# Hount Pernon Bazette Wellbeing

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Mount Vernon's Hometown Newspaper • A Connection Newspaper

#### October 4, 2012

Photos by Victoria Ross/The Gazette

## 'Election Ready?'

### Fairfax County prepares voters for new election measures.

By Victoria Ross The Gazette

rustrated by a bad economy, empty promises and echo-chamber politics, voter apathy is at an all-time high across the nation. According to a recent USA Today poll, about 90 mil-



**Cameron Quinn, Fairfax County's chief** elections official, holds up a sample ballot in the county's office of elections.

#### lion American voters, nearly 40 percent of those registered, won't go to the polls this year.

The same is not true in Fairfax County, where 79 percent of the county's registered voters cast their ballots in the 2008 elections, compared to 38 percent nationally. And nearly 90 percent of eligible voters,

about 721,000 out of 800,000, have already registered to vote in Fairfax County.

But a slew of changes — from congressional redistricting to new voter ID laws - may leave even the most committed voter stymied at the polls this year.

"The good news in Fairfax County is that almost everyone who is eligible is registered to vote," said Cameron Quinn, Fairfax County's chief election official. "Our problem in Fairfax County is not voter apathy, and it's not getting people to register. What we don't have is every registered voter registered at their correct address.'

Quinn said voters, especially those who only vote during presidential elections, get complacent about where they vote or who their candidate is. She calls them "cicada" voters, who go into their cocoon every four or more years, and emerge thinking that nothing has changed.

See Election, Page 6



All voter information material must now be translated into Spanish to comply with new state mandates. Election employees have counted and bundled new signs that will hang in all of Fairfax County's polling precincts.

## **Route 1 Needs Larger Parcels for Development**

SFDC staff examines challenges in the corridor.

By Gerald A. Fill The Gazette

he Southeast Fairfax Development Corporation recently relocated to the former Metrocall Building, across from Beacon Center, less than two miles from the Huntington Metro, the Beltway, and Old Town Alexandria, and in close proximity to the Beacon Center and the new Beacon of Groveton mixed-use development.

"There is an unprecedented amount of development activity occurring in the corridor between Huntington, Penn Daw, and organization's best interest to be located in this section of Richmond Highway," said SFDC Executive Director David Versel.

The SFDC was formed by Fairfax County in 1982 to revitalize, market, and serve as a liaison for businesses looking to establish a presence along the Richmond Highway corridor from the Capital Beltway in the north to south at Fort Belvoir.

The SFDC new address is 6677 Richmond Highway, Second Floor,

Groveton, and it is in our Alexandria, VA 22306. Telephone: 703-360-5008. Email: infosfdc.org In a wide-ranging interview with both SFDC staffers this was their responses:

#### Q. What do you hope to accomplish in the next vear?

**A.** Working under the direction of our board of directors our current focus is to build identity for the individual neighborhoods along the corridor. This includes Huntington, Penn Daw, Groveton, and Hybla Valley, among others. In the next 12 months we will welcome the first phase of the wayfinding signage program, to be installed beginning this coming November.

In addition, we will be promoting the lease up of the Beacon at Groveton housing development, completion of Costco, and the Insight Property Group's apartment development at Penn Daw. Each of

See SFDC, Page 4





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## People Garden Delights

## A gala by the river.

he 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 Rissetto 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 Rissetto 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.



## **SAVING SOCIAL SECURITY** AND MEDICARE

Saturday, October 6, 2012 Market Square, Alexandria • 1:00 P.M.

**EXPERT SPEAKER ROSTER**  SOCIAL SECURITY
 MEDICARE AFFORDABLE CARE ACT

## **SPECIAL GUEST**

Jon "Bowzer" Bauman formerly of Sha Na Na



♦ Mount Vernon Gazette ♦ October 4-10, 2012

## News



## **SFDC Examines Route 1 Challenges**

#### From Page 1

the neighborhoods on both the east and west side of the Richmond Highway corridor want to improve; our job is to encourage mutually compatible development among all the parties affected.

#### Q. What do you see are the biggest challenges you face?

A. First, to overcome the difficulty of finding sites attractive to developers that can easily be developed. Apart from North Hill that is under the control of Fairfax County, there are no vacant sites with realistic development potential to fulfill SFDC's goals. We have a large number of smaller parcels with existing uses, so the cost and time to acquire, prepare, and redevelop these sites can be challenging. We will be working to improve prospects for connectivity, and securing proffers to help pay for transit and environmental improvements. Secondly, our transportation is currently lacking, exacerbated by problematical intersections and limited east-west connectivity. We need to improve our network of paths and sidewalks. We need rail transportation to take pressure off our roads and better connect with the rest of the metro region. Thirdly, we need to focus on rezoning parcels that are now zoned for small rest of the D.C. region. Included, there will be a parcel gas stations and strip malls. Fairfax County has revised and updated the Comprehensive Plan to reflect a denser, transit-oriented future. But the county has yet to rezone the parcels to reflect the CP update; we will be stressing action in this area. Until this happens developers will still be looking at

parcels requiring a long lead time and requirements to rezone that cause uncertainty and are a challenge to overcome.

#### **Q.** What is your vision for the Route 1 **Corridor over the long run?**

A. We see the Route 1 corridor evolving from the present continuous strip of commercial development into a string of densely developed centers served by rail transit with a variety of housing types and prices located within a short walk of one another. Thirty years ago Arlington in the Wilson Boulevard area resembled the Richmond Highway corridor of today. Arlington committed to investing in transit and dense development around its metro stations and transformed a suburban strip into one of the most vibrant urban corridors in the country. There is no reason that Richmond Highway cannot do the same transformation. New high-quality, dense, walkable developments along northern Virginia's Richmond Highway corridor will serve the residents of the neighborhoods off the highway, and will help the existing neighborhoods' characteristics emerge. A comprehensive transit system will link Huntington, North Gateway, Penn Daw, Groveton, Hybla Valley, Gum Springs, Mount Zephyr, Woodlawn, and Fort Belvoir to the greater variety of housing types, shopping, and dining options. To accomplish this ambitious long-term vision we need to enlist all the stakeholders in an effort to bring together the residents and business interests in Lee and Mount Vernon District toward a unified vision.

www.ConnectionNewspapers.com

### **Profiles**

#### DAVID VERSEL

**Executive Director** (appointed November 2011)

Age: 39 **Hometown**: Rockville, Md. **Education**: B.A., architecture,

Washington University, St. Louis Master's degree in city planning, Georgia Institute of Technology Previous Employment: Economics

Research Associates, Washington, D.C.; Southern Maine Regional Planning Commission Marital Status: Married, wife:

Maurisa; 3 children.

#### **DAVID BEN**

Director, marketing and communications (appointed March 2012) Age: 26

Hometown: Lockport, N.Y. Education: B.A., philosophy, politics and history, Xavier University, Cincinnati

Master's degree, community planning, University of Cincinnati Marital Status: Single

Previous employment in real estate, Congressional office, community development.

David Versel (left), executive director, and David Ben, marketing and communications director.

Photo by Gerald A. Fill/ The Gazette

## News



#### Sacred Path

The St. Aidan's Episcopal Church Labyrinth, constructed by a member of the church — a Boy Scout working for his Eagle Scout, was dedicated Sept. 9. The community is invited to explore the path of the outdoor labyrinth. Join church members on Oct. 7 at 6 p.m. for a 30-minute introduction to walking the labyrinth. Meet in the church at 8531 Riverside Road, Alexandria.

## Chief Tapped for New Position Rohrer to oversee all public safety departments.

**Dave Rohrer** 

he Fairfax County Board of Supervisors appointed Police Chief Dave Rohrer as deputy county executive for public safety. He'll begin his new job Oct. 20.

This action, explained County Executive Ed Long in a Sept. 25 memo to all county personnel, will dedicate this newly created position exclusively to public safety. It will also free up Deputy County Executive Rob Stalzer — who currently oversees public safety, in ad-

dition to his other duties — "to focus on planning, development and transportation functions." Some of the major issues in these areas impacting the county include Dulles Rail; transportation funding; Tysons redevelopment; BRAC; regional water systems; and the redevelopments of Springfield Mall, Bailey's Crossroads and Merrifield Town Center.

Rohrer will be responsible for the county's publicsafety programs and will oversee the police and fire departments, Office of Emergency Management and Department of Public Safety Communications. He'll also have a liaison relationship with the Sheriff's Office and the courts.

Long said this new position will also "prioritize public safety resources for the county's 1.1 million residents, while serving the county's long-term growth and development needs. A dedicated deputy county executive for public safety is better able to quickly respond to events as they occur and to coordinate regional preparedness in advance."

This appointment completes Long's leadership team, which includes the deputy county executives, CFO, assistant county executives and directors of human resources and public affairs. "We will work together in the months and years ahead to address our continuing

challenges and continue the culture of excellence for which Fairfax County Government is so well known," said Long.

Rohrer is a longtime county employee who's served nearly 32 years as a sworn police officer. His career here includes 13 years as a senior commander and eight years as the county's police chief; he's held that post since 2004.

He's also served as deputy chief for investigations and operations support; Patrol Bureau commander; Special Operations Division and district commander; SWAT firstline supervisor and first-line patrol supervisor.

Rohrer holds a bachelor's degree in administration of justice from GMU. His annual salary will be \$191,168.

- Bonnie Hobbs



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## News County Gets Election Ready

#### From Page 1

"These are voters we want to reach now," Quinn said, "The most important thing is to check your voter status before Monday, Oct. 15," Quinn said. "Are you, in fact, registered? Have you moved? Do you know if your precinct changed during redistricting? You must update your voter registration if you have changed your address or name, or you may not be able to vote," Quinn said.

**TO CHECK YOUR STATUS**, call the Office of Elections at 703-222-0776 (TTY 711) or go to one of the websites listed. "We'd rather people call us with questions now than get frustrated when they go to the polls," Quinn said.

Fairfax County's Office of Election employees have been working overtime the past few months to make sure voters are "election ready" on Tuesday, Nov. 6. In conjunction with the State Board of Elections, the county recently kicked off an intensive voter preparedness campaign to inform and educate voters on changes.

Quinn estimates the election's office currently gets 600 calls every day, and many calls concern the new voter ID measures.

Brian Moran, chairman of the Virginia Democratic Party, said it's important that voters remember that Voter ID does not mean "photo ID."

"There are a number of acceptable forms of Voter ID, and it's important that this issue doesn't discourage voters," Moran said.

In August, the Justice Department signed off on Virginia's new Voter ID law, a bitterly contested measure that some claimed discriminates against minorities. Virginia, one of 16 states with a history of voter discrimination, must receive federal approval under the Voting Rights Act before making any changes to voting law.

The new law, which closed a provision allowing Virginians to vote without identification, also expanded the types of ID accepted at the polls.

Quinn said the State Board of Elections just mailed every voter a new voter card, which was sent to ensure that all voters have at least one acceptable form of identification. She said if voters bring their voter card, they don't need another form of identificat i o n . "Virginia tweaked its voter ID laws this year

to allow many new forms of acceptable identification," Quinn said in an online forum.

"Virginia also has mailed a voter information card (or sometimes called voter registration card) for many years. You need some form of identification under Virginia law, and this voter information card is considered an acceptable form of identification," Quinn said. Other forms of acceptable identification include a driver's license, military ID or current utility bill. For other forms of accept-

In addition to the optical scan voting machines, every polling place will be equipped with WINvote "touch-screen" machines, which have been used in Fairfax County since 2003. These touch screen machines are designed to provide voters with disabilities the ability to cast their votes unassisted. Luke Baranyk, voting machine custodian, demonstrates the touch-screen technology.

able ID, visit www.sbe.virginia.gov/votinginperson.html.

In addition to getting voters ready for the general elections, the office has also been preparing to comply with new mandates and changes.

Last year, the state mandated that all voter education material be translated into Spanish. While the county has complied with that mandate, they are still short on electionday volunteers, especially those who are bilingual in Spanish and English.

Norma Rengel, the office's language accessibility coordinator, and Patricia Ferguson, the county's outreach coordinator, spent hours last week putting tent cards in cafeterias and lobbies in the Fairfax County Government Center and other Fairfax County locations to encourage volunteers to call the elections office.

"One challenge for us is to recruit bilingual polling officials, and by law, Spanish is a priority," Rengel said.

Quinn said the Elections Office also spent \$50,000 this year to beef up office security. Several new walls and barriers were constructed last week so visitors are not able to wander, intentionally or unintentionally, from one department to the next or get too close to where ballots are stored and counted.

"We know there are concerns about integrity, and we realize there are people in both parties who will try to skew elections, people who think the end justifies the means," Quinn said. The fact that Northern Virginia is now considered a battleground region in a battleground state spurred the new security measures.

"In the end, we want the votes to reflect the will of the people and they know that their vote counted," Quinn said.

Another way to ensure the integrity of elections, Quinn said, is to make sure polling officials are educated and up-to-date on the law and the latest technology. Travis Patten, an elections office training coordinator, said about 3,000 polling officials have undergone training since August. "One of the things we're excited about is the electronic poll books," he said, which will allow voters to check in faster, and reduce waiting time.

**ON ELECTION DAY**, staff will be coming through voter lines with a handheld device called "Ask ED," which contains the entire county voter list to check once again if the voter is in the correct precinct. If there is a discrepancy between what's on the voter's card, and the most current information on the county's election rolls, the staff person will call the registrar's office.

If the voter is trying to vote in the wrong precinct? Best not to argue, or insist on a provisional ballot, Quinn said. According to the Virginia State

Constitution, provisional ballots don't count if the voter casts a ballot in the wrong precinct.

"The only way your vote counts is if you are voting in the correct precinct. That's why

### **Voter Checklist**

♦ Voters with any questions about voting this Election Day can visit two websites for answers: The Virginia State Board of Elections website at www.sbe.virginia.gov and The Fairfax County Office of Elections website at http:// www.fairfaxcounty.gov/voterinfo.

♦ If you don't find the information you need at the websites, call the Office of Elections at 703-222-0776.

✤ Fairfax now has a free smartphone mobile app to check your registration and other voting information. Download the free app by searching Fairfax County Government at the App Store (coming soon to Android Market) or go to http:// www.fairfaxcounty.gov/news/mobile/. Once you download the app, look for the Vote icon.

By Monday, Oct. 15: Update your registration, or you may not be

able to vote if you have moved since you last registered.To check if your registration is correct, go

online at www.sbe.virginia.gov/register, or call the Office of Elections at 703-222-0776.

✤ If you are not registered, or need to update your registration, complete a Virginia Voter Registration Application, which you can download at http://www.sbe.virginia.gov, or call 703-222-0776.

By Tuesday, Oct. 30:

♦ Virginia does not have "no excuse" absentee voting. If you want to complete a Virginia Absentee Ballot Application, download from www.SBE.Virginia.gov, or call 703-222-0776 to have one sent. The Office of Elections must receive the ballot by 7 p.m. on Nov. 6.

Election Day, Tuesday, Nov. 6.

Polls will be open from 6 a.m. to 7 p.m.
It's Voter ID, not "Photo" ID: When you arrive at your polling place, a voting official will verify that your name is on the registration list. Voters will be asked to present one valid form of identification. It can be any of the following:

\* A Virginia Voter Registration Card

♦ A Social Security Card
▲ A valid Virginia Driver's License

A valid Virginia Driver's License
 Any official ID Card issued by a Virginia gov-

An employee ID Card with photo of the voter

An employee in Card with photo of the voter issued by an employer
 If you are unable to provide any of the above,

you can sign an "Affirmation of Identity" statement affirming your identity under felony penalty for making a false official statement.

we don't want people waiting until the last minute. When in doubt, call the elections office. We will pull the most current voter card and match it to our map," Quinn said.



Norma Rengel and Patricia Ferguson, with the Office of Elections, spent hours last week putting tent cards in cafeterias and lobbies in the Fairfax County Government Center, to educate voters and recruit volunteers.

## News



#### **Humane Treatment?**

Three protesters — Louise Filkins, Phil Letten and Nick Wallerstedt — inflated a 10foot replica of a mother pig in a gestation crate on Richmond Highway at Kings Crossing on Sept. 17. The protesters from the national animal rights group, Mercy for Animals, were calling on Walmart to require its pork suppliers to phase out the practice of confining pigs in narrow crates — something Kroger, Safeway, Costco, and McDonald's have recently done, they said.



#### Race for a Cause: Come be a Superhero!

We're partnering with Acumen Solutions for their 4th Annual Race for a Cause <sup>™</sup> 8K and 1Mile Fun Run race on Sunday, October 14, 2012 in Arlington, VA. Alexandria and Fairfax Region Boys and Girls Club will be one of 10 charities benefitting from the race and it's up to the runner or walker to pick which charity their donation will benefit. \$2,000 in combined prizes will be awarded to top race winners.

Please choose the Boys and Girls Club – Alexandria Olympic and Fairfax as your charitable preference!

#### Location: Arlington, VA

Date: October 14, 2012 • Time: 8:00 A.M. The race will be on a fast out-and-back, flat course that begins and ends on North Quincy Street near the intersection of Wilson Boulevard. Runners of all levels, as well as walkers, are encouraged to participate. For more information and to register, visit: http:// communications.acumensolutions. com/Theraceforacause/index.html





Inova Breast Care Institute and Inova Mount Vernon Hospital are pleased to present the following Ask The Expert class

## Dispelling the Myths About Breast Cancer

Wednesday, October 17, 2012 at 6:30 pm

Inova Mount Vernon Hospital 2501 Parker's Lane Alexandria, VA 22306

This lecture is FREE and to better serve you we ask that you register by calling **1.855.My.Inova (694.6682)** or by visiting our Website at **inova.org/AskTheExpert** 



Join Dr. David Weintritt, Breast Surgeon, for this informative lecture. We've heard all the stories passed down from our grandmothers, to mothers, to us! Join this relaxing and enjoyable lecture on "the real story behind all the myths." Bring your own myth/story to share. Also, enjoy a demonstration of healthy foods for a healthier you.



## Opinion Be Prepared: What's on the Ballot?

arly 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 emi-

## Editorial

nent 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/ w e b d o c s / 2 0 1 2 1 1 C o n s t i t u t i o n a l AmendmentsPoster.pdf.

In the races for U.S. House of Representatives, it's worth noting that redistricting resulted in significant changes in Northern Virginia in terms of who your U.S. representative will be. If you live in Reston, for example, you were represented by Jim Moran and the 8th district, now you are in the 11th district where the incumbent is Gerry Connolly. Fairfax County is represented by three Congressional Districts, 8, 10 and 11.

In Fairfax County, voters will also decide

By Scott A. Surovell

State Delegate (D-44)

argely out of sight in the

Northern Virginia media,

there has been a contro-

versy raging in the Hampton

Roads area about the

Governor McDonnell is very

passionate about privatizing gov-

ernment functions. Everyone is

familiar with his effort to priva-

tize the state liquor stores. He has

nel between Portsmouth and Norfolk.

also announced multiple efforts to privatize

Virginia's roads by selling tolling rights to for-

eign investors for I-95, US 460 and a new tun-

In May, APM terminals offered Virginia \$540

million to run the Virginia Port for 48 years.

Governor McDonnell is now soliciting propos-

als from other private entities. After a flood of

criticism about the timing of the proposal, the

lack of information provided to elected offi-

cials, and the short timeframe for accepting

proposals, the Governor slowed the process

Virginia's Port Authority was created by the

state in 1981 after numerous studies suggested

the state consolidate its operations in Norfolk,

Portsmouth, and Newport News. More recently,

they also added a facility called the Virginia

Inland Port in Front Royal you might have no-

ticed while driving down I-66.

down a bit

privatization of Virginia's Port.

### **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 absence 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.

whether to invest in infrastructure based on four bond questions, answering yes or no to supporting \$75 million for parks, \$55 million for public safety facilities, \$25 million for library facilities and \$30 million for stormwater and sewer improvements. http:// www.fairfaxcounty.gov/elections/ nov\_2012\_county\_bond\_issues.pdf

### 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.

## FAIRFAX COUNTY BOARD OF ELECTIONS 703-222-0776

www.fairfaxcounty.gov/eb/

12000 Government Center Parkway, Fairfax, Suite 232, Fairfax, 22035 FAX 703-324-2205

email voting@fairfaxcounty.gov

#### CITY OF FAIRFAX GENERAL REGISTRAR 703-385-7890

http://www.fairfaxva.gov/Registrar/ GeneralRegistrar.asp 10455 Armstrong Street, Sisson House, Fairfax, 22030 FAX 703-591-8364 email kevin.linehan@fairfaxva.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 Mount Vernon Gazette

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A Connection Newspaper

Virginia's Port is under competitive pressure. Virginia has the deepest water port on the East Coast. However, Charleston, S.C. is deepening

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## its port so it could compete with

Should Virginia Auction Off Its Port?

Hampton Roads for newer larger container ships. Also, in 2014, the deepening of the Panama Canal will be complete and larger boats will have a more direct route to Virginia. More business is coming.

So why should Northern Virginia care? First, we are all obvi-

ously in this state together and matters that affect the economy in one of part of the state affect all of us sooner or later whether it involves tax collections or government programs, and responsibilities that we are all on the hook for as Virginia taxpayers.

However, there are even more direct reasons. A large percentage of the goods you buy here in Northern Virginia come through the Virginia Port. Much of the furniture sold in Northern Virginia comes from Asia and goes through the port. If you bought a chair at Office Depot or a bookcase at Walmart, chances are it came through the Port. If you purchase a foreign car

— there's a good chance it came through Hampton Roads. If you shop at Costco, Target or Walmart (or pretty much shop period), this issue matters to you.

Virginia's exports also go through the Port. Lumber, coal, and microchips. In 2007, microchips passed coal and tobacco as Virginia's #1 export. In 2007, the value of exported microchips was double coal and triple the value of cigarettes. A huge portion of them are made at Micron's facility in the City of Manassas.

Aside from whether the state should privatize this operation, the secondary question is who should get the contract. The majority of the bidders are foreign shipping conglomerates. Some people view it as unseemly that we would give such an important contract to a foreign company and not a domestic company that could do some good here in Virginia.

Second, many of the bidders are shippers themselves. Other shippers have expressed concern about their Port being operated by a competitor. This could reduce commerce at the Port which would lead to higher prices.

The Governor has announced that he will evaluate all proposals and ink a contract before the General Assembly returns in January. He is basically deciding this in nine months. This would be the largest public-private partnership negotiated in the history of the Commonwealth. The largest deal previously negotiated took three years.

Last July, the Virginia Port Authority had its best month ever. Many of us in the legislature are not clear what problem we are trying to address here or what the big rush is.

The Port of Virginia is an important piece of our state that has a large impact on jobs, the price of goods, and the economy across our entire state. The Governor should venture into this very carefully.

I am generally leery of selling government assets to foreign investors, but I am still considering this proposal. If you have any feedback, I'd love to hear it. Thank you for allowing me to serve as your delegate.



## Opinion

### **Snapshot**

West Potomac **High School Cheering Squad** rallies the stands as the varsity football team played Lake **Braddock on** Sept. 21.











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## Opinion

### Persistence Pays Off

To the Editor:

After three years of hard work, finally, last week, the Westgrove Park off-leash dog area (OLDA) began to take shape. As the accompanying photos show, the peripheral fence is installed. The entrance gates will be installed this week.

I visited the park last Sunday morning and found a number of people with their dogs, eager to use the new facility. Second from the left in one accompanying photo is Mary Tracy, with her dog Rudy. Mary is a member of the board of directors of Westgrove PACK, the proponents of the OLDA. Until the gates are installed, technically the OLDA is not open for "business," the business of having fun with one's dog.

One remaining question is why it took three years to get this done? Unfortunately, in the Mount Vernon district, a handful of activists have managed to use their influence to delay the process. The details have already been published numerous times creating of fictitious organizations which "oppose," false claims of speaking for larger groups, claims that establishing the OLDA would reward criminal behavior, behind the scenes lobbying, etc., etc. Thankfully, the opposition was all for naught and this nobrainer will soon be open.

Kudos to Westgrove PACK for persevering in the face of adversity to get the job done. PACK stepped up to the plate, fought



The new fence for the off-leash dog area at Westgrove Park.

the good fight and committed to financing a significant portion of the expense of the infrastructure. I understand Supervisor Hyland has never received so many signatures on a petition supporting any issue, in his over two decades of service as Mount Vernon supervisor. Clearly the OLDA has widespread support and deserves to be established and to be included in the final master plan.

> H. Jay Spiegel Mount Vernon



Once the gates are installed, the dogs will be able to play off-leash.





Mayor Julian Castro greets Leah Zahniser at the field office.

Paul Giacomini, a regional field director for Organizing for America in Fairfax County explains to the volunteers the goals for Saturday's canvassing.

### San Antonio Mayor Castro Campaigns in Mount Vernon

Democratic National Convention keynote speaker San Antonio Mayor Julian Castor stopped by the Sacramento Center Organizing for America (OFA) Mount Vernon campaign office to meet with local supporters on Sept. 8. Hundreds of local and area supporters had gathered to listen to the mayor and other campaign officials before beginning neighbor canvassing. The mayor continued on to George Mason University and later the OFA Woodbridge campaign office.



Melody Gonzalez, Virginia Latino Vote director, introduces herself to the crowd.

Photos by Louise Krafft/ The Gazette



Maria Rosario welcomes Mayor Julian Castro to Mount Vernon.

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## Entertainment Tour Cameron Station Homes

### Oct. 6 tour to benefit Samuel Tucker Elementary School.

By Jeanne Theismann The Gazette

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@Long andFoster.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





## 'Jekyll and Hyde'

## Mills mesmerizes in Synetic masterpiece.

By Jeanne Theismann The Gazette

f 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, Tsik music and special effects into an incomparable evening of innovative theater.

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

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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 con-

er sequences.

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 Griffin, 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



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.synetic theater.org.

## Entertainment Art on the Avenue Back for 17<sup>th</sup> 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 elementaryage school kids) for children to make small, easy-todo 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.

#### 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

www.ConnectionNewspapers.com

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

Saturday/Oct. 0, 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

Metropolitan Youth Tap Ensemble, a not-

for-profit dance ensemble, will perform

free at Art on the Avenue in Del Ray,

Saturday, Oct. 6.

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 16



#### Torpedo Factory Art Center's 17th Annual Alexandria Arts Safari





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#### The Mount Vernon-Lee Chamber of Commerce Pays TRIBUTE to these outstanding Public Safety Award Recipients 2012

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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. Hoorav 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 Discover which fair trade chocolate

tastes best with after dinner coffee, and which pairings bring out the best



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#### 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 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 È. 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 n.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
  - See Calendar, Page 17

## Calendar

#### From Page 16

- 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.saintlukes church.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.



- 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. The public is encouraged to bike, walk or take public transit to the event. Visit www.alexandria
- 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.bhcpnet.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** 

## **Dar Williams**

**Singer-songwriter Dar Williams will** perform at The Birchmere, coheadlining 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.

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 accordian). 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 tshirts 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.



Rain or Shine N FOR EVERYON



Proceeds support financial aid at Burgundy For more information, call 703,960,3431 or visit www.burgundyfarm.org.

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- va.gov/recreation, or call 703-746-5592 or 703-746-5418.



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## People



#### At National's

Members of Cub Scout Pack 1509 — Ryan Kiefer, Chris Hilburn, Robert Bernard and Reid de Dios - participated in the Color Guard ceremony at the National's game on Aug. 18 during the pre-game festivities. Ethan Vitorovich (not shown) announced the start of the game.

Bulletin Board

#### ONGOING

UCM's Back Porch Thrift Store is in need of donations of furniture. UCM will pick up furniture, as well as other larger donations, or they can be dropped off at the back of the store Monday through Saturday, from 10 a.m.-5 p.m. To arrange for pick-ups, call 703-768-7106, ext. 320. Located at the Mt. Vernon Crossroads

Shopping Center at 7838 Richmond Hwy. Volunteers Needed. AARP Tax-Aide, a free, national volunteer-run tax counseling and preparation service for low to moderate income and elderly citizens, is currently in need of volunteers to electronically complete and file federal and state income tax forms for the 2013 tax season. Volunteers of all ages and background are welcome. The program will offer free five-day training using IRS computers and software. Volunteers become IRS Certified Tax Counselors after completing the training and passing the IRS examination. Trainings sessions will be held in Annandale, Centerville and Alexandria in December 2012 and January 2013. Volunteers interested in the program should visit: www.aarp.org/taxaide. Email will be sent in December announcing the specific, dates and times the above sites will be opened

#### **EVERY THURSDAY**

Dance for Parkinson's Disease. 1:30 - 2:30 p.m. At Heritage Presbyterian Church, 8503 Fort Hunt Rd. Those with Parkinson's and caregivers are welcome. No dance experience necessary

#### **THURSDAYS THROUGH OCT. 4**

Quench Your Curiosi-Tea." 1 p.m. Free and open to the community. Each session is different and you can enjoy one or all. 1500 Shenandoah Rd. Čall 703-765-4573 to reserve a seat. Reasonable accommodations will be provided upon request. Call 703-324-4600, TTY 711

#### **TUESDAYS/OCT. 16 THROUGH NOV. 27**

Seminars. 12:30 –2:30 p.m. Join Fairfax County's Independent Living Project, a free series of educational seminars of interest to older adults. along with exercise or yoga classes for strength and balance. The program also provides home safety visits for 60+ adults and adults with physical disabilities. Participation in the full project is advised, and space is limited. At 7000 Schoonmaker Court. To register, contact Jennifer Edge at 703-324-7210, TTY 711 or email Jennifer.Edge@fairfaxcounty.gov. Visit http://www.fairfaxcounty.gov/dfs/ olderadultservices/independent.htm.

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

#### FRIDAY/OCT. 5

Film event. 7:30 p.m. Poverty in America: its not what one thinks. Rising Hope UMC Mission Church is hosting a public screening and discussion of the new film sponsored by Sojourners The Line. This important and informative film documents the stories of people across the country living at or below the poverty line. At 8220 Russell Road.

#### THURSDAY/OCT. 11

- Discussion on Sex Trafficking. 7 p.m. The Mt. Vernon branch of the American Association of University Women (AAUW) invites the public to a free presentation by State Senator Adam Ebbin on the topic of Child Sex Trafficking in Northern Virginia. Senator Ebbin will discuss a recent Virginia law on preventing child sex trafficking through disseminating information in schools. The meeting will be held at Sherwood Hall Library, 2501 Sherwood Hall Lane. Call Jeanne Gayler at 703-765-7866.
- Transportation Funding Meeting. 7 p.m. Mount Vernon Governmental Center, 2511 Parkers Lane. Fairfax County Board of Supervisors have launched an initiative to inform residents of the danger of allowing transportation revenues to continue to decline and local options available to help assure the county has the transportation network it needs to be globally competitive in the 21st century.

#### SATURDAY/OCT. 13

Annual Watershed Clean-Up Day. 9-11:30 a.m. Volunteers of all ages are welcome. Join in this community service project and help collect tires, bed springs, bottles, cans and other debris from local waterways. Wear boots, old clothes and bring gloves. Trash bags will be provided. Join in this wonderful community service project. Call 703-768-2525 to reserve your section of the watershed. Huntley Meadows Park, 3701 Lockheed Blvd.

#### MONDAY/OCT. 15

Mini Open House. 1 p.m. Tour Hollin Hall Senior Center with Jan Kestyn. Enjoy refreshments, and peek in on some ongoing sessions. Call 703-765-4573. 1500 Shenandoah Rd.

#### **TUESDAY/OCT. 16**

Dinner Meeting. 6:30 p.m. The Evening Lions October dinner meeting will be held at Pema's restaurant. Davida Luehrs from the Foundation Fighting Blindness will be the speaker. Open to

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for the 2013 tax season

## Wellbeing Preparing for Cold and Flu Season

## Health care professionals offer advice for staying healthy.

By Marilyn Campbell The Gazette

hile 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.

#### **Cold or Flu?**

"Symptoms of the flu range from mild to severe, but usually begin with a fever and body aches, and often include a cough and/or a sore throat, a headache, a runny nose, fatigue and chills, and potential vomiting, nausea and/or diarrhea. In many cases, the flu will resolve on its own in four to 10 days with plenty of rest and liquids. If symptoms are severe, a doctor can prescribe antiviral medication to help lessen the duration and/or symptoms.

Dr. Jean Glossa, medical director, Fairfax County Commu-nity Health Care Network

Rachel Lynch, manager for Prevention and Self Care at Inova Health System in Fairfax, adds, "Hand sanitizers are a great option if you're out and about or don't have access to soap, but you should always make sure you clean your hands before and after eating, when you've been around other people who might be sick, or when you've come in contact with animals.'

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 Lynch.

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 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 to 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 before getting a flu shot."

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 a reaction to flu vaccines in the past, should check with their doctors

## **Beating Bad Breath** Dental experts offer solutions.

By Marilyn Campbell The Gazette

hen Amanda Welch's boyfriend asked her to marry him last spring, she accepted his proposal on one condition: that he find a cure for his bad breath.

"I just couldn't live with the smell," said the Arlington resident. "It was horrible. I told him he had to do something.'

Foul breath, also known as halitosis, can affect a person socially and professionally. "I have heard many stories about bad breath ruining people's lives: business executives losing their jobs, young people whose dating lives were ruined, and even a few engagements and one marriage that were broken off," said McLean resident and halitosis specialist Richard A. Miller, DDS. He is also the author of "Beating Bad Breath."

Halitosis can be triggered by everything from poor oral hygiene to smoking to diabetes to kidney failure. "Typically, bad breath originates in your gums and tongue. It is caused by waste from bacteria in the mouth, decayed food particles [or] other debris in your mouth, and bad oral hygiene," said Dr. Raymond K. Martin, spokesman for the Academy of General Dentistry. "The decay and debris produce a chemical compound that causes the unpleasant odor. Even stress, dieting,

snoring, age and hormonal changes can have an effect on your breath. Dry mouth and tobacco also contribute to the problem."

Mouthwash, experts said, often only provides a temporary solution. Martin recommended cleaning one's tongue with a toothbrush or tongue scraper, increasing water intake and chomping on sugarfree gums that contain xylitol, a sugar substitute. He also advised those who wear dentures, mouth guards or retainers to clean the devices thoroughly between uses.

Bad breath treatment centers offer hope to those with supersized malodorous dilemmas. During the initial session, which typically lasts about an hour and a half, patients get a diagnosis of the culprit behind the offensive fumes. "We have a halimeter that monitors the amount of sulfite in the breath that causes odor. This gives an idea of the severity of the problem," said Miller, who runs the Fresh Breath Clinic in Falls Church. "We check for bleeding under the gums and look for everything that can possibly contribute like stones in the back of the throat or anything going down the sinuses."

After the diagnosis, patients get a treatment plan. Services don't come cheap, however. An initial office visit starts at \$350 and increases according to the severity of the problem.

"We're getting married, so it was worth it to us." said Welch.



<sup>✤</sup> Mount Vernon Gazette ♦ October 4-10, 2012 20

## Sports 703-224-3015 or jroetman@connectionnewspapers.com West Potomac Volleyball Beats MVHS for 3rd

Mount Vernon volleyball teams competed at the eight-team Hayfield Invitational on Sept. 29. The two teams met in the thirdplace match at the end of the tournament, with West Potomac winning, 2-0.

Both teams were placed in the "B" pool, along with Fairfax and Forest Park. Mount Vernon defeated West Potomac, 2-1, and lost to Forest Park, 2-0,

and Fairfax, 2-0, dur-

ing pool play. The Ma-

jors defeated Edison,

#### Sports Briefs

2-0, in the semifinals of the Silver Bracket before losing to West Potomac in the third-place match.

West Potomac lost to Mount Vernon. Forest Park and Fairfax during pool play, but bounced back to beat Hayfield, 2-1, in the

he West Potomac and Silver Bracket semifinals and Mount Vernon in the third-place game.

> Forest Park defeated Fairfax in the first-place game. Lee and South Lakes also participated in the event.

> West Potomac started the season 5-1 under first-year head coach Bob Lombardi and entered Wednesday's game against Stuart with a 7-7 record. The Wolverines are 0-2 in the Patriot District, with loss to South County and Lee.

> Mount Vernon opened its season with seven straight losses, but bounced back to win six of its next 12 under head coach Anthony Black. The Majors are 2-0 in the National District, with victories against Edison and Wakefield.

> Mount Vernon will host Lee at 7:15 p.m. on Thursday, Oct. 4. West Potomac will host T.C. Williams at 7:15 p.m. on Oct. 11.



West Potomac captain Paige Atkins, a senior outside hitter, swings against Hayfield during the Hayfield Invitational on Sept. 29.

Photos by Craig Sterbutzel/The Gazette



One week after suffering its first loss of the season, the West Potomac football team responded with a season-high point total during a 54-14 victory at Annandale on Sept. 28.

Running back/defensive back Demornay Pierson-El scored five touchdowns in the victory.

According to stats from the Washington Post's Web site, Pierson-El is fourth in the Washington, D.C.-metro area in rushing with 851 yards and tied for second with 16 rushing touchdowns.

West Potomac improved to 4-1, including 2-1 in the Patriot District. The Wolverines will travel to face Lee at 7:30 p.m. on Friday, Oct. 5.

### **MV Football Beats Falls Church**

The Mount Vernon football team improved its record to 2-3, including 1-1 in the National District with a 34-12 victory against Falls Church on Sept. 28.

According to stats from the Washington Post's Web site, Mount Vernon's Carlton Griffith is 10th in the Washington, D.C.-metro area in rushing with 717 yards.

The Majors will travel to face Stuart at 7:30 p.m. on Friday, Oct. 5.



West Potomac running back Demornay Pierson-El, seen earlier this season, scored five touchdowns in a victory against Annandale on Sept. 28.



Mount Vernon sophomore Anaya Valentine swings against Edison during the Hayfield Invitational on Sept. 29. www.ConnectionNewspapers.com

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## Schools

#### **OCT. 9-13**

- Mount Vernon High School Homecoming 2012. The theme this year is Under the Big Top. Events:
- Tuesday, Oct. 9: Parade during Major Time at MVHS
- Wednesday, Oct. 10: Powder Puff Game, Melvin B. Landes Stadium at 6 p.m. Thursday, Oct. 11: Pep Rally during Major Time in
- the Fieldhouse Friday, Oct. 12: Football Game, Melvin B. Landes
- Stadium at 7:30 p.m. Saturday, Oct. 13: Homecoming Dance, MVHS
- Cafeteria from 7-11 p.m.

#### SATURDAY/OCT. 20

- Annual Fashion, Beauty, and Lifestyle Expo. 2-8 p.m. West Potomac Academy Fashion Design students will be working backstage at the fourth annual Fashion, Beauty, and Lifestyle Expo at the Washington Convention Center. The local event features all-day runway fashion shows, free beauty makeovers, and the latest information on design and style trends. America's Next Top Model runway coach J. Alexander will headline the event. WDCW-TV-DC50 is producing the Fashion, Beauty, and Lifestyle Expo in conjunction with West Potomac Academy educator Maggy François.
- The following Virginia Tech students from Alexandria were among those honored at the university's spring commencement ceremony held May 11 in Lane Stadium.
- Meaghan Wilson received a Bachelor of Science degree cum laude in animal and poultry sciences from the College of Agriculture and Life Sciences.
- **Lauren Kurz** received a Bachelor of Science in Business degree cum laude in marketing management from the Pamplin College of Business.
- **Ruth Mikre** received a Bachelor of Fine Arts degree in fine arts from the College of Architecture and Urban Studies and a Bachelor of Arts degree in international studies from the College of Liberal Arts and Human Sciences.

• Community Minded



- **Rebecca Quigley** received a Bachelor of Science degree in psychology from the College of Science.
- Michaela Reilly Balderston of Alexandria, a graduate of T.C. Williams High School, earned Dean's Award for academic excellence at Colgate University. Balderston concentrated in Political Science and Middle Eastern Studies and Islamic Civilization.
- **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.
- Richard Lee, from Alexandria, will join the College of Liberal Arts and Human Sciences Ambassador Program. Lee, a senior majoring in philosophy in the College of Liberal Arts and Human Sciences and biological sciences in the College of Science, volunteers with a faculty member for a minimum of two hours a week and volunteers for other various events hosted by the college. Ambassadors work closely with faculty, staff, parents, and alumni to expand the college's outreach.
- 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.
- Lake Forest College welcomed 485 new and transfer students from 35 states and 40 countries this year. **Melanie Baca-Ortiz**, of Alexandria, joined the Forester community this fall and is expected to graduate in 2016. Baca-Ortiz was awarded the Forester Forever Scholarship, recognizing students who have an association with an alumnus of Lake Forest College to celebrate the Forester community and network of alumni support and the Presidential Scholarship for out-of-state students. Baca-Ortiz attended West Potomac High School.



#### Bulletin Board

#### From Page 19

public. Contact Andrea Corsillo at 703-960-4973.

#### WEDNESDAY/OCT. 17

**Dispelling the Myths About Breast Cancer**. 6:30-8:30 p.m. At Inova Mount Vernon Hospital, 2501 Parkers Ln. For information or to register, visit www.inovalinktopink.org or call 1-855-MY-INOVA (1-855-694-6682).

#### THURSDAY/OCT. 18

**Parents Night.** 6:30 p.m. The Administrative Staff of Mount Vernon High School will host the annual Information Night for Parents, In the Little Theater (entrance 4). Parents can learn everything about Mount Vernon High School, including test scores, academic programs, school plan, attendance and discipline policies. Email nardos.king@fcps.edu or call 703-619-3103.

### Chalk4Peace

On Wednesday, Sept. 19, the children of St. Aidan's Day School celebrated Chalk4Peace Day. The children worked together and had fun drawing peace signs with chalk on the St. Aidan's parking lot.

Contributed

#### SUNDAY/OCT. 21

Free Health Lecture. 1:30 p.m. (in English) & 3:30 p.m. (in Spanish) "Divine Love: the Answer to Universal Health," hosted by First Church of Christ Scientist, featuring Christian Science lecturer, Jose' de Dios Mata. Sherwood Regional Library, 2501 Sherwood Hall Lane.

#### TUESDAY/OCT. 23

**PrimeTime Business Expo.** 7-9 p.m. Take a stroll down "Main Street" and meet the businesses that are in neighbors in the greater South Alexandria business community. At the Knights of Columbus Hall, 8592 Richmond Hwy. Free. Call 703-360-6925 or visit www.MtVernon-LeeChamber.org

#### FRIDAY/OCT. 26

**Computer Lab Open House**. 10 a.m.-2 p.m. Meet the instructors and one-on-one volunteers, preview their curriculum and try the lab terminals. Light refreshments served. Call 703-765-4573 to reserve a seat. Hollin Hall's computer lab, 1500 Shenandoah Rd.

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\$449,900 Nestled in a spectacular courtyard setting, this stunning townhouse has beautiful hardwood beautiful hardwood flooring on 2 levels. Recently remodeled kitchen is the focal point of the home with slate flooring, granite counters, 42" cabinets & SS appliances. Newer windows, HVAC '06, new water htr. Huge LR, large Rec Room, patio, prking space, 2 Blocks to "The Avenue". Mins to DC, Space,2 Blocks to "The Avenue". Mins to DC, Pentagon, Braddock & King Metros. 1723 Cliff Street N Deirdre Miles 571-205-0402



Del Ray \$769,900 2BD/1.5BA Del Ray craftsman on corner lot boasts hardwood floors, a grand \$769.900 master bedroom, spacious deck and a detached garage for off-street parking. Convenient to shops, restaurants and farmers market on "The Ave". 301 Windsor Avenue E. Bobi Bomar 703-927-2213



Springfield \$469,000 Lovingly cared for home on a quiet cul-de-sac. Start your day with morning coffee on the front porch. Grill out on a deck backing to parkland. Freshly painted Restoration Hardware colors. Warm up with a family room fireplace on snowy nites. Newer HVAC system. Irrigation system. Close to Fairfax Parkway, 195 & Springfield dining and shopping. 8102 West Point Drive Joni Koons 703-209-7277 Greg Koons 703-209-7678

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Spectacular 4/5 bedroom, 2.5 bath Arts & Crafts home with over 3100 sq ft of living space on a large level lot. Renovated & expanded with desirable open floor plan, quality finishes and custom appointments throughout! 903 Beverley Drive