# Mount Pernon Gazette

WELLBEING Page 3

#### Mount Vernon's Hometown Newspaper • A Connection Newspaper

#### January 3, 2013





Michaela Codella of New York and Sean Gresham of New Zealand share a midnight kiss.



Internationally acclaimed Scottish Fiddler Bonnie Rideout gives a rare one performance only concert at St. Paul's Church.



Thousands celebrate First Night Alexandria, flock to fireworks finale.

> By Jeanne Theismann The Gazette

evelers from as far away as New Zealand celebrated the New Year here as a dazzling display of fireworks lit up the Alexandria waterfront to signal the arrival of 2013.

See Celebrating, Page 18





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# WELLBEING Living Up to New Year Resolutions

Benefits of cardio workout plan include weight loss and decreased heart disease risk.

> BY MARILYN CAMPBELL The Gazette

uring Martin McKay's annual physical examination shortly before the holidays, his doctor suggested that he consider intensifying his cardiovascular exercise routine.

"It was kind of funny because there's nothing to intensify. I don't do cardio workouts," said McKay, who lives in North Potomac, Md. "I don't work out at all for that matter.'

The Centers for Disease Control and Prevention recommends that healthy adults get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity each week. The benefits include weight control and a decreased risk of heart disease. Local fitness experts offer tips for beginning or increasing an aerobic workout.

For those like McKay who aren't engaged in cardio exercises, experts say begin slowly. "The person should plan on starting slow, and gradually increasing the number of minutes per week or days per week," said Joel Martin, Ph.D., professor of kinesiology at George Mason University. "During the initial weeks they should plan on exercising at a low intensity level until their body adapts to the new stress it is being exposed



George Mason University students get a cardiovascular workout on the school's Fairfax campus. Joel Martin, Ph.D., professor of kinesiology at George Mason University suggests that those embarking on an exercise routine start at a low level of intensity.

to. Many people make the mistake of pushing themselves way too hard in the beginning and end up getting hurt."

Martin says that those who are not currently engaged in formal exercise should begin by limiting themselves to walking 20-30 minutes each day for two weeks. "The next step would be to mix in some short jogs with their walking regimen," he said. "After that, they can move on to doing several short runs per week. Once they are able to run two to three miles at least three times per week at an easy pace then they can start worrying about increasing the intensity of their runs."

running but also cycling, swimming, and other forms of cardio exercise. In fact. Martin recommends that people not limit themselves to one form of exercise.

"Running two days a week and swimming one day would also be a good idea," said Martin. "Performing the same form of cardio everyday also may lead to injury by inducing the same stress on themselves over and over again. Swimming is a good alternative because you can still get a really good cardio workout but the forces your body is exposed to is much lower."

Experts acknowledge that getting aerobic exercise might be more challenging during winter months. "You may not be able to THIS STRATEGY APPLIES not only to go running or swimming during the cold winter season, but you can do other physical activities like dancing [or] ice skating," said Rosa Ganey, Burke resident and nurse health educator for Fairfax County Health Network. "If you're a member of a gym, try taking classes."

Developing a support system is key to maintaining morale when a workout plan. "Join a

walking group "[P]lan on or jogging group," said starting slow, Michelle Waltersand gradually Edwards, Ph.D., professor of increasing the health and human perfor- number of mance at minutes per Marymount University in Arlington.

week or days per week." Stay motivated by setting - Joel Martin, Ph.D., small goals. "Once a person reaches [the first] goal they should set a

new one," said Martin. "For example, running one mile in under 10 minutes would be a good goal for someone just setting out. Once they achieve that they could either set a new goal of one mile in under nine minutes or two miles in under 20 minutes. One of the advantages to someone just starting an exercise program is that they are going to see a lot of improvement initially. Signing up for a 5k that is 6 months to a year away would also be a trick they could use to stay motivated "

**George Mason** 

University

# The Quest for Youth and Beauty Spending billions of dollars to improve one's appearance.

"There is a societal

young and beautiful."

pressure to look

By Marilyn Campbell The Gazette

iba Hakki reclines on an exam table as a physician picks up a syringe with his latex-gloved hand and points it at her face. He inserts the needle into the flesh around her eyes. She cringes slightly. This is a Botox injection, just one of the cosmetic procedures Hakki undergoes for the sake of beauty.

"There is a slight burning sensation," said Hakki, who is 58. "But it's like anything else that we women do for our appearance that we dread. The needles are very fine so it's not too bad.<sup>3</sup>

Hakki is devoted to maintaining a polished appearance, which doesn't include "crow's feet," frown lines, enlarged pores, sagging breasts, discolored teeth or even chipped nail polish. She is not alone in her desire to look her best. A recent survey by www.ConnectionNewspapers.com

the American Society of Aesthetic Plastic a tougher time growing older than others, Surgery (ASAPS) shows that more than half of all Americans, regardless of income, approve of cosmetic plastic surgery, and spent nearly \$10 billion on cosmetic procedures last year. ASAPS says that Botox (Botulinum Toxin Type A) injections

top the list of the most popular non-surgical cosmetic procedures, followed by hyaluronic acid, laser hair removal, microdermabrasion, and IPL (intense pulsed light) laser treatment.

"There is a societal pressure to look young

and beautiful," said Arlington resident Linda Gulyn, Ph.D., a Marymount University psychologist who teaches about the natural process of aging from a social-psychological perspective. "Some people have

and they look for ways to slow down the natural change."

Candice Early, a spokesperson for the Arlington and Reston offices of plastic surgeon and McLean resident Dr. Wendy Gottlieb,

M.D., says that laser hair removal is one of the treatments most commonly requested by patients in her practice. "The laser focuses on the hair bulb under the skin and — Linda Gulyn, Ph.D., a kills it so that it will Marymount University not grow back," said Early. "I did it on my

underarms seven years ago and I still don't have underarm hair." Hakki, whose husband is plastic surgeon

Dr. Ayman Hakki, M.D., admits that the pro See The Quest, Page 7

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PEOPLE



New Year's celebration hosts Joe Viar and Bonnie Christ welcome Bonnie's brother Pitt and his wife June to the party on Tuesday afternoon.

# Celebrating a New Year

oe Viar and Bonnie Christ hosted a New Year's Day party at Viar's home in Mount Vernon. Friends and neighbors gathered enjoying company and conversation between bites of Virginia ham and black-eyed peas.





State Sen. Toddy Puller chats with John Hanson.



Ben Taylor, Kelly Baker, Hollis Chappell and James Infanzon enjoy the party.



**Former Alexandria Hospital** board member George Pera.

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# News



### 'The True Story of Christmas'

The St. Aidan's Day School Kindergarten class presented "The True Story of Christmas" on Dec. 14 for their parents and the other students of the Day School. The Kindergarten class is taught by Mary Anne Hesch and Sandy Boden.

The Help by Kathryn Stockett

The Book Thief by Markus Zusak

Thirteen Reasons Why by Jay Asher

The Summer I Turned Pretty by Jenny

Hunger Games trilogy by Suzanne

Harry Potter series by J.K. Rowling

Inheritance series by Christopher

Divergent by Veronica Roth

The Giver by Lois Lowry

# Readers of the Pack

What Fairfax County residents read in 2012

> By Victoria Ross The Gazette

> > Evanovich

Steig Larsson

Teens

Han

Collins

Paolini

Top Five Titles

Top 5 Series

hat books captivated, enthralled and riveted local readers' attention last year? According to Mary Mulrenen, spokesperson for the Fairfax County Public Library, Fairfax County readers selected many of the same fiction and non-fiction favorites that caught the attention of book-lovers nationwide. Dr. Seuss, science-fiction and, once again, lawyers (John Grisham's 25th legal thriller) topped the charts.

Mulrenen compiled the following "Top Five" lists based on the top 100 checkouts from Fairfax County

Adults ✤Top Five Fiction

- The Litigators by John Grisham V is for Vengeance by Sue Grafton The Drop by Michael Connelly

Zero Day by David Baldacci Explosive Eighteen by Janet Evanovich

✤Top Five Nonfiction

Unbroken: a World War II Story of Survival, Resilience and Redemption by Laura Hillenbrand

In the Garden of Beasts: Love, Terror, and an American Family in Hitler's Ber-

lin by Erik Larson

Bossypants by Tina Fey Steve Jobs by Walter Isaacson

The Immortal Life of Henrietta Lacks by Rebecca Skloot

### Top Five eBooks

The Litigators by John Grisham www.ConnectionNewspapers.com

Public Library in the adult, teen and children's section. The Hunger Games Trilogy leads with a combined 10,330 checkouts on all three titles. Dr. Seuss has staying power with 9,822 checkouts and John Grisham's The Litigators has 4,868, making it the most popular title in the system. The same titles were best sellers on The New York Times list, which tracks national and independent book store sales, as well as Internet retail sellers such as Amazon and Barnes & Noble. The Fairfax County Public Library system includes eight regional libraries, 14 community libraries, with more than 2.4 million items available for checkout. According to the FCPS website www.fairfaxcounty.gov/library/ - in 2012, there were: 495,831 registered customers; 5,246,854 visits to library branches; 13,034,816 items loaned; 4,162,599 visits to the library's Internet website and 172,630 people attended 8,934 events.

#### Twilight series by Stephanie Meyer Explosive Eighteen by Janet Uglies trilogy by Scott Westerfeld

A Game of Thrones by George Martin The Girl with the Dragon Tattoo by Children

- Top Five Series Diary of a Wimpy Kid series by Jeff
- Kinney Magic Tree House series by Mary
  - Pope Ösborne Harry Potter series by J.K. Rowling Heroes of Olympus series by Rick Riordan
- Fly Guy early readers by Tedd Arnold Top Five Titles
- The Cat in the Hat by Dr. Seuss One Fish, Two Fish, Red Fish, Blue Fish by Dr. Seuss

The Invention of Hugo Cabret: a Novel in Words and Pictures by Brian Selznick

Green Eggs and Ham by Dr. Seuss Hop on Pop by Dr. Seuss



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### News

# Should Virginia's Governor Be Able to Run for Reelection?

Longstanding ban on second consecutive term to be reconsidered this year.

By Michael Lee Pope The Gazette

irginia is the only state that limits its governor to a single, four-year term, a vestige of the distrust Americans had for executive power during the American Revolution. Now, more than two centuries later, the commonwealth may finally be ready to ditch the longstanding term limit and allow Virginia's governor to run for reelection.

"This may be the session that it finally passes," said state Sen. Adam Ebbin (D-30). "The last time this bill was on the floor, it almost passed. Some people who voted no are no longer serving and quite a few who have never voted on it are now serving, and we don't know how they'll vote yet."

come up once again in 2013. Del. Bob Brink (D-48) is plan-

ning to introduce a constitutional amendment that would allow Virginia's governor to seek a second term in office. Brink introduced a similar bill last year, but it was tabled because the mechanics of how a constitutional amendment needs to be passed by two consecutive General Assembly sessions with an intervening election. Now that the election year 2013 is approaching, Brink is ready to reopen the debate about whether or not Virginia's chief executive should be able to seek a second term.

"One of the real problems with our

current system is that the General

Assembly can oppose the governor

- Michael Fauntleroy, professor at the George

**Mason School of Public Policy** 

for partisan reasons by simply

waiting him out."



Legislators are about to find The Governor's Mansion in Richmond has served as the home of Virginia's goverout because the issue is set to nors and their families since 1813, when the General Assembly chose the chief executive.

ary Virginia. Constitutional scholar A.E. Dick Howard described the job as an "authenticated coordinated branch of government." The first chief executives were relatively powerless and subordinate to the legislature. Governors were elected by the General Assembly for a one-year term and could not serve longer than three consecutive terms. The governor could take action only with the advice of the Privy Council, whose members were also elected by the General Assembly.

As Jacksonian populism grew, the role of governor gained more independence in Virginia. In 1851, the method of selecting the

"I don't know why we're getting all bent

Albo said he would be skeptical of any

move that would give Virginia's chief ex-

ecutive more power, adding that the posi-

tion of governor already has vast powers

compared to the General Assembly. He said

that he might consider a proposal that

would give legislators an increased role in

out of shape about this," said Del. David

Albo (R-42). "What's broken about Virginia

governor changed - allowing for popular election to a single four-year term. Twenty years later, the governor was finally given the ability to veto bills. That power was expanded in 1902 to include the authority to send down amendments and offer line item vetoes to the budget. Now, as legislators consider yet another revision, some are skeptical about the need for

change.

that needs to be fixed?"

"The situation we're in with transportation demonstrates more than anything else why it's so necessary to have a longer range planning horizon," said Brink. "What we've done through consecutive governors is not been able to build up the consensus that we need in order to get longrange solutions to transportation."

THE ROLE of governor began as a very weak position in post-Revolution-

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making appointments to the board of visitors positions at universities, for example, or key appointments in positions that have dominion over roads and schools. But even then, he said, it would be a tough sell for him and many other members of the General Assembly.

"In Virginia, nothing ever happens for the first time. So the fact that we have this system in place has a force of its own," said Brink. "The power of inertia is a hugely powerful force in area code 804."

**THE EFFORT** to get rid of the longstanding ban has been a recurring feature of political life in Virginia. In 1971, when state leaders were considering a full-scale constitu-

"This may be

the session

passes."

that it finally

- state Sen. Adam

**Ebbin (D-30)** 

tional revision, one of the most contentious debates that emerged at that time was whether or not governors should be able to seek a second nonconsecutive term. All the living governors at that time opposed the change, and the effort fizzled. Between 1972 and 2004, about 250 constitutional proposals would have substantially af-

fected the election and terms as well as the powers and duties of the governor and General Assembly.

All failed, until 2004.

That's when a special joint subcommittee was established to look at the balance of power between executive and legislative powers. The subcommittee interviewed all the living former governors and found a wide disparity of opinions. George Allen was the only one to support the current limitation. Jim Gilmore and Chuck Robb supported an amendment to the Virginia Constitution allowing the governors to seek an additional fouryear term. Linwood Holton and Gerald Baliles favored a single sixyear term as a compromise.

"If the Constitution is to be changed for the sake of good governance, then a single six-year term of governing would be preferable to the current one-term system or the proposed two terms because it would combine the best of both worlds," said Holton in a written statement to the subcommittee.

In a 2005 report, a joint subcommittee recommended a constitutional amendment allowing Virginia's governor to seek a second consecutive four-year term. That recommendation was offset by a package of other proposals that would increase the powers of the General Assembly to maintain a balance of power. Since 2005, some of those recommendations have been adopted, including allowing legislators to appoint members to a key budget forecasting commission. Others, including allowing legislators an increased role in colleges and uni-

versities, have not.

"My bill will call for a review and update of that study," said Brink. "The idea is to create a new set of recommendations so that we maintain the balance of power between the executive and the legislature."

BRINK SAYS the idea has bipartisan support and backing from legislators across the region. For Northern Virginia, he says, making the case for continuity in transportation. As an example, he said that former Democratic Gov. Tim Kaine had a transportation package that was stalled during his term. If he had been able to have a second term, Kaine might have been able to secure a

> transportation package that would have benefited Northern Virginia.

> "One of the real problems with our current system is that the General Assembly can oppose the governor for partisan reasons by simply waiting him out," said Michael Fauntleroy, professor at the George Mason School of Public Policy. "If a governor comes up with a good

idea in the second year of his term, it doesn't take much to wait him out."

The question before legislators is likely to be what kind of offset package will be acceptable. For legislators who are already suspicious of the idea in the first place, coming up with a set of recommendations might be tricky. How many appointments should the General Assembly get to make among college and universities, for example.

"Half," said Albo. "That seems reasonable to me."

## Wellbeing

# The Quest for Youth and Beauty

#### From Page 3

cedure is not pain-free. "If you can imagine snapping rubber bands on your skin, that is what it feels like," she said. "Laser hair removal is not a one time treatment. Multiple treatments are needed for it to be effective. You need a lot of money and a lot of time." For those seeking to rid their face of wrinkles, age spots and acne scars, microdermabrasion is an option. During the procedure, an esthetician uses a hand-held device that emits crystals onto the skin's surface and polishes it. "It peels off the top layers of skin to reveal new skin cells," said Early. "It temporarily damages skin and takes about a week to heal. At first, it looks like really bad sunburn on your face."

During an IPL laser treatment, an esthetician uses a hand-held device to administer the bright-light treatment. "It's like laser resurfacing for the face," said Early. "It tightens and rejuvenates the skin, but you need several treatments. It helps with age spots and makes the face firmer and more youthful."

Fillers like Restylane and Hylaform are sought-after weapons for those seeking fuller lips or wrinklefree skin. Hyaluronic acid, the key ingredient in these fillers, is produced naturally in the body, but decreases as one gets older.

"I've had fillers distributed all over my face. If you use just a little bit, others will never know it was done," said Hakki. "I have used fillers to plump my lips, but I have to be careful not to get too much because I don't want to look like Donald Duck."

Using cosmetic procedures in moderation is the key, say experts, to maintaining a natural look. "The overuse of Botox, for example, can make a person look like a lion," said Early. "We can spot people who are addicted to cosmetic procedures and we turn those people away. If we look at you and feel that you don't need a procedure, we won't give it to you."

Gulyn adds, "Our society equates youth with beauty, but there is a line between doing things that freshen your appearance and putting yourself at risk. You have to determine whether or not you're putting yourself at physical risk, disrupting your family or preventing yourself from adapting to the natural changes of aging."



The Inova Governance Board approved a state-of-the-art addition to the Emergency Department at Inova Mount Vernon Hospital. The new facility will be approximately 21,000 square feet with 30 treatment bays (of which two are resuscitation

rooms and four are negative air rooms), five fast track bays, CT and Digital X-Ray and modern HVAC system. The proposed addition would create a new Emergency Department entrance that will separate emergency patient flow from other patient and visitor traffic. After certain components of the existing Emergency Department are moved into the newly constructed space, the project will free up 10,000 square feet of space for development of other clinical programs and services.





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# OPINION Happy New Year, Keep in Touch

### Reflecting and reinforcing the sense of community.

s a local, weekly newspaper, the Mount Vernon Gazette's mission is to bring the news you need about your community, to give you the information you need to enjoy the best things in and near your community, to advocate for community good, to call attention to unmet needs, to provide a forum for dialogue on local concerns, and to celebrate and Editorial record milestones and events in te com-

munity and people's lives.

To succeed at any of that, we need your help. If you know of a person or an organization doing important work, something that might make a good feature story, let us know. We want to know if someone in your family or your community published a book, became an Eagle Scout, raised money for a good cause, accomplished a feat like running a marathon or having an art show. Send us a photo and tell us about it.

We publish photos and notes of a variety of personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries.

church, mosque, synagogue, community center, pool, school, club, etc. E-mail us a photo and a note about the event. Be sure to include the names of all the people who are in a photo, and say when and where the photo was taken.

We also publish notes about news and events from local businesses. Notes about openings, new employees, anniversaries are welcome.

To have an event included in our calendars, we appreciate getting notice at least two weeks ahead of the event, and we encourage photos. Events for our calendars should be free or at nominal cost and open to the public.

In covering the issues, we strive to provide a voice for our readers. We look forward to hearing from you.

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The publications and websites have won hundreds of awards for news and community coverage just in the past few years, including

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— Mary Kimm, MKIMM@CONNECTIONNEWSPAPERS.COM

# Compiling 2013 Legislative Agenda

By Scott A. Surovell State Delegate (D-44)

he 2013 Virginia General Assembly will convene on Jan. 8 in Richmond for a 45-day or "short" session.

I would like to share with you some of the bills and budget amendments that I will propose. Next week, I will talk about some of the broader issues in play this session.

When I requested suggestions from my constituents, I received over 50 ideas and I considered all of them in putting together my

agenda. Thank you.

COMMENTARY

I covered one of my bills in my column two weeks ago, a bill to prohibit use of a mobile phone

while driving for any purposes other than a voice call.

#### **IMPROVING U.S. 1**

Richmond Highway/U.S. 1 continues to be a top focus. For the fourth time, I will introduce legislation to reorganize the Commonwealth Transportation Board ("CTB"). The CTB decides how transportation dollars are spent in Virginia and where. Northern Virginia, Hampton Roads and Richmond have 66 percent of the state's population but only 33 percent of the regional votes on the board. My legislation passed the House with broad bipartisan supworked with the McDonnell Administration over the summer and I am optimistic this round.

Senators Toddy Puller, Adam Ebbin and I are working to secure \$2 million to fund the balance needed to complete a required study of U.S. 1 to initiate road

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widening and transit improvements. I am also hoping to secure Fairfax County's authority to limit the number of car title lenders, payday lenders and precious metal dealers ("We Buy Gold"!) that can operate in specific areas. My creek cleanups have removed 136 shopping carts from

Little Hunting Creek over the last year. I am considering legislation to give Fairfax County additional authority to fine retailers for abandoned shopping carts.

#### **PREVENTING VIOLENCE, ENHANCING LEARNING**

I will introduce legislation to require community colleges to have a mental health coordinator and a plan in place to refer students who are in distress to counseling services. This was the top recommendation from the Virginia Tech Shooting Commission.

This past year, the Fairfax County instituted an online textbook program. Many low-income families in my district do not have broadband internet or home computers. It is not fair for a public school to give tools to one child that cannot be used by another at home because of income disparities. Some school systems have also refused to help market affordable broadband programs. I will introduce legislation to port last year, but was tabled in the Senate. I've prohibit the use of online textbooks unless a school system can show they've taken steps to ensure that every child has home access to broadband and a home computer.

See Compiling 2013, Page 21

Letter

### Unidentified Appointments To the Editor:

During meetings of the Fairfax County Board of Supervisors (BOS), appointments are made to Boards, Authorities and Commissions. The BOS agenda available on the Fairfax County website lists all of the positions for which the BOS intends to fill vacancies or, perhaps, to reappoint incumbents. Typical of this process is what occurred on Dec. 4. The agenda included fully 79 proposed appointments. Even though there is a column specifically designated as the place where the "Nominee" is to be identified, in only three of

those 79 proposed appointments was the nominee actually named. In the other 76 cases, over 96 percent, no nominee was identified. As a result, the general public had little idea who the BOS was proposing to appoint to a variety of important positions.

I observed the meeting on Dec. 4 on Channel 16. The procedure the BOS followed was typical of others I have observed. When the time came to address appointments, BOS members were asked by Chairman Bulova if they had

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Area's best new home value just became even better! Brand new custom home now offering free finished lower level with full bath (\$35,000 VALUE!) for any offer accepted by 1/31/13. One time opportunity-contact us today! Special features include: high ceilings, open floor plan, gourmet kitchen with gas cooktop, custom cabinets and granite counters, family room with fireplace off eat-in kitchen, luxury baths, sturning master suite with private bath and huge walk in closet. Thermal windows & upgraded insulation. Side load two car garage. OPEN SUN 1/6, 1-4PM! GW Pky S; Sharp R on 235 N; house on Right.



1250 S. Washington St #824 \$599,000 Porto Vecchio's Best Value! Spectacular Water Views! \* Spacious 2 Bedroom Unit! \* Luxurious Amenities!



Spacious residence with breathtaking panoramic river views from every major room. Special features include: glass walled great room, luxury MBR, marble foyer, and bright white kitchen. Elevated views of bridge and National Harbor. Outstanding building amenities include limo service, party rooms, work out room, pool and more! Unique opportunity-typically units with similar combination of views & elevation cost thousands more! OPEN SUN 1/6, 1-4PM! From King and Washington: South on Washington 1 mile, Left into Porto Vecchio.



\$798,500 Classic Colonial Near River! nique opportunity to purchase river view home n prestigious Belle Rive for under \$800K

colonial on cul-de-sac with stunning views of Potomac River Gorgeous kitchen featuring all SS appliances, farmhouse sink and carrera marble counters. Hardwood floors and plantation shutters abound. Recently finished walk out lower level. New Pella doors.



8614 Camden St \$525,000 Spacious Contemporary One Level Living! One of Stratford's largest contemporary models featuring striking open

floor plan with 4-5 bedrooms & exceptionally large room sizes. Numerous updates include roof, thermal windows, water heater & electrical. Features include large deck with hot tub, private rear deck & covered parking.



car garage. Community path to river access.

\$599,000 Updated Charming Colonial! The home you have been waiting for! Classic 3 level Colonial in prime Stratford Landing location.

\$859,000

Features include: updated gourmet kitchen, 4 large BRs, "Andersen" thermal windows, updated baths, screened porch and side load 1 car garage. Walk to neighborhood pool! Unique opportunity!

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Mount Vernon Gazette 🛠 January 3-9, 2013 🛠 13

# ENTERTAINMENT



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

#### ONGOING

- Homeschool Studio Class. Thursdays, 1-2:30 p.m. at Art at the Center, 2804 Sherwood Hall Lane.
- Center, 2804 Sherwood Hall Lane. Children ages 6-10 can participate. Register at www.artatthecenter.org or 703-201-1250.

Occupied City: Life in Civil War Alexandria Exhibition. At The Lyceum, Alexandria's History Museum, 201 South Washington Street. Open daily, through September 2013, this exhibit traces life in Alexandria following Virginia's decision to secede from the Union in May 1861. See how Robert E. Lee's hometown was transformed literally overnight from a prosperous commercial port into a supply, hospital, and transportation center for the Union Army, and find out why Alexandria became a destination for African Americans seeking freedom. Explore the experiences of Alexandrians and others who lived here during this tumultuous time, through their own words, as well as in period photographs and collections items. The Lyceum is open Monday through Saturday, from 10 a.m. to 5 p.m. and Sunday, from 1-5 p.m. Suggested admission is \$2. Visit www.alexandriahistory.org or call 703-746-4994.

- Potomac Fiber Arts Gallery will host the juried show **"Bedecked and Bedazzled"** through Jan. 6 at Studio 18 of Torpedo Factory Art Center, 105 N. Union St. In this show, the artists excel in holiday spirit and sparkle with jewelry, sculpture, clothing and wall pieces. The gallery is open from 10 a.m.-6 p.m., except on Thursdays when it is open from 11 a.m.-9 p.m. Free. Visit www.torpedofactory.org.
- The Marshall House Incident Exhibition: This exhibit at Fort Ward features objects from the museum collection to tell the notable story about the event that launched the Civil War in Alexandria. Open through 2012 at Fort Ward Museum (4301 West Braddock Rd.) is open Tuesday - Saturday, from 10 a.m. - 5 p.m., and Sunday, from noon - 5 p.m. Visit www.fortward.org or call 703-746-4848.
- Art Exhibit. Alexandria artist Francis
- 14 🗞 Mount Vernon Gazette 🛠 January 3-9, 2013

Seeger will display "People" in the Athenaeum Gallery, 201 Prince St. from Jan. 10-Feb. 24. Free. Features a number of the artist's larger figural paintings. Often appearing to be waiting for time to pass or expressing a touch of boredom, Seeger's subjects are captured with a bold, intuitive hand and vibrant palette. Visit www.nvfaa.org or 703-548-0035.

- Life in Civil War Alexandria
  Exhibition. Daily exhibit traces life in Alexandria following Virginia's decision to secede from the Union in May 1861. Through September 2013 at The Lyceum, Alexandria's History Museum, 201 South Washington St. Open Monday through Saturday, 10 a.m.-5 p.m. and Sunday, 1-5 p.m. Suggested admission \$2. Visit www.alexandriahistory.org or call TOP 216 (2004)
- 703-746-4994. **Tavern Toddlers.** Mondays, 10:30 a.m.-noon. Mondays through the end of April 2013. Designed for walkers through 36 months and their caregivers. Tavern Toddlers features a weekly open playtime in Gadsby's historic ballroom. Gadsby's Tavern Museum is located at 134 North Royal St. Call 703-746-4242 or visit www.gadsbystavern.org.

#### THURSDAY/JAN. 3

- Ocean Orchestra & Washington Revels 'Singers A Celtic Solstice Celebration!' 7:30 p.m. \$25. The Birchmere Music Hall is located at 3701 Mount Vernon Ave. Visit www.birchmere.com or call 703-549-7500.
- English as a Second Language Class. 10 a.m. at Charles Beatley Library, 5005 Duke St. All levels welcome. Free. 703-746-1702.
- FRIDAY/JAN. 4
- Tech Zoo Fridays. Noon at Ellen Coolidge Burke Library, 4701 Seminary Road. Learn about ereading devices or bring one already owned. Free. 703-746-1704.

#### FRIDAY-SATURDAY/JAN. 4-5

**Pat McGee Band Reunion.** \$35. The Birchmere Music Hall is located at 3701 Mount Vernon Ave. Visit www.birchmere.com or call 703-549-7500.

#### JAN. 4 THROUGH JAN. 27

**Art Exhibit.** "Shades of White" by Del Ray artisans

at the Nicholas A. Colasanto Center, 2704 Mount Vernon Ave. White isn't "just white." It has tones and hues ranging from blues to beiges to yellows and more. In addition, some white pigments chemically interact with others (e.g. lead-based v. sulfur-based) to create beautiful blues and grays. Curators: Betsy Mead and Hillary Mead. Visit www.TheDelRayArtisans.org

for more details.

#### SATURDAY/JAN. 5 Pine Wood Derby

Workshop. 10 a.m.-2 p.m. at Old Town Ace Hardware, 809 S. Washington St. Cub Scouts can bring their cars, with the design traced onto the car, and have them be rough cut. Sanders, sandpaper and tools will be available for additional work to be done on the cars. \$1 voluntary donation per car accepted. 703-879-0475.

#### Cabin Fever Aromatherapy

- **Workshop.** 2-3 p.m. at Charles Beatley Library, 5005 Duke St. Learn to make tea, a sinus inhaler and more. Free. Register at 703-746-1743.
- at 703-746-1745. Saturday Stories. 11 a.m. at Charles Beatley Library, 5005 Duke St. All ages can enjoy stories and songs. Free. 703-746-1702.
- Meditation. Noon at Ellen he Coolidge Burke Library, m 4701 Seminary Road. Fu Learn about guided Ja meditation and breathing techniques. Free. 703-746-1704.

#### JAN. 5 THROUGH JAN. 27

Art Exhibit. See "Between the Lines: Contemporary Drawing Now" at Target Gallery, Torpedo Factory Art Center, 105 N. Union St. An allmedia exhibition focusing on current trends in drawing today. Free. Visit



(Show contains adult content and possible nudity)

#### **NOVAM Benefit**

"The Full Monty" benefit for Northern Virginia AIDS Ministry, Friday, Jan. 11 at 8 p.m., \$35, at The Little Theatre of Alexandria. Reception and Silent Auction at 7pm. This Tony award-winning musical celebrates camaraderie, as well as family and friends. In this Americanized version, six unemployed Buffalo steelworkers, low on cash and prospects, decide to tackle their financial woes and regain their self-esteem by baring their best assets. The Full Monty, with a witty script and show-stopping musical numbers, has it all: great heart, jazzy tunes, and a universal message about love on so many levels. Visit novam.org for details and tickets, \$35. "The Full Monty" will be running at Little Theatre of Alexandria Jan. 12-Feb. 2, visit www.thelittletheatre.com.

www.torpedofactory.org/target.

#### SUNDAY/JAN. 6

An Evening of Musical/Political Humor with Mark Russell. 7:30 p.m. \$49.50. Visit www.markrussell.net/. The Birchmere Music Hall is located at

### **Choral Evensong**

Grant Hellmers, Organist-Choirmaster of St. Paul's Episcopal Church, will direct the Adult Choir in Choral Evensong on the Feast of the Epiphany on Sunday, Jan. 6, at 7:30 p.m. Music by Byrd, Wood, Mendelssohn, Ayleward will be featured. Three Magi will be receiving donations of non-perishable foods for St. Paul's Lazarus Ministry serving the needy. Free to the public, with a freewill offering optional. St. Paul's Episcopal Church, 228 South Pitt Street, at the corner of Pitt and Duke streets. Call Grant Hellmers at 703-549-3312 or email grant@stpauls alexandria.com.

#### St. Paul's Episcopal Church's adult choir.

3701 Mount Vernon Ave. Visit www.birchmere.com or call 703-549-7500. **Performance.** Armonia Nova, an ensemble of historical instruments and voices, performs at 7:30 p.m. at Christ Church, 118 N. Washington St. Donations welcome. Visit www.armonianova.org or 571-482-9052. **Choral Evensong.** 7:30 p.m. at St. Paul's Episcopal Church, 228 S. Pitt St. Music by Byrd, Wood, Mendelssohn and Ayleward will be featured. Donations of nonperishable foods welcome. Free. 703-549-3312.

#### THROUGH JAN. 6 Net Worked: Horjus, Lister, and Pearson.

Opening reception is on Sunday, Nov. 18, from 4 to 6 p.m. Free. At the Athenaeum, 201 Prince St. Visit www.nvfaa.org. Christmas at Mount **Vernon**. Mount Vernon is decking the halls for Christmas at Mount Vernon, a special daytime program offered through January. Themed decorations (including 12 Christmas trees), historical chocolatemaking demonstrations, and 18th-century dancing will be offered. Visitors will get a glimpse of how the Washingtons might have decorated and entertained during the holiday season. Tour the rarely-open third floor of the Mansion and learn how the Washingtons celebrated Christmas. During Christmas at Mount Vernon, visitors can meet Aladdin, the resident camel. Visit www.mountvernon.org.

#### MONDAY/JAN. 7

**Garden Sprouts: Let it Snow.** 11 a.m.-noon at Green Spring Gardens, 4603 Green Spring Road. Children ages 3-5 with adult can listen to the story of Snowflake Bentley and learn how snow is made. Walk the garden

SEE CALENDAR, PAGE 15 www.ConnectionNewspapers.com

# ENTERTAINMENT

#### From Page 14

- and then make a craft. \$5/child. Register online at www.greenspring.org or 703-642-5173. Code: 290 182 3901.
- Friends of Beatley Central Library. 7 p.m. at the library, 5005 Duke St. Learn how to become more active with the Friends. Free. 703-746-1702
- Little One-Ders. 10:30 a.m. or 11:15 a.m. at Charles Beatley Library, 5005 Duke St. For children age 12-23 months with adult. Free. Preregistration required, 703-746-1702 ext. 5
- Spanish Story Time. 10 a.m. at James Duncan Library, 2501 Commonwealth Ave. Children up to age 5 can enjoy stories and songs in Spanish. Free. 703-746-1705.
- Baby Time. 11 a.m. at James Duncan Library, 2501 Commonwealth Ave. Children up to 11 months can enjoy songs, fingerplays and bounces. Free. 703-746-1705.
- Teen Movie. 4 p.m. at James Duncan Library, 2501 Commonwealth Ave. Come watch a movie with friends. For students in grades 6 and up. Free. 703-746-1705.
- Library E-book Help. 7 p.m. at Kate Barrett Library, 717 Queen St. Learn how to use the library's collection on your e-reader. Registration required, 703-746-1714.
- Read, Sing, Play, Baby. 4 p.m. at Kate Barrett Library, 717 Queen St. Children up to 11 months can enjoy songs, games and playtime with toys. Free. 703-746-1703.

#### JAN. 7 THROUGH FEB. 3

Art Exhibit. Scope Gallery in the Torpedo Factory, 105 N. Union St., presents "Illuminations," a cozy

ambiance that can be achieved with the glow from handcrafted ceramic lamps, lanterns and more. Visit www.torpedofactory.org

#### **TUESDAY/JAN. 8**

- Opening of Exhibit. Potomac Fiber Arts Gallery, located in the Torpedo Factory, 105 N. Union St., will open "QR Codes." Free. Visit www.Potomacfiberartsgallery.com.
- English as a Second Language **Class.** 10 a.m. or 3 p.m. at Charles Beatley Library, 5005 Duke St. All levels welcome. Free. 703-746-1702.
- Tech Zoo Tuesdays. 3 p.m. at Charles Beatley Library, 5005 Duke St. Learn about the latest e-reading devices or get help with one currently owned. Free. 703-746-1702.
- Time for 2s. 11 a.m. at Charles Beatley Library, 5005 Duke St. For children ages 24-36 months. Free Registration required, 703-746-1702 ext. 5.
- Baby Rhyme Time. 11:30 a.m. at Charles Beatley Library, 5005 Duke St. Children up to 11 months with adult. Free. Registration required, 703-746-1702 ext. 5. Game Night. 7 p.m. at Charles Beatley
- Library, 5005 Duke St. Children ages 8-12. Games change monthly. Free. 703-746-1702. Songs and Stories. 10 a.m. or 11 a.m.
- at James Duncan Library, 2501 Commonwealth Ave. Children ages 1-4 can enjoy songs, fingerplays and stories. Free. 703-746-1705.
- Paws to Read. 5:30 p.m. at James Duncan Library, 2501 Commonwealth Ave. Sign up at the children's desk or call 703-746-1783
- to reserve a 15-minute slot to read to a dog. For students in grades 1-6. Tuesday Tots. 11 a.m. at Ellen
- Coolidge Burke Library, 4701

- Seminary Road, Children ages 2-3 can enjoy stories, songs, games and making crafts. Free. 703-746-1704. Mother Goose Time. 10 a.m. at Kate Barrett Library, 717 Queen St. Children ages 12-24 months can enjoy songs, games and interactive fun. Free. 703-746-1703.
- Stories to Grow On. Children ages 2 and up can enjoy stories, songs, movement and interactive fun at 11 a.m. at Kate Barrett Library, 717 Queen St. Free. 703-746-1703.

#### JAN. 8 THROUGH FEB. 4

Art Exhibit. "Winter Impression" at Enamelists Gallery in the Torpedo Factory, 105 N. Union St. Showcases the cold, snow, ice and cool colors of winter beauty. Visit www.torpedofactory.org.

#### TUESDAYS/JAN. 8 THROUGH FEB. 12

Introduction to Cartoon Drawing. 6-7:30 p.m. at Art at the Center, 2804 Sherwood Hall Lane. Children ages 8-12 will receive an introduction to materials, figure drawing, character creation and storyboarding. \$180/student. Register at www.artatthecenter.org or 703-201-1250.

#### WEDNESDAYS/JAN. 9-FEB. 6

**Picture Writing: Literacy through** Art. 7-8:30 p.m. at Art at the Center, 2804 Sherwood Hall Lane. Children ages 8-12 will receive an introduction to an approach to writing that integrates visual modes of thinking at every stage of the writing process \$150/student. Register at www.artatthecenter.org or 703-201-1250.

#### WEDNESDAY/JAN.9

- Time for 2s. 11 a.m. at Charles Beatley Library, 5005 Duke St. For children ages 24-36 months. Free. Registration required, 703-746-1702 ext. 5
- Spanish Story Time. 1 p.m. at Charles Beatley Library, 5005 Duke St. All levels welcome. Free. 703-746-1702.
- Pajama Story Time. 7 p.m. at James Duncan Library, 2501 Commonwealth Ave. Children ages 3-
- 7 can wear pajamas and listen to two or three stories. Free. 703-746-1705. Mother Goose Time. 10 a.m. at Kate
- Barrett Library, 717 Queen St. Children ages 12-24 months can enjoy songs, games and interactive fun. Free. 703-746-1703. Stories to Grow On. Children ages 2
- and up can enjoy stories, songs, movement and interactive fun at 11 a.m. at Kate Barrett Library, 717 Queen St. Free. 703-746-1703.

#### THURSDAY/JAN. 10

- Art Focus Group. 7:30-9 p.m. Color Mixing as Science and Art - Explore liquid watercolor for mixing colors and experimenting with application to a variety of paintable materials. Classes are \$25 each or \$200 for the 10 class series. A school or group of teachers can share the registration for the full series. At 2804 Sherwood Hall Ln. Call 703-201-1250.
- Music. Tommy Emmanuel will perform at 7:30 p.m. in the Music Hall at the Birchmere, 3701 Mount Vernon Ave. \$45. Visit www.birchmere.com or 703-549-7500. Opening Reception. 6-8 p.m. at

See Calendar, Page 16



"Belle Aria" by Jennifer **Brewer Stone.** 

#### Solo Artist Preview

The Art League's second annual Solo Preview Exhibit will premiere a work by each of our nine 2013 solo artists. This exhibit offers viewers a glimpse of the exciting exhibits at The Art League Gallery this coming year. The preview will be on view in The Art League Gallery Jan. 10-24. All are invited to an opening reception to meet the artists Jan. 10, 6:30-8 p.m. Artists include: Sabyna Sterrett, Linda Lawler, Noah Williams, Bob Tetro, Jennifer Brewer Stone, Nick Xhiku, Cindi Lewis, Everitt Clark, and Thien-Kim Pham.

A panel of outside jurors selected these nine artists from approximately 50 applicants. To be considered, potential solo artists provided examples of their work, created a proposal, and completed the jurying process.

The Art League is located at the Torpedo Factory Art Center, on the waterfront in Old Town Alexandria at 105 N Union St. Call 703-683-1780 or visit www.theartleague.org.



#### **GJACKI SORENSEN'S FITNESS CLASSES** Jacki Sorensen's Aerobic Dancing **IACKI**

**JACKI SORENSEN'S FITNESS CLASS** 

Starts January 23 at Charles Houston Recreation Center Monday/Wednesday - 10:15 am & Wednesday - 5:30 pm Register on line at alexandriava.gov > Recreation For more information, Call: 202-657-1150 Email: JackisDC@gmail.com Website: www.Jackis.com starts January 23





As you tour our lovely center, at each tour stop you'll sample a different, scrumptious cupcake and enjoy refreshing sparkling cider. Along the way, meet our wonderful, caring staff and learn more about services we offer. The tour will end in our beautiful dining room where we'll have a variety of light refreshments and even more cupcakes! We'll also have drawings for lots of great door prizes!



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900 Virginia Avenue, Alexandria, VA 22302



# ENTERTAINMENT



#### From Page 15

- Target Gallery, Torpedo Factory Art Center, 105 N. Union St. "Between the Lines: Contemporary Drawing Now" is an all-media exhibition focusing on current trends in drawing today. Free. Visit www.torpedofactory.org/target.
- Art Night: Wintry Mix. 6-9 p.m. at Torpedo Factory Art Center, 105 N. Union St. Browse open studios, interact with artists, make a craft and more. Gloves or mittens accepted at a collection box. Free. Visit
- www.torpedofactory.org. **Opening Reception.** Features a premiere piece of work by each of the Art League's nine 2013 solo artists. 6:30-8 p.m. in the gallery at the Torpedo Factory, 105 N. Union St. Free. Visit www.theartleague.org.
- Latin American Book Discussion **Group.** 7 p.m. at Charles Beatley Library, 5005 Duke St. Call for title. 703-746-1702.
- English as a Second Language Class. 10 a.m. at Charles Beatley Library, 5005 Duke St. All levels welcome. Free. 703-746-1702.
- Story Time. 10:30 a.m. or 3 p.m. at Charles Beatley Library, 5005 Duke St. Children ages 3-5 years. Free Registration required. 703-746-1702 ext. 5.
- Mother Goose Time. 10 a.m. at James Duncan Library, 2501 Commonwealth Ave. One-year-olds can sing, enjoy fingerplays and bounces. Free. 703-746-1705.
- Story Time. 11 a.m. at James Duncan Library, 2501 Commonwealth Ave. Children ages 3-5 can enjoy stories, play time and a craft. Free. 703-746-1705.
- Movie Matinee. 4 p.m. at Ellen Coolidge Burke Library, 4701 Seminary Road. Watch "The Odd Life of Timothy Green." Free. 703-746-1704

### **Evening of Folk Music**

Focus presents folk singer/songwriter Peter Mayer, with special guest the Copper Ponies, Sunday, Jan. 20, 2013, at 7 p.m. at Church of the Resurrection, 2280 N. Beauregard St. Tickets are \$18 general, \$15 in advance at FocusMusic.org.

Actively touring throughout the '90s, Minnesota native Peter Mayer is known for his earthy, intimate songwriting and fingerstyle guitar work. Mayer writes songs about interconnectedness and the human journey; about the beauty and the mystery of the world. Whimsical, humorous and profound, his music breaks the boundaries of folk. Mayer's ninth CD, "Heaven Below," was released in 2010 and continues his themes of spirituality and serenity, and occasional silliness.

The Copper Ponies duo consists of Annie Donahue and Erik Balkey, both of New Jersey. With a focus on lyrics, melody and harmony, the Copper Ponies' songs are understated and unadorned, while still being compelling

#### **Peter Mayer**

- Pajama Party. 7 p.m. at Ellen Coolidge Burke Library, 4701 Seminary Road. Pajamas optional. Children ages 3-6 can enjoy stories, songs, games and crafts. Free. 703-746-1704.
- Story Time. 4 p.m. at Kate Barrett Library, 717 Queen St. Children ages 3 and up can enjoy stories, songs, movement and more, including a weekly craft or short film. Free. 703 746-1703.
- Call for Applicants. Apply for the Visiting Artist Program for residency at the Torpedo Factory. Runs through Feb. 10. For details, visit www.torpedofactory.org.

#### FRIDAY/JAN. 11

- **Opening Reception.** 5-8 p.m. See work by local artists Pamela Underhill and Rusty Lynn at The Gallery at Convergence, 1801 N. Quaker Lane. Free. Exhibit runs through Feb. 24. Visit
- www.Convergenceccf.net Growing Healthy Indoor Plants. 1:30-2:30 p.m. at Green Spring Gardens, 4603 Green Spring Road. \$10. Learn how soil. location and plant selection can fill a house with easy-care plants. Register online at www.greenspring.org or 703-642-5173. Code: 290 183 3301.
- Full Monty Fundraiser. 7 p.m. at the Little Theatre of Alexandria. Reception and silent auction followed by the musical "The Full Monty." Proceeds benefit Northern Virginia AIDS Ministry. Visit novam.org.
- Tech Zoo Fridays. Noon at Ellen Coolidge Burke Library, 4701 Seminary Road. Free. 703-746-1704.

#### SATURDAY/JAN. 12

Garden Design: Session One. 9:30-11:30 a.m. at Green Spring Gardens, 4603 Green Spring Road. Two instructors will present lectures on

"What Kind of Garden Do You Want?" and "Garden Bones." \$35. Register online at

www.greenspring.org or 703-642-5173. Code: 290 182 3101.

Garden Sprouts: Gifts from the Gardens. 11 a.m.-noon at Green Spring Gardens, 4603 Green Spring Road. Children ages 3-5 with adult can learn how seeds, fruit and other natural materials can be made into ornaments. \$5. Register online at www.greenspring.org or

703-642-5173. Code: 290 185 9501. **Family Fun: Snow** Globe Workshop. 2-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. Make a snow

globe in a jar with miniature figures and glittering snowflakes. \$6/person. Register online at www.greenspring.org or 703-642-5173. Code: 290 182 3501.

Pine Wood Derby Workshop. 10 a.m.-2 p.m. at Old Town Ace Hardware, 809 S. Washington St. Cub Scouts can bring their cars, with the design traced onto the car, and have them be rough cut. Sanders, sandpaper and tools will be available for additional work. \$1 voluntary donation per car accepted. 703-879-0475. Also on Sunday, Jan. 13.

Saturday Stories. 11 a.m. at Charles Beatley Library, 5005 Duke St. All ages can enjoy stories and songs. Free. 703-746-1702.

#### SUNDAY/JAN. 13

- **Opening Reception.** 4-6 p.m. Francis Seeger will display "People" in the Athenaeum Gallery, 201 Prince St. Free. Visit www.nvfaa.org or 703-548-0035
- **Opening Reception.** Multiple Exposures Gallery, 105 N. Union St., #312, showcases Clifford Wheeler's portfolio "Axes - Bold as Love, the
- Luthier's Art," at 2 p.m. 703-63-2205. Grapes into Wine. 1:30-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. \$10. Learn about the history of wine production. Register online at www.greenspring.org or 703-642-5173. Code: 290 183 2901
- Tea, Glorious Tea! Tea Program. 1-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. \$28. Learn all the different ways used tea bags or leftover brews can be used. Register online at www.greenspring.org or 703-642-5173
- **Used Book Sale.** 9 a.m.-5 p.m. at Beth El Hebrew Congregation, 3830 Seminary Road. Browse a gigantic selection, divided by category. \$10/ early admission from 8:30-9 a.m. Free admission after 9 a.m.



### PEOPLE

# The Truth About Hypnosis I Local hypnotherapists use World Hypnotism Day to debunk myths and emphasize health benefits.

#### BY MARILYN CAMPBELL The Gazette

fter several failed attempts to stop smoking and an emphysema diagnosis, Margaret Cahill turned to hypnosis for help quitting. "I was skeptical at first, but my kids were after me to quit and I decided to try hypnosis," said Cahill who lives in Alexandria. "During the initial session, the hypnotherapist showed me a picture of bladder cancer, and for some reason, that was the moment I decided to quit smoking. I finished my hypnosis treatments and never had another cigarette."

It's not for everyone, however: After dismal scores on a Graduate Records Examinations (GRE) test and a test prep course that resulted in even lower scores, Colin Rackerby's mother suggested he try hypnosis to help him improve his test scores.

"It didn't help me at all," said Rackerby, who lives in Centreville. "My test scores were still low when I took the test again. I think that I am one of those people who can't be hypnotized.

Hynotherapists are using World Hypnotism Day, which falls on Jan. 4, to debunk myths about the practice. Hypnosis, also referred to as hypnotherapy, is a trance-like state during which the person being hypnotized has heightened focus and concentration. Hypnosis is usually done with the help of a therapist using verbal repetition and mental images.

"World Hypnotism Day is all about spreading awareness about what hypnosis is," said Jason Linett, the director of Vir-



Hypnotherapist Jason Linett of Virginia Hypnosis in Alexandria treats a client. Hynotherapists are using Jan. 4, World Hypnotism Day, to debunk myths about the practice.

ginia Hypnosis in the Franconia area of Alexandria. "It is a helping profession. We help people quit smoking, lose weight. It is a natural ability of the mind that we're able to really harness and help people make some really strong changes and take control of their lives."

During a typical session, says Linette, the therapist explains the process of hypnosis and reviews the patient's goals for the treatment. Then the therapist speaks in a soft soothing tone to help create a sense of relaxation and well-being.

dispelling any myths about hypnotism," said Linette. "Many clients are surprised to find out that the mind is active and alert the entire time. They hear everything. They remember as much as they would from any normal conversation. There is no loss of control like on television or in the movies. It is really a process of taking control of the parts of their life that [thev] feel like are out of control. Then we emerge from the process, discuss it and set some goals from there."

During a session, a hypnotherapist could "There is the pre-talk, which is all about use a variety of techniques like visual im-

agery. "The process is different for almost every single client and almost every single hypnotherapist," said Linette. "We all have our own different styles of work. We can do a process based on relaxation, we can do a process based on three simple things that we do: imagining simple things, following simple instructions and just being aware.

"The style of work that I do starts with a simple instruction to relax the eyes, and imagine those eyes so relaxed that they simply just don't work. Once that suggestion has been accepted, it is just a matter of following more suggestions from that point forward." Linette added that when clients are in a receptive state, the therapist will suggest ways for them to achieve other goals, like eliminating cravings to overeat or to smoke.

There are skeptics, however. "I've had many patients who've been bilked of a lot of money through hypnosis," said Karen Prince, a psychotherapist and clinical social worker. "They've tried hypnosis out of desperation by people fraudulently claiming to be able to work miracles through hypnosis." Prince, who does not practice hypnotherapy, suggests traditional talk therapy. "There are certainly tried and true ways of overcoming the same issues and additions."

The National Guild of Hypnotists, Inc. (http://ngh.net/) and the American Society of Clinical Hypnosis (ASCH) are sources for locating reputable hypnotherapists. ASCH (http://www.asch.net/) offers training and certification programs and sets ethical and treatment standards for trained and licensed professionals.

## Local Teen Wins National Pageant

auren Watson, a Carl Sandburg Middle School eighth grader, captain on the School Dance Team, and pre-professional dancer with the Metropolitan Fine Arts Center was chosen to represent Virginia as Miss Virginia American Teenager Jr. Queen at the National Pageant held Thanksgiving Weekend. Lauren competed in three categories for the Miss American Teenager Jr. Queen title: personal interview, swimsuit and evening gown. A separate category of State Costume, where she wore a Sailor Outfit representing Virginia's largest employer the Department of Defense located in the Pentagon.

Miss American Jr Oueen (12-15) top 5 consisted of 4th Runner Up - Pennsylvania, 3rd Runner Up - Park City, Kentucky, 2nd Runner Up – California, 1st Runner Up - Tennessee, and Winner Virginia -Lauren Watson. Lauren is involved in her community dance programs and ConKerr



Miss American Jr. Queen (12-15) top 5 consisted of 4th Runner Up -Pennsylvania, 3rd Runner Up - Park City, Kentucky, 2nd Runner Up -California, 1st Runner Up - Tennessee, and Winner Virginia - Lauren Watson.

Cancer. Prior to joining the Metropolitan nutrition and fitness awareness. Fine Arts Center, Lauren danced and was a dance assistant with Just Dance in Belle Haven. She works with the CSMS Dance Team workshops. She has danced with the Joffrey Ballet School in N.Y.C. and the Radio City Rockettes. Lauren's platform is teen

Lauren was sponsored by numerous local businesses including Hollin Hall Automotive, Dr. Herbert Hughes Orthodontist, Just Dance, Metropolitan Fine Arts Center, the Carl Sandburg Dance Team and lots of family and friends.

### Kramer & Sons Earns Angie's List Super Service Award

Kramer and Sons at 8805 Cooper Road has earned the service industry-coveted 2012 Angie's List Super Service Award, an honor awarded annually to approximately 5 percent of all the companies rated on Angie's List, a provider of consumer reviews on local service companies.

Seth Kramer, owner of Kramer and Sons, said his plumbing, heating and air conditioning company has achieved the Super Service Award in at least three Angie's List categories for six consecutive years.

Angie's List Super Service Award 2012 winners have met specific requirements, including earning a minimum number of reports, an excellent rating from their customers and abiding by Angie's List operational guidelines.

Service company ratings are updated daily on Angie's List. Companies are graded on an A through F scale in areas ranging from price to professionalism to punctuality. Members can find the 2012 Super Service Award logo next to company names in search results on AngiesList.com.

## News

# **Celebrating First Night Alexandria**

From Page 1

"This is the best New Year's Eve ever," said Sean Gresham, who was visiting Old Town with Michaela Codella of New York. "She just agreed to move to New Zealand to be with me so this is truly a night to remember for us."

The fireworks finale was the culmination event of First Night Alexandria, which included a rare one performance only concert by internationally acclaimed Scottish fiddler Bonnie Rideout.

"It's very special for me to be here tonight," Rideout told a soldout crowd at St. Paul's Church that included her daughter Clarice. "I remember playing at the inaugural First Night celebration and it was here where I first revealed publicly that I had multiple sclerosis. While I don't perform much in public any more, this event is still very dear to my heart."

Billed as the largest familyfriendly New Year's Eve party in the greater Washington area, more than 100 live performances took place throughout Old Town culminating with a fireworks finale over the Potomac River along the waterfront.

"This was fabulous," said Charlisa Gordon of Lawrenceville, N.J. "I was in New York City last

year but am so glad I came here tonight."

The crowd, estimated to be more than 10,000, included children clutching glow sticks or perched on their parents' shoulders to get a better view of the festivities.

"First Night is great," said 6year-old Caroline Christensen of Alexandria. "I did it once before when I was little but I'm having more fun tonight."

First Night participants enjoyed an afternoon scavenger hunt throughout Old Town before evening performances got underway as part of the celebration that extended from the George Washington Masonic Memorial to the waterfront.

"Everything went off beautifully this year," said First Night Alexandria executive director Ann Dorman. "Between afternoon activities and the fireworks, it was a fabulous day."

According to Dorman, a larger crowd than expected by the Alexandria Police Department gathered at the foot of King Street and along the waterfront to view the fireworks finale as the countdown to midnight began.

> See Happy New Year, Page 19



Night Alexandria.





Guitarist David A. Alberding performs a set at Nickells and Scheffler.

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Crowds gather at Bittersweet Café as part of First Night Alexandria.

# News

# Happy New Year

#### From Page 18

"We're still running the numbers but around 10,000 participated in First Night this year," Dorman said. "But according to our initial reports, there were no major incidents to report. Everyone had a safe New Year's Eve and that's what's important to us."

In addition to Rideout, other entertainment included the Grammy-award winning duo of Al Petteway and Amy White, the Janine Wilson Band, singer/ songwriter Nicole Belanus and Alexandria's own Keira Moran, a 17-year-old senior at T.C. Williams.

For the first time, four food trucks were allowed to operate in the city as part of First Night Alexandria, which set a new sales

record since the event began in 1994. Other businesses along King Street also stayed busy throughout the day.

"It's been crazy busy all day," said Alexandria Cupcake owner Adnan Hamidi at around 9:30 p.m. "We baked 3,000 cupcakes today and are already down to our last dozen."

After being absent for the last two years, a fireworks finale was reinstated as part of the festivities but had to be relocated to the waterfront due to new state regulations that affected the previous site at the George Washington Masonic Memorial.

"We weren't sure how all of this would work out," Dorman said. "But it all came together wonderfully and we'll absolutely have fireworks again next year."



Thousands gathered at the foot of King Street to watch the fireworks finale of First Night Alexandria.



Curtis Blues performs Mississippi Delta Blues at Bittersweet Café.





Alexandria Cupcake owners Kathy Taylor and Adnan Hamidi, right, celebrate New Year's Eve with John, James and Cynthia Bordner of Downers Grove, Ill., Douglas Goist and Joshua Hamidi.

www.ConnectionNewspapers.com

Samuel Barrand, 8, and his brother Lucas, 4, visited from New York to enjoy the First Night fireworks.



Nanette Christ with Nicolette Christensen, 10, Kiera Collins, 10, and Caroline Christensen, 6, walk along King Street during First Night Alexandria.

# Sports Mount Vernon Girls Win 7 of 8 in 2012

he Mount Vernon girls' basketball team enters 2013 with a 7-1 record after defeating Fleming (Roanoke), 77-54, on Dec. 22. One day earlier, the Majors suffered their first loss of the season, a 78-76 doubleovertime defeat against Maury (Norfolk).

Mount Vernon opened the season with six straight victories, including a 68-52 road win against defending state champion Oakton on Dec. 4, which snapped the Cougars' 34-game winning streak. Four of the Majors' first six wins came by at least 30 points.

Mount Vernon, which is ranked No. 7 in the latest edition of the Washington Post's top 20, will host 9-0 Edison at 5:45 p.m. on Friday, Jan. 4.

### West Potomac Girls' Basketball Wins 3 of 4

The West Potomac girls' basketball team won three of its final four games of 2012, improving its record to 5-6.

The Wolverines defeated South County, 56-44, on Dec. 18, Annandale, 30-28, on Dec. 21 and Stuart, 37-15, on Dec. 27 before losing to Bishop Ireton, 46-43, on Dec. 28.

According to the West Potomac athletics Web site, the girls' basketball program won a combined eight games in the four previous seasons.

According to stats from the Washington Post's Web site, Maddy Zdebski leads West Potomac in scoring at 10.6 points per game. Asia Mills-Burch is averaging nine points per game, Talya Dawson averages 8.2 and Blossom Pierre averages 7.5.

West Potomac, led by second-year head coach Dave Sawczuk, will travel to face Woodson at 7:30 p.m. on Friday, Jan. 4.

### Mount Vernon Boys' **Basketball Finishes Runner-Up**

The Mount Vernon boys' basketball team placed second at its holiday tournament, losing to Wise (Upper Marlboro, Md.), 70-55, in the tournament final on Dec. 29.

The Majors defeated Grace Brethren (Clinton, Md.), 76-56, on Dec. 27 and Glenelg, 69-68, on Dec. 28

Mount Vernon enters 2013 with a 4-6 record and is looking to improve on its 0-3 start in the National District. The Majors have lost to Hayfield, Wakefield and Washington-Lee.

Mount Vernon will host Edison at 7:30 p.m. on Friday, Jan. 4.

### West Potomac Ends 2012 with Victory

The West Potomac boys' basketball team dropped two of three games at the Mount Vernon holiday tournament, but ended 2012 on a positive note by beating Grace Brethren, 81-54, on Dec. 29.

The Wolverines opened the tournament with a 75-71 overtime loss to Largo on Dec. 27. The following day, West Potomac lost to St. James, 69-66, according to the Washington Post's Web site.

Brandon Pressley leads West Potomac in scoring at 16.3 per contest, according to the Post. Kwame Camon is averaging 14.5 per game and Caleb Williams is scoring 9.1 per contest.

West Potomac concluded the 2012 portion of its schedule with a 6-4 record, including 3-0 in the Patriot District. The Wolverines will host Woodson at 7:30 p.m. on Friday, Jan. 4.

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

#### TUESDAY/JAN. 15

**Mount Vernon Genealogical** Society Meeting. 1 p.m. in room 112 of the Hollin Hall Senior Center. The meeting, featuring the presentation "Stump the Panel," is free and open to the public. At some point genealogists hit a "brick wall." All of a sudden an ancestor seems to disappear leaving no trace in census, death, land or church records. The panel, consisting of Chuck Mason, Sharon Hodges, Phyllis Kelley, and Paul Phelps, will give suggestions on where else to look for information. Email questions to be presented to publicity@mvgenealogy.org. The Hollin Hall Senior Center is located at 1500 Shenandoah Road. Visit www.MVGenealogy.org. Questions about the program should be directed to Phyllis Kelley at 703-660-6969 or

BULLETIN BOARD

#### publicity@mvgenealogy.org Mount Vernon Lions Club Meeting. At Pema's Restaurant. Gloria Wilson will talk about

Diabetes Awareness. Call Andrea Corsillo 703-960-4973.

#### THURSDAY/JAN. 17

Meeting. Mt. Vernon AAUW presents a program on "Senior Scams" at 7 p.m. at Mount Vernon Government Center, 2511 Parkers Lane. Get advice on ways to avoids scams, as well as detecting the signs of fraud and identity theft. 703-718-9902.

**THROUGH JAN. 18** January Fruit Sale. The Mount Vernon Lions club will have a

January fruit sale of naval oranges, grapefruit and honeybells. Prepaid orders made by Jan. 18 with a delivery date of Jan. 26. Contact Andrea Corsillo 703-960-4973 or Tom Wilson 703-585-6327.

#### THURSDAY/JAN. 24

Meeting. Colonial Republican Women will meet from 6:30-9 p.m. at Virginia Hills Administration Center at Old Virginia Hills School, 6520 Diana Lane. Refreshments will be served. E-mail colonialrepublicanwomen@gmail.com or call Debbie at 703-768-1934

#### THURSDAY/FEB. 21

Meeting. Colonial Republican Women will meet from 6:30-9 p.m. at Virginia Hills Administration Center at Old Virginia Hills School, 6520 Diana Lane. Refreshments will be served. E-mail colonialrepublicanwomen@gmail.com or call Debbie at 703-768-1934.

#### ONGOING

UCM's Back Porch Thrift Store is in need of donations of furniture. UCM 20 & Mount Vernon Gazette & January 3-9, 2013

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 Hwv

Volunteers Needed. AARP Tax-Aide, a national volunteer-run tax counseling and preparation service for low to moderate income and elderly citizens, needs volunteers to electronically complete and file federal and state income tax forms for the 2013 tax season. The program offers free five-day training using IRS computers and software. Volunteers become IRS Certified Tax Counselors after completing and passing the IRS examination. Training sessions will be held in Annandale, Centerville and Alexandria in Jan. 2013. Visit www.aarp.org/taxaide.

Training Courses. The American Red Cross in the National Capital Region will host training courses in CPR. First Aid, and AED in the Alexandria and Fort Belvoir offices. These classes offer a two-year certification. Classes range from \$70-\$110 and are available Tuesdays, Wednesdays, Thursdays, or Saturdays. Advance registration is required. To register for a class or find another class in your area, call 1-800-RED-CROSS or visit redcross.org/takeaclass.



Taylor Dunham and the Mount Vernon girls' basketball team is off to a 7-1 start.

#### School Notes

Email announcements to gazette@connectionnewspapers.com.

Anastasia C. Voellm, the daughter of Mr. and Mrs. Frederick R. Voellm, has been named to Randolph-Macon Academy's Dean's List for the first quarter of the 2012-13 school year.

Jacqueline Beckwith, a freshman, was awarded an Abraham Lincoln Scholarship by Gettysburg College. She serves as a Gettysburg Recreational Adventure Board facilitator.

Julia Larsen, a junior at Connecticut College, took part in "4 Dead in Ohio: Antigone at Kent State," a theater department production, held at Connecticut College. Larsen performed as part of the Ensemble Cast in the production. Larsen is a 2010 graduate of Oakcrest School, and is the daughter of Kenyon and Cynthia Larsen.

Kendall Akey, a junior at

Gettysburg College, spent the Fall 2012 semester studying in Spain.

James Toth, was awarded a bachelor of science degree in marine science.

Jacqueline A. McCabe, a sophomore majoring in biology and French, was named to the dean's list at Bridgewater College.

Students in Music and Computer Technology at West Potomac Academy have provided 50 copies of a holiday compilation CD to hospice patients, community physicians, and nursing staff members at Capital Caring of Alexandria for the third year in a row.

This service learning project gave the gift of music to hospice patients in their homes and in long term care facilities. The compilation CD, "Thoughts and Meditations, Part II," consists of original and remixed musical compositions of a variety of music genres of easy listening and holiday favorites.

## Opinion

# Compiling 2013 Legislative Agenda

From Page 8

#### **GOVERNMENT EFFICIENCY**

I hope to require the Department of Motor Vehicles (DMV) to electronically transmit address changes to local voter registrars instead of requiring voters to request and file separate paperwork. I will also introduce a bill to require the Supreme Court of Virginia to study providing law clerks to every Circuit Court Judge in the state reducing the need for judgeships by allowing judges to spend more time on the bench instead of processing routine paperwork. It could save taxpayers millions of dollars.

I hope to allow parents to file one petition in child custody cases instead of two per child, the practice currently required. Also, I will introduce legislation requiring court-appointed counsel in appeals to file voluminous records electronically. If this becomes law, taxpayers will not have to fund thousands of pages of copying expenses at \$0.37 per copy and more funds will be freed up to provide representation to indigent parties.

#### **LESS-POLLUTING ENERGY**

Virginia's Renewable Energy Portfolio Standard allows utilities to charge Virginia homes and businesses millions in extra fees for purchasing a certain amount of renewable energy. Virginia utilities are currently collecting over \$50 million per year for putting no new renewable energy on the grid or developing Virginia jobs. I will introduce legislation to require all renewable energy to be generated in Virginia from new sources and to expand the definition of "solar energy" to include "solar thermal systems."

As always, there is more information in my online newsletter at scottsurovell.blogspot.com or my website at www.scottsurovell.org and you can always send me a note at scottsurovell@gmail.com. It is an honor to serve as your voice in Richmond. Please share your views and suggestions.

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1606 King St. Alexandria VA 22314 Call: 703-917-6444. By e-mail: gazette@connectionnewspapers.com





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# Letter

#### From Page 8

the updated list of nominees (without identifying those nominees to those present in the Board room or watching on television). A few BOS members identified a small handful of changes including deferrals. Then, without any effort to identify who was being nominated (other than the three names identified in the agenda), the BOS voted to appoint everyone on the list by a voice vote without dissent. While this may be an efficient way of making appointments, sometimes a properly run democracy can't be made to be efficient while at the same time remaining fair and transparent.

To my knowledge, there is no mechanism in place by which a member of the public can easily ascertain pending appointments by position or by chosen nominee. As a result, on several occasions, I have been surprised to discover the identities of appointees only after the fact, under circumstances in which, in my opinion, those appointees were not suitable to be appointed for any one of a variety of reasons. Had I known of the prospective appointments in advance, I surely would have weighed in. The same goes for my fellow citizens as well as civic organizations and the press.

In my opinion, the BOS needs to adopt a procedure that more effectively allows members of the public to quickly and easily ascertain who the BOS intends to appoint to various positions and with sufficient notice that comments can be furnished to the BOS far enough in advance of the appointment date so that concerns about a prospective appointment as well as endorsements of a prospective appointee can be furnished to BOS members. In this vein, I suggest that the BOS provide a separate page on the County website on which all prospective appointments are provided with two weeks advance notice so that members of the public and the press can review the list in advance of the appointment date and provide necessary and/or desired comments. In this way, no one would be able to complain that they were unaware of prospective appointments and the BOS would be saved from the potential embarrassment of appointing people who are not suitable for the positions they seek.

BOS members would not hire members of their staff without a thorough vetting process. Taxpayers should not be put in a position of having their Boards, Authorities and Commissions populated by people unsuitable for those positions. The BOS must recognize that it is sometimes better to leave a position vacant rather than appointing an unsuitable candidate just because they happen to be willing to volunteer.

I have addressed this issue directly with BOS Chairman Sharon Bulova and Mount Vernon Supervisor Gerry Hyland. I hope the issue is resolved at the BOS meeting on Jan. 8 in the best interests of democracy and transparency.

> H. Jay Spiegel Mount Vernon



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