaport.org. or call 703-549-7078.

Music Event. 8-10 p.m. David W. Jacobsen's will play at St Elmo's Coffee Pub to promote his newest album, *Not What I Meant*. 2300 Mount Vernon Ave. Call 703-739-9268. All Ages. Visit http://davidwj.com.

St. Louis Community Fair. 10 a.m.-3 p.m. Events include pony rides, giant moon bounces, tons of games, rock wall, arts & crafts, BINGO, food, beer tent, vendors, and an apple pie bake-off. All are welcome. Small fee for each activity. Call 703-799-4844. Held at St. Louis School, 2901 Popkins Ln.

Ghost Tour. 7-9 p.m. Join The Christmas Attic for ghost tours around the store and learn who haunts the Attic with mysterious movements and unexplained activities. Scary face paintings and spooky craft activities for the whole family. Dress in Halloween flair for a special gift. Visit www.christmasattic.com or call 703-548-2829. 125 S. Union St.

Chamber Music. 7:30 p.m. The concert will feature music of Barber, Fauré and Ibert by NSO Youth Fellowship young artists Elise Kolle, Emma Resmini and Abigail Tucker. St. Luke's Episcopal Church, 8009 Fort Hunt Rd. Tickets are \$20, \$15 for seniors, \$10 for students and teachers. Visit www.saintlukeschurch.net or call 703-765-4342.

Free Open House. 10 a.m.-5 p.m. In recognition of October's designation as National Pharmacy Month, the Stabler-Leadbeater Apothecary Museum (located at 107 South Fairfax St.) will host a free open house. The Museum's curator will give special presentations between 11 a.m. and 2 p.m. Call 703-746-3852 or visit www.apothecarymuseum.org.



Dar Williams

Singer-songwriter Dar Williams will perform at The Birchmere, co-headlining with Loudon Wainwright III on Friday, Oct. 12 and Saturday, Oct 13 at 7:30 p.m. Williams is touring in support of her ninth studio album, *In The Time Of Gods*. Visit www.darwilliams.com. Tickets are \$45. The Birchmere Music Hall is located at 3701 Mount Vernon Ave. Call 703-549-7500 or visit www.birchmere.com.

Historic Huntley. 6 p.m. Girl Scouts will have a chance to brave a night in the historic house and hear about ghost stories at a program called History on Haunted Hill. Historic Huntley also hosts programs for scouts to earn merit badges, for homeschoolers seeking out local history, and for the general public. Information about all of the programs at Historic Huntley is available www.fairfaxcounty.gov/parks/huntley-meadows-park/historic-huntley.htm or by calling Huntley Meadows Park at 703-768-2525. Historic Huntley is located at 6918 Harrison Ln.

Annual Family Fall Festival. 10 a.m.-2 p.m. Entertainment features Beale Street Puppet Theatre and the sounds of "Skystone," an Alexandria favorite band performing bluegrass. Some activities, shows and exhibits are free, including the Jerome "Buddie" Ford Nature Center, face painting, pumpkin painting and hay rides. Tickets will be sold for \$5 each or 4 for \$15 for the pony rides, moon bounce, bouncy boxing and scarecrow building. Food and beverages will also be available for purchase. At Armistead L. Boothe Park, 520 Cameron Station Blvd. Rain or shine. In case of inclement weather, the Festival will move indoors to the Samuel W. Tucker Elementary School, 435 Ferdinand Day Dr. Visit www.alexandriava.gov/recreation, or call 703-746-5592 or 703-746-5418.

Consignment Sale. 8 a.m.-1 p.m. Beverley Hills Church Preschool will be selling a large selection of quality clothes, toys, baby equipment, maternity clothes and more. All proceeds will support the new Beverley Hills Church playground. At Beverley Hills Church Playground, 3512 Old Dominion Blvd. Visit www.bhcnnet.org/playground.

Concert. 7 p.m. Focus Music in Mount Vernon presents a co-bill of folk/pop singers Susan Greenbaum and Carey Creed at St. Aidan's Episcopal Church. Tickets are \$18 general, \$15 in advance at FocusMusic.org. St. Aidan's is located at 8531 Riverside Road.

SUNDAY/OCT. 14

Gadsby's Sutler Market & Lectures 12:00-4:00 p.m. Ever wanted to experience shopping 18th century

style? Gadsby's Tavern Museum, 134 N. Royal St. Call 703-746-4242

Carillon Music Comes Alive 4 p.m. Virginia Bronze Handbell Ensemble is joined by Karen Ashbrook (hammered dulcimer and wooden flute) and Paul Oorts (harp guitar and accordion). Adult - \$20, Senior - \$8, Student - \$5, Family - \$20. George Washington Masonic Memorial, 101 Callahan Dr. Call 888-824-2541.

Estate Sale. 9:45 a.m.-11:45 a.m. The Beth El Hebrew Congregation is holding an online estate sale of Judaica at http://betheljudaicaestatesale.org. You may also attend a sale in person at the Beth El Hebrew Congregation at 3830 Seminary Rd. Individual pieces sold from \$35 up to \$1,750.

Fall 2012 YoKid Challenge. 12-5 p.m. Learn a sequence 108 sun salutations. This free event is open to all ages. No yoga experience required. Door prizes and snack will be given during the event. Free t-shirts and yoga mats are available for those who pre-register at www.yokidchallengefall2012.eventbrite.com. Mount Vernon Recreation Center, 2701 Commonwealth Ave. 703-746-5556.

TUESDAY/OCT. 16

Senior Services of Alexandria's Oktoberfest. 5:30-8:30 p.m. Support Senior Services of Meals on Wheels program at Port City Brewing Company, 3950 Wheeler Ave. Space is limited. RSVP by calling 703-836-4414 x10 or emailing admin@seniorservicesalex.org Visit www.seniorservicesalex.org.

Genealogical Society Meeting. 1 p.m. The presentation "Rogues and Rascals: Divorced, Litigious or Downright Criminal Relatives" will be presented. At the Hollin Hall Senior Center, 1500 Shenandoah Rd., #112. Free and open to the public. Visit www.MVGenealogy.org.

WEDNESDAY/OCT. 17

Decorative Tile Show. 9:30 a.m. The Alexandria/Mount Vernon Antiques Club will feature member Carolyn McDonald's collection of decorative tiles. Open to the community. Call 703-765-4573 to reserve a seat. Hollin Hall Senior Center, 1500 Shenandoah Road.



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Garden Delights

A gala by the river.

The 19th Annual American Horticulture Society Gala was held Saturday, Sept. 22, at River Farm in Alexandria. The honorary gala chair, internationally known plantsman, nurseryman and garden designer Kurt Bluemel, thanked the gala host committee, Leslie Ariail and all of those who helped make the evening a success.

As a former AHS board chair, Bluemel noted the significance of AHS and its mission: “Blending education, social responsibility and environmental stewardship with art and science of horticulture — makes us (AHS) a unique national organization.”

Under Bluemel’s guidance and vision, the four-acre site beyond the Ha-ha wall at River Farm was transformed into a meadow garden, the Andre Bluemel Meadow, in memory of his son. The meadow contains more than 100,000 plants that support a variety of birds and wildlife.



Tom Brown and Arthur Nash enjoy the view of the Andre Bluemel Meadow at River Farm.



AHS board chair Harry Risetto acknowledges the work and efforts of the gala committee: Leslie Ariail, Sandra Address, Sally Barnett and Henrietta Burke.



Tom Brown and Arthur Nash are joined by their wives Sally Guy Brown and Kim Nash above the Andre Bluemel Meadow.



AHS board chair Harry Risetto welcomes all to the evening gala.



Janet Price, Mary Calvert, Laura Dowling and Camilla McCaslin.



AHS board member Leslie Ariail and her daughter Allison Erdle.



Rick and Janet Price join Skipp and Mary Calvert on the front lawn at the gala.

Photos by Louise Kraft/Gazette Packet

People

26 New Citizens Sworn in at Market Square

In celebration of Citizenship Day, 26 Virginia residents took the oath of allegiance to the United States and were sworn in as citizens on Sept. 11 in Market Square. Senior advisor to Presi-

dent Barack Obama Valerie Jarrett delivered the keynote address. The 26 new citizens hail from 20 different countries. Jarrett noted that all continents except for Antarctica were represented in the audience.

Amy Sanduitan congratulates her brother Bat on becoming a U.S. citizen.



Arlington resident Garcia Dakanay Macasieb, formerly of the Philippines, recites the Pledge of Allegiance.



Mayor Bill Euille talks with new citizen Devinne Picket and her daughter Mia after the ceremony.

Director of the U.S. Citizenship & Immigration Services Alejandro Mayorkas administers the Oath of Allegiance.

Photos by
Louise Krafft
Gazette Packet



Garcia Dakanay Macasieb enjoys a laugh with Director of the U.S. Citizenship & Immigration Services Alejandro Mayorkas.



Bulletin Board

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

Internet Offered for Low-income Families. Comcast kicks off year two of Internet Essentials, an adoption program designed to help close the digital divide for low-income Americans. A household is eligible to participate if it meets all of the following criteria: Is located where Comcast offers Internet service; has at least one child who is eligible to receive either a free or reduced price school lunch under the NSLP; has not subscribed to Comcast Internet service within the last 90 days; does not have an overdue Comcast bill or unreturned equipment. Comcast will sign up eligible families in the program through the end of the 2013-2014 school year.

THURSDAY/OCT. 4

Art/History Waterfront Implementation Committee. 7 p.m. Dr. Oswald Durant Memorial Center, 1605 Cameron St. Contact Lance Mallamo at lance.mallamo@alexandriava.gov, or 703-746-4702.

FRIDAY, OCT. 5

Torpedo Factory Art Center Board - Governance Committee. 10 a.m. Torpedo Factory Art Center, 105 N. Union St. Contact Jeremy McPike, 703-746-4770.

See Bulletin Board, Page 31

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People



Dave Lucchesi with Jim, 9, and Hayden, 8, relax after the first Family Fun Day race at Cameron Run Park Sept. 30.



McLain, 12, Brian, 10, and Karyn Moran watch the trophy awards presentation following the race.



Alexandria Rotary South member Ulysses James and Jeanne Bauman prepare pancakes for the runners following the race.

Family Fun Day

By Jeanne Theismann
Gazette Packet

The Alexandria Rotary Club and RunningBrooke Fund teamed up Sept. 30 for the first Annual Family Fun Day and 5K race to benefit local charities.

"I brought up the rear," laughed Girls On the Run director Karyn Moran, who ran the race with her children McLain, 12, and Brian, 10. "But I did it and that's what we teach our girls — that you are competing against yourself and it's important just to finish."

The inaugural event was hosted by ABC7's Kendis Gibson and featured a 5K run and walk, 1 mile kids' course and Tot Trot for children under age 5.

"This has been an exciting day," said Elizabeth Lucchesi, whose husband Dave and children Hayden, 8, and Jim, 9, also participated in the race. "Brooke and the Ro-

tary Club have done an amazing job with this event, which will benefit so many Alexandrians in our community."

For more information on the RunningBrooke Fund, visit

**RunningBrooke,
Rotary team up for
local charities.**

www.runningbrooke.com. For more information on the Alexandria Rotary Club, visit www.alexandriarotary.org.

Photos by Jeanne Theismann/Gazette Packet



ABC7's Kendis Gibson presents a trophy to top female finisher Katie Sheedy, who ran the 5K race in 18:15:84.



Brooke Curran, right, and race director Amy Shopkorn review race day logistics.



Jim Lucchesi, 9, crosses the finish line in the Family Fun Day race at Cameron Run Park.



Alexandria Rotary Club member Katherine Van Diest congratulates John Porter at the finish line of the race.

Photo by Dave Lucchesi

People

Todd Nedorostek, Arborist on Wheels

Through Tour des Trees, he combines love of trees and cycling.

By Yuhan Xu
Gazette Packet

Todd Nedorostek enjoys two things in his life: taking care of trees and cycling.

The 42-year-old certified arborist of Alexandria participates in a fundraising event called Tour des Trees, which enables him to combine these two passions.

This August, he joined a group of 100 cyclists in Portland, trekked 585 miles in a week, during which they traced Oregon's coastline, desert and Columbia River Gorge, planted 20 trees symbolizing the significance of keeping urban trees and forests. It was Nedorostek's fourth tour.

"What struck me most was the incredible vast environment that I was riding through," Nedorostek recalled. "I was out there, pedaling my bike. I felt free. It's a great way to see this country."

Before starting the tour, Nedorostek raised \$3,500 (a minimum each participant commits to raise through a web page), which directly went to the Tree Research and Education Endowment Fund. As its largest fundraising event, Tour des Trees has raised more than \$550,000 since 1992 to support tree research and increase public awareness for keeping trees and forests thriving. This year marks its 20th anniversary, and the 100 participants raised more than \$520,000.

"We're trying to bring awareness of what we're doing," Nedorostek said. "It's critical for us as arborists."

As the district sales manager, Nedorostek has been working for the Care of Trees in the Alexandria office for 12 years. He communicates with clients, delivers tree care services and manages tree populations on properties. "My favorite part of this job is having the ability to work outside in the environment," he said. "And it's also very rewarding when you can help clients take care of their trees in a proactive way. It's more of educating clients about what they can do to help their trees grow. So trees can be sustainable for years to come, for generations to come."

Tree care is a dirty job, especially when the unpredictable happens. The severe storms that hit Northern Virginia this summer damaged many trees. Nedorostek's company stretched resources and tried to deliver services as fast as they

could, but still couldn't respond to all requests. "It's depressing to see trees taken out by storms," he said. In another storm where a big tree fell down on a shed, he and his employees removed the tree, walked inside the muddy shed and pulled out the new bike for a little girl. "This is a little thing," he said. "But it meant a lot to her, so I felt good."

He grew up in Farmington, Conn., the youngest son in the family. He liked riding bicycles and climbing trees when he was little, his sister Carlene Nedorostek recalled. Later, he followed in the footsteps of his brother, Gary Nedorostek, who's also an arborist; he became fascinated by trees and botany since high school. He studied agriculture at the Stockbridge School of Agriculture, and went to the University of Massachusetts - Amherst and got a bachelor's degree in forestry. "Every tree is different," Nedorostek said. "Every situation is different. It's always challenging to work with the tree, assess what's going on with that tree, and how we can keep it growing. I enjoyed the science aspect of it."

After graduating from school, Nedorostek became a professional arborist who climbed trees for 12 years. He remembers the biggest tree he climbed was 80-foot, with a 60-foot spread. He remembers he used to spend all day working in a tree, sitting in it and eating his lunch. He remembers it's quiet up there, except for birds and squirrels. "It's kind of a peaceful experience," Nedorostek said. "I miss being up in the middle of a tree. It helps me get away from the hustle and bustle."

But he warns that climbing requires techniques and it's not for everybody. "It's not just climb up the ladder or a rope," he added. "Climbers need to be trained. There are many years of experience to get people to that level. It frustrates me every time when I see a list of people injured or killed in the industry because of failing to take safety measures. Safety is very important. We should be professional."

Nedorostek's seriousness to safety issue is also applied to his another passion — riding bicycles. Todd Nelson, one of his friends who works at Urban Forest Management in Fairfax County, considers Nedorostek a "riding coach." Nelson recalls when they cycle together on the weekend, Nedorostek always

gives him advice on what to expect, how to react to emergencies and what to do if someone is riding behind. "He's dedicated to safety," Nelson said. "He's always demonstrating safety issues on a bicycle, at work, at home. To him, being not safe is absolutely unacceptable."

Nedorostek moved to Alexandria 12 years ago and started his current job. He planted about 15 trees in his backyard, including oaks, maples, a variety of ornamentals, apples and dogwoods. He provides certain type of maintenance to particular trees at the proper time of a year, and then watches them grow. "A tree is like a human," he said. "I try to manage them as best as I can."

Sometimes Nedorostek comes to Nelson's, helping him take care of his trees. "He's certainly compassionate about trees," Nelson said. "Although I have more trees than he does, the amount of work I do can't compare with what he provides to his trees. I'm jealous. It's very impressive."



Photo contributed

Todd Nedorostek, in the tour of the 2012 STIHL Tour des Trees.

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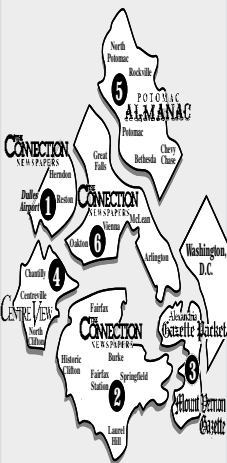
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Photos by Louise Kraft/Gazette Packet

Volunteers fill a table with books for children passing by.

Convoy of Hope Arrives

Hundreds of volunteers arrived
early at Cora Kelly Recreation
Center to set up for a day free of
poverty for many area residents. Families
were offered free medical, dental and eye
screenings, free books for children, activi-
ties for children, family portraits, live en-

tertainment, spiritual guidance and prayer
time, free lunch and groceries. The Convoy
of Hope partnered with local businesses,
churches, government agencies and non-
profits to deliver over \$1 million in goods
and services to area residents on Sept. 22.



Sonia Cisneros poses for a family
portrait with her daughter Ashley
Rivera at Cora Kelly.



Milton Carranza performs with his
Be Ryong Martial Arts class in the
recreation center gym.



Photos by Larry Alberson

Working Together

U.S. Rep. Jim Moran (D-8) and former U.S. Rep. Tom Davis (R-11)
were luncheon speakers at successive meetings of the Rotary Club of
Alexandria. The two co-teach a Political Parties and Campaigns class
at George Mason University and spoke of the need for those of
opposing parties to work together. Davis spoke at the Sept. 11
meeting at Belle Haven Country Club and Moran on Sept. 18. For
more information, contact Mary Wharton, secretary of the Alexan-
dria Rotary Club of Alexandria, at whar10@aol.com or phone 703-
795-0587.

Legal Notices

**Mark Center Short and
Mid Term Improvement Project
Seminary Road
City of Alexandria**

Notice of Public Hearing Regarding Right-of-Way
Wednesday, November 7, 2012, 6:30 – 8:00 p.m.
Francis C. Hammond Middle School Foyer
4646 Seminary Road, Alexandria, Virginia 22304

Find out about the proposed project to improve transportation serving residents and businesses located within the Mark Center / Seminary Road / Beauregard Street neighborhoods in the City of Alexandria.

In compliance with the National Environmental Policy Act (NEPA) and 23 CFR 771.117, an environmental document in the form of a Categorical Exclusion was prepared.

Review the proposed project plan and environmental document at the public hearing, on the project web site <http://www.markcenterroadproject.com/>, or at VDOT's Northern Virginia District Office located at 4975 Alliance Drive, Fairfax VA 22030. Plans and information can also be reviewed at the Project Field Office at 5100 Leesburg Pike Suite 302 in Alexandria Virginia, 703-888-3980. Please call ahead to ensure availability of appropriate personnel to answer questions. Property impact information and tentative construction schedules are available for your review at the above address and will be available at the hearing.

Give your written or oral comments at the hearing or submit them by **November 15, 2012** to Chris Close, Eastern Federal Lands Highway Division Federal Highway Administration, 21400 Ridge Top Circle, Sterling Virginia, 20166. You may also provide comments via the project website at the address noted above. Please reference "Mark Center Mid Term" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiencies, contact VDOT's Civil Rights Division at 703-259-1775 or TTY/TDD 711.

State Project: SR-6706.420.6622 Federal Project: VA A-AD BRAC-133(1)
UPC: 102900

Legal Notices

**Mark Center Short and
Mid Term Improvement Project
Seminary Road
City of Alexandria**

Notificación de Audiencia Pública Respecto al derecho de Vía
Miércoles, Noviembre 7, 2012, 6:30 – 8:00 p.m.
Francis C. Hammond Middle School Foyer
4646 Seminary Road, Alexandria, Virginia 22304

Entérese acerca del proyecto propuesto para mejorar la transportación que servirán a residentes y a negocios localizados alrededor del vecindario de Mark Center / Seminary Road / Beauregard Street en la Ciudad de Alexandria.

En cumplimiento del Acta en Póliza Nacional del Medioambiente (NEPA por sus siglas en ingles) y 23 CFR 771.117, un documento del medioambiente en forma de Exclusión Categórica fue preparada.

Revisando el plan del proyecto propuesto y el documento del medioambiente en la audiencia publica, en el sitio web del proyecto <http://www.markcenterroadproject.com/>, o en la oficina de VDOT's Northern Virginia District localizadas en 4975 Alliance Drive, Fairfax VA 22030. Planos e información pueden también ser revisadas en la Oficina del proyecto en 5100 Leesburg Pike Suite 302 in Alexandria Virginia, 703-888-3980. Favor de llamar antes para asegurar la disponibilidad de personal apropiado para responder a sus preguntas. Información de Impacto a la Propiedad y calendario tentativo de construcción están disponibles para su información en la dirección previa y estará disponible en la audiencia.

Denos sus comentarios sea verbales o escritos en la audiencia o someterlos para **Noviembre 15, 2012** a Chris Close, Eastern Federal Lands Highway Division Federal Highway Administration, 21400 Ridge Top Circle, Sterling Virginia, 20166. Usted también puede hacer comentarios via website del proyecto en la dirección proveída anteriormente. Favor de titular "Mark Center Mid Term" en la línea de subject.

VDOT garantiza la no discriminación y la igualdad de empleo en todos los programas y actividades de acuerdo con el Título VI y Título VII del Acta en Derechos Civiles de 1964. Si usted necesita más información o asistencia especial personas deshabilitadas o limitaciones con el idioma ingles, contactar la División de Derechos Civiles de VDOT al 703-259-1775 o TTY/TDD 711.

Proyecto Estatal: SR-6706.420.6622 Proyecto Federal: VA A-AD BRAC-133(1)
UPC: 102900.

Legal Notices

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

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In conformance with the Commonwealth of Virginia's Unclaimed Property Act, the City of Alexandria is publishing a listing of unclaimed property held at June 30, 2011.

Property Code	Last name	First name	Middle
524518	AETNA INSURANCE		
503368	ALEXAN DRIA-M ETRO	MONARCH TITLE LLC	
510592	ARTIS	RONALD	
517707	BAKER	KRISTINE	
505192	BANKS	BONITA	
509060	BARNES	EMILE	D
510373	BARRANCO	MIRIAM	L
520007	CALLOWAY	MICHAEL	D
511516	CARRERO	NIDIA	S
511414	COCKERILL	GINNY	D
522691	COLEMAN	RAYMOND	
505193	CRUZ	BRIAN	
505203	DAWSON	LAURA	M
517394	DOLL	JOACHIM	K
523848	DVA RENTAL HEALTHCARE INC		
506707	FISKE	LAUREN	P
506694	HANSLEY	ERIC	
502429	HAYES	THURMAN	
512322	KIFLE	ABRAHAM	M
502389	KUTATELADCE	ALEDSANDRE	
518645	LAFAYETTE BUILDINGS LLC		
502423	MADDEAUX	SACH I KO	
503471	MARIAM	NATALY GABRA	
513724	MARTINEZ-ALEMAN	MR. HUGO	
507487	MOHAMED	SALEH	A
503335	MONARCH TITLE, INC		
511526	N OTTAG E	PAMELA	M
519568	OBEID	MAMON	A
503478	OUM	RAKSMEY	J
520361	PAOLICELLI	DAVID	A
509171	PHO SAIGON 8 RESTAURANT INC		
516733	REDDY	ROHITCHANDRA	A
517426	SAETER	KNUT	
506596	THE LYCEUM COMPANY INC		
511536	TOWNSEND	RACHEL	H
511044	VASQUEZ	JORGE	FRANCISCO
516004	WARD	MICHELE	R
522688	WRIGHT	MARY	M

If you or your company is listed above, contact the Accounting Division of the City of Alexandria's Finance Department prior to October 23, 2012. For more information concerning this ad, please contact: City of Alexandria, Finance/Accounting Division, P.O. Box 178, Alexandria, VA 22313 Telephone: 703-746-3905. The above shall be published in The Alexandria Gazette on October 4th, 2012.

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People Armstrong

From Page 5

with gallery chefs. "I showed the chefs here how to execute the menu and myself or one of my chefs will be here at least once a week to oversee the food preparation."

The gallery debuted themed cafes in 2006 with starred chefs from Provence for the Cézanne in Provence exhibition. Signature dishes by Jean Claude LeLan, formerly of Le Refuge in Old Town, were featured in 2008 during an exhibit of painters and photographers from the Fontainebleau region of France.

"The restaurant scene in and around D.C. has risen to such heights that we are able to pull from local talent who offer a wide spectrum of world cuisine," said Deborah Ziska, chief of public information for the gallery.

Armstrong is chef and owner of Alexandria's Restaurant Eve as well as Eamonn's A Dublin Chipper, PX, The Majestic, Virtue Feed and Grain and Society Fair. His Garden Café menu is presented in partnership with Restaurant Associates and Executive Chef David Rogers at the National Gallery of Art.

"It's exciting for me to be here today," Armstrong said. "When I first came to America I worked in an Irish pub, but I am very proud to be an American it's a real honor to be asked to create these signature American dishes."

For more information on the National Gallery of Art and its exhibits, visit www.nga.gov.

News Brief

Support Alive! At Reunions

During the month of October, Reunions, a specialty shop of antiques, home furnishings, gifts and accessories, is donating 5 percent of its proceeds to ALIVE! (Alexandrians InVolved Ecumenically) which provides direct services for people in need including assistance with shelter, food, furniture, financial aid and early childhood education.

In addition to contributing sales proceeds from its October sales, Reunions is also encouraging customers to donate canned goods at the shop for Alive!'s food pantry.

Reunions is located in the Fairlington Centre Shopping Center between N. Quaker Lane and Kenwood Avenue. Visit www.reunionsva.com. To find out more about ALIVE!, visit www.alive-inc.org.

www.ConnectionNewspapers.com

Visitor Spending Up 8.1 Percent

Eric Nelson named ACVA's Tourism Partner of the Year.

The Alexandria Convention and Visitors Association held its annual meeting Sept. 27 at MetroStage Theater and used the occasion to announce that visitor spending in Alexandria increased 8.1 percent in 2011 to \$711 million, generating city tax revenue of \$23.1 million.

"Visitors to the city support over 6,000 jobs with a payroll of \$118 million," said guest speaker Elizabeth McLaughlin, vice president of research at Virginia Tourism Corporation, who referenced data released by the U.S. Travel Association. "In five years, visitor spending has increased 22 percent in Alexandria, dramatically outpacing increases for Virginia and Northern Virginia, both at 9 percent."

The value of visitor spending to the city was emphasized by Mayor Bill Euille, who highlighted the \$100,000 increase in the city budget for ACVA's destination advertising. Euille praised ACVA's accomplishments of the past five years under former President and CEO Stephanie Pace Brown and highlighted two ACVA projects launched this month under acting President and CEO Lorraine Lloyd: the inaugural Fashion's Night Out Alexandria event and new banners on King Street.



Photo by Michael D. Photography

ACVA Board Chair Jody Manor, Acting ACVA President Lorraine Lloyd and guest speaker Elizabeth McLaughlin, vice president of research at Virginia Tourism Corporation.

Eric Nelson, owner of Artfully Chocolate in Del Ray and Artfully Gifts and Chocolate in the Carlyle community, received ACVA's David G. Speck Tourism Partner of the Year award. A former president of the Del Ray Business Association and key advocate of the soon-to-launch Del Ray-Arlandia trolley, Nelson was honored for his support of the ACVA and also for his contributions to the tourism community as a whole.

MetroStage hosted ACVA's Annual Meeting, which was attended by members of City Council and members of Alexandria's tourism community including local boutique and restaurant owners. For more information, visit www.visitalexandriava.com.

—Jeanne Theismann

Bulletin Board

From Page 25

SATURDAY/OCT. 6

Social Security & Medicare. 1 p.m. The National Committee to Preserve Social Security and Medicare is holding an event at Market Square. It is part of its Truth Tour program. Experts will talk about social security, medicare, and the Affordable Care Act.

532Yoga Sessions. 532 N. Washington St., Suite 100. Visit www.532Yoga.com, email suzanne@532Yoga.com, or call 703-209-0049. 11 a.m.-noon. Beginners Yoga, 8 week course or drop-in. Register online.

SUNDAY/OCT. 7

532Yoga Session. 11 a.m.-6 p.m. Ashtanga Yoga Workshop. Register through www.532Yoga.com, email suzanne@532Yoga.com, or call 703-209-0049

MONDAY/OCT. 8

Forum for District A School Board Candidates. 7:30-9 p.m. The moderator for the event will be former Alexandria School Board member Eileen Cassidy Rivera. The six candidates in District A, who are competing for three seats, are Bill Campbell, Karen Graf, Stephanie Kapsis, Helen Morris, Joyce Rawlings, and Heath Wells. Five of the six candidates have agreed to participate. Wells will be out of town. In the auditorium of the Mount Vernon Community School, 2601 Commonwealth Ave.

WEDNESDAY/OCT. 10

Alexandria Mayoral and City Council Candidates Forum. 7 p.m. Lyles-Crouch Traditional Academy, 530 S. Saint Asaph St. All Alexandrians Welcome.

Health Expo. 10 a.m.-2 p.m. Inova Alexandria Hospital is hosting its annual health expo at the USPS, 600 Dulany St. This event is free and open to the public. This year's Health Expo will feature seminars and demonstrations. Registration is preferred, but not required. Call 855-My-Inova (855-694-6682) or visit inova.org/expo

Potomac Yard Metrorail Implementation Group. 6:30 p.m. City Hall, Council Work Room, 301 King St. For more information, contact Susan Gygi, susan.gygi@alexandriava.gov, or 703-746-4109.

THURSDAY/OCT. 11

Lunch and Learn. noon-2 p.m. Receive a chef-prepared meal and the information on whether keeping or selling home. The Fountains at Washington House, 5100 Fillmore Ave. Call 703-845-5100.

Tea & Talk: "Open Your Eyes to News You Can Use" 1:30-3 p.m. Every day brings new information about products, services, and resources that encourage independence for people facing vision loss. Join the group for information and fellowship. Charles Beatley Central Library, 5005 Duke St. Call 202-234-1010 or 703-746-1702.

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Wellbeing

Preparing for Cold and Flu Season

**Health care professionals
offer advice.**

By Marilyn Campbell
Gazette Packet

While many of her friends and family members enjoy the cooler temperatures and vibrantly colored leaves that herald the arrival of autumn, Mary O'Brien braces herself. For her, fall and winter mean sniffles, sneezes and frequent trips to the doctor.

"I usually catch about four colds between October and April," said the North Potomac, Md., mother of two preschool children. "Between myself, my husband and our kids, it seems like someone always has a runny nose, fever or cough."

Local health care professionals say that while cold and flu season peaks in January and February, it can begin as early as October and extend through May. While there is no cure for the cold or flu, there are a few strategies that can increase one's chances of staying healthy.

Clean hands are the first line of defense against germs that cause illness. "I advise my patients to practice good hand washing habits, avoid touching their faces when possible, and cover their mouths when they sneeze or cough," said Dr. Jean Glossa, medical director for the Fairfax County Community Health Care Network in Alexandria, Reston and Falls Church and Molina Healthcare.

Experts also stress the importance of safeguarding one's immune system: "Getting enough sleep, drinking lots of water and getting exercise are also important in helping your immune system stay healthy and strong," said Rachel Lynch, manager for Prevention and Self Care at Inova Health System in Fairfax.

She went on to advise patients to avoid spreading germs to others: "If you're not feeling well, stay home. If we keep people who are sick at home, we're not spreading it to individuals who aren't sick. A lot of times, people think it's strong to push through and still go to school or work even if you're not feeling well."

WHEN IT COMES to staving off the flu, healthcare



Photo by Marilyn Campbell

Experts say good hand washing habits, especially for children, can help keep illness at bay.

professionals say to vaccinate.

"The CDC (Centers for Disease Control and Prevention) reminds us that the single best way to prevent the flu is to get an influenza vaccine each season," said Diane M. White, a registered nurse with a master's of science in nursing and director of the Nurse Practitioner Marymount University Student Health Center in Arlington.

How does one know whether or not they should get a flu shot? "The CDC recommends that anyone over 6 months of age gets vaccinated, especially those at high risk for complications ... like [people with] asthma, diabetes and chronic lung disease, pregnant women, children between 6 and 23 months of age, anyone 65 or older and those who live with or care for those [at] high risk," said Glossa.

Glossa adds that because the antibodies take about two weeks to provide the full measure of protection, the CDC recommends that the public get vaccinated as soon as the new vaccine is offered.

Experts say that some people are afraid to get the vaccine because they believe it may cause the flu, but that notion is inaccurate: "Injected flu vaccines only contain dead virus so it can't infect you," said Glossa. "The nasal vaccine, known as FluMist, is the one type of live virus flu vaccine, but this virus is specially engineered to remove the parts of the virus that make people sick."

Glossa offers one caveat: "People with severe allergies, especially those with an allergy to eggs, or anyone who has had a severe reaction to flu vaccines in the past, should check with their doctors before getting a flu shot."

Protecting One's Eyes

**Medical experts offer
safety suggestions.**

By Marilyn Campbell
Gazette Packet

Nancy Mahon was cleaning the bathroom of her Herndon home last spring when she noticed that something was going wrong.

"My eyes started burning intensely," she said. "They were red and felt like they were on fire." The source of her eye irritation was a chemical that she was using to clean her bathroom. She sought medical care and now uses mild, non-toxic cleaners.

Simple tasks like gardening or cleaning can lead to eye injury, so ophthalmologists are using the month of October, Eye Injury Prevention Month, to promote

eye safety and raise awareness about eye injuries.

"Unfortunately, most people don't think about eye protection for home projects until it is too late," Dr. Lynn Polonski, M.D., an ophthalmologist and spokesman for the American Academy of Ophthalmology, said in a statement.

Experts say there are a few simple things that homeowners can do to decrease their risk of eye injury.

"Wear protective eyewear during risky activities, such as anytime you might be exposed to flying particles or dust. Wear goggles when exposed to chemicals," said Dr. Jean Glossa, medical director for the Fairfax County Community Health Care Network. "Take caution with chemicals and cleaners. Carefully read the labels of chemicals in household cleaning supplies and don't mix products."

Glossa added that washing one's hands after using chemicals is another preventative measure.

T.C. Williams Volleyball Ranked No. 3 in Northern Region

Senior Whitmire has led Titans to a 12-3 record.

By Jon Roetman
Gazette Packet

Inside the gym at T.C. Williams High School there are banners displaying the championship history of each of the school's athletic programs. The Titans volleyball banner is empty, however, as teams have yet to win even a district title.

In 2010, TC's lack of hardware was something that caught the attention of then-first-year head coach Michael Burch. Three seasons later, with senior Kate Whitmire leading an improved supporting cast, members of the T.C. Williams volleyball team feel they have a chance to eliminate some white space on their banner.

Through 15 matches, the 2012 Titans are 12-3, including a 3-1 (14-25, 25-18, 26-24, 27-25) loss to West Springfield on Oct. 2 in Alexandria. TC won the Alexandria City Tournament on Sept. 14 and opened district play by knocking off defending champion and 2011 Northern Region runner-up Woodson, 3-1, on Sept. 24.

TC entered its Tuesday match against West Springfield as the No. 3-ranked team in the Northern Region Volleyball Coaches Association top 10 poll, behind only Stone Bridge and Woodson.

"Every position has been a little bit improved, overall," Burch said after Tuesday's match. "We're consistent in our setting, we're consistent in our passing. ... We've seen we can play with everybody and I think

the kids just buy into [what we're doing]. They're like, OK, don't make an error, get it in, help each other out, so I think they just buy into the philosophy."

A major reason for the Titans' success is the performance of Whitmire, a 6-foot-1 outside hitter who is committed to James Madison University. According to stats from the Washington Post's Web site, Whitmire, a four-year varsity starter, is leading the Washington, D.C.-metro area in kills with 297, including 30 against West Springfield. She can also perform away from the net as she is second on the Titans in digs.

Burch said Whitmire has matured into a team leader and tries to take over matches, rather than worrying about upsetting her teammates.

"She's gotten a lot smarter," Burch said. "She's moving people around on the court, she's calling some of her own plays. We've given her a little bit of leeway to be more of an audible quarterback. I have to admit, I've been pretty impressed with her leadership."

Whitmire said a desire to win has helped the Titans succeed.

"Everyone on this team wants to win and everyone on this team wants to go for the ball and understands that every point matters," she said. "In the past, we didn't really have that. It's great that this year, my senior year, we're making a difference."



T.C. Williams senior Kate Whitmire, right, goes for the ball against West Springfield's Destini Davis on Oct. 2.

Photo by Louise Kraft/Gazette Packet

Senior outside hitter Sydney Trout had 11 kills against West Springfield and has helped shoulder some of the offensive burden. "I think Sydney has stepped up this year," Burch said on Tuesday. "Before today, Sydney was hitting .250. Last year, she was under .100, so Sydney has been that complement now to Kate. We don't have to rely so heavily on Kate."

Burch said junior libero Savannah Devereux, who leads the team in digs, and sophomore setter Audrey Dervarics have also played well.

T.C. Williams (1-1 in the district) will host Lake Braddock at 7:15 p.m. on Thursday, Oct. 4. Burch said the loss to West Springfield can help the Titans down the road as they try to earn one of the top seeds in the Patriot District tournament.

"[The Titans] know that we're not going to fly under the radar," Burch said. "You're the third-ranked team in the region, you're not going to sneak up. [Opponents aren't going to say] we don't have to worry about T.C. Williams, they can't play. ... As long as we finish in the top three and get a good seeding in the tournament, that's all we're looking for. Would it be nice to win the regular season? Yeah, but you don't put a banner up for regular season."

Sports Briefs

SSSAS Football Improves to 5-0

The St. Stephen's & St. Agnes football team defeated Paul VI, 28-24, on Sept. 29, improving its record to 5-0. The Saints came from behind to beat the Panthers after trailing, 17-7, at halftime.

Senior running back Darius Manora led the Saints with 18 carries for 126 yards and two touchdowns. Sophomore quarterback Ish Seisay threw a touchdown pass and rushed seven times for 85 yards, and junior Sam Gallahan caught two passes for 40 yards and a score. SSSAS will travel to face Blue Ridge at 2 p.m. on Saturday, Oct. 6. The Saints return home the following week to face Bullis on Oct. 13.

TC Football Drops to 1-4

The T.C. Williams football team fell to 1-4 with a 21-7 loss to Lake Braddock. The teams were tied, 7-7, entering the fourth quarter before the Bruins secured the win

with a pair of touchdowns in the final 12 minutes. TC junior Malik Carney carried 28 times for 165 yards and recorded four tackles on defense. Jeremiah Clarke had two sacks and Rashawn Jackson snagged a pair of interceptions. Quarterback Alec Grosser scored the Titans line touchdown on the ground. Landon Moss had nine receptions for 119 yards. TC will travel to face Woodson at 1:30 p.m. on Saturday, Oct. 6.

Bishop Ireton Still Working for First Win

The Bishop Ireton football team lost to St. Mary's Ryken, 38-24, on Sept. 28, dropping its record to 0-5. The Cardinals will host Flint Hill at 3 p.m. on Saturday, Oct. 6.

Episcopal Loses To Collegiate

The Episcopal football team was shut out by Collegiate, 35-0, on Sept. 29. The Maroon will host Landon at 4 p.m. on Friday, Sept. 5.



Photo by Louise Kraft/Gazette Packet

Running back Darius Manora (20) and the St. Stephen's & St. Agnes football team improved to 5-0 with a 28-24 victory against Paul VI on Sept. 29 in Alexandria.

News

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Team Tartan celebrates after raising more than \$25,000 for blood cancer cures.

Fundraising Regatta

The 19th Annual Leukemia Cup Regatta, held Sept. 7-8 at the Washington Sailing Marina in Alexandria, raised nearly \$150,000 for blood cancer cures. A post-race celebration was held directly after the races with a band, barbeque and drinks, and silent auction. See <http://www.leukemicup.org/nca/>



Faith Rodell, Regatta Committee Member, with Ria Freyberg, Leukemia & Lymphoma Society's special events director.

School Notes

Send announcements to the Alexandria Gazette Packet, by e-mail to gazette@connectionnewspapers.com. Deadline is Thursday at noon for the following week's paper. Photos are encouraged.

Daniel Clark of Alexandria, a cadet in the Virginia Tech Corps of Cadets Class of 2016, majoring in general engineering in the College of Engineering, has joined Virginia Tech's regimental band, the Highty-Tighties.

Three residents of Alexandria graduated from Radford University at the end of the summer session. Earning a Bachelor of Science degree were **Ashley Marie Sawyers**, recreation, parks and tourism; **Andrew Peter Fernandez**, psychology; and **Michael Boswell Sears**, media studies.

A T.C. Williams High School senior is among more than 1,600 Semifinalists in the 49th annual National Achievement Scholarship Program. **Samantha R.**

Williams now has an opportunity to continue in the competition for approximately 800 Achievement Scholarship awards worth more than \$2.5 million to be offered next spring. When applying for the program, students listed their prospective majors. Williams plans to major in Liberal Arts and Sciences, General Studies and Humanities.

Anastasia C. Voellm, the daughter of Frederick and Catalina Voellm of Alexandria, was recognized as a member of "The Academy's Own" for assisting the Admission Department. She was honored during the **Randolph Macon Academy's** awards ceremony on May 14.

Tressa Seetin, of Alexandria, graduated Cum Laude with a bachelor of arts degree in environmental studies and a minor in women's studies from Randolph-Macon College in Ashland, Virginia.

Seetin is the daughter of Mr. and Mrs. Mark W. Seetin of Alexandria.

Ashton Elizabeth Hellmuth of Alexandria was named to the University of Mississippi's Chancellor's Honor Roll for the spring 2012 semester.

Nolan Peters, of Alexandria, 9th grade, was named to the Honors List for Trimester 3 at Saint James School (Md.). Parents are Mr. Theodore Peters and Mrs. Kristin Davidson.



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