



PHOTOS BY LAUREN SCHNEIDERMAN/THE GAZETTE

Official Welcome

Fairfax County Public Schools Superintendent Karen Garza, Principal Brad Bennink and School Board member Daniel Storck visit with students in Nancy Hawkins' 6th grade class at Washington Mills Elementary School on Tuesday, Sept. 3, the first day of the new school year.



Superintendent of Schools Karen Garza takes notes as she listens to Washington Mills Elementary School Principal Brad Bennink.

A Home for the Homeless

Mondloch Place to include educational and employment services.

BY NAOMI SMOOT
THE GAZETTE

They've called the streets their home. They've slept in tents placed behind local shopping centers, and shanties constructed under highway overpasses.

Soon, however, that will change.

By the end of September, more than a dozen Fairfax County residents who are presently homeless will have a permanent place to call their own. Individuals will begin moving next week in to the recently renovated Mondloch Place, a county-owned facility located along the Route 1 corridor. Each of the facility's new residents will have their own apartment complete with a kitchen area, bathroom and sleeping area.

The facility will be operated by New Hope Housing, a non-profit organization that presently provides shelters and transitional housing for homeless individuals throughout the area. According to Susan Keenan, director of residential services at New Hope, Mondloch Place will be different from the organization's other existing facilities.

"It's not a shelter, it's permanent housing," Keenan said. "People are going to have a lease. They are going to be tenants."

Each tenant will be required to sign a month-to-month lease before they move in to Mondloch. For some, this will be a new experience, Keenan said.

"Some of them have never had a lease in their own name," she said.

Residents will also be required to pay rent. Each individual will be required to pay 30-percent of their income, Keenan said. If they do not have a verifiable income, she added, they will be required to pay a flat fee of \$50 per month to live at Mondloch.

IN EXCHANGE, they will receive more than just a roof over their heads. Case managers will work with residents to secure educational and employment services, Keenan said.

Tenants will also be provided with mentors to help them adjust to their new living arrangements, said Sherry Edelkamp, coordinator of the Ventures in Community Hypothermia Outreach Program, also known as VIC-HOP.

"There's going to be an adjustment period," Edelkamp said, adding that many residents will



PHOTO COURTESY OF SHERRY EDELKAMP

More than a dozen people who are currently without a home will soon have a place to call their own. Throughout the month of September, residents will move in to the newly-renovated Mondloch Place.

How To Help

To donate linens, kitchen essentials or other necessities, visit the Mondloch Place registry at Amazon.com and walmart.com. The registry is listed under Virginia, first name Mondloch, last name House.

be unaccustomed to "being able to cook food whenever you want to, and not have to worry if the police are going to come and bother you."

It's a lifestyle change that people seem eager to embrace.

"To see the joy and relief on someone's face when you talk to

them about possibly having their own place is so incredibly humbling," said Edelkamp.

New Hope is selecting residents for the 20-unit facility. Keenan said one of the apartments will be occupied by an individual who has personal experience with homelessness, and who has been hired to provide after-hours assistance to their fellow tenants. Ten of the remaining spots are allocated to provide housing for individuals who were identified through a recent survey as being among the most vulnerable members of Fairfax County's homeless population, she added.

THE SURVEY was conducted over the course of three days in late February, Edelkamp said. Local volunteers surveyed 462 members of the county's homeless community as part of the nationwide 100,000 Homes initiative, which aims to identify and secure housing for 100,000 chronically homeless individuals across the country.

Edelkamp said that of the 462 people surveyed, 157 met the vulnerability criteria set out by the 100,000 Homes project. Many of these individuals were at a high risk of mortality, she said. Fifty live along Route. 1.

SEE A HOME, PAGE 15

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With the crossing guard at her post, students and their parents safely head for Stratford Landing Elementary School on Aug. 29.



Part of the fun was a popsicle party, complete with music. The dj played a song and got the youngsters to line up for "the train" that went around the playground.

Stratford Landing Hosts Back-to-School Open House



Rezika (left) and her younger sister Fewzeya were happy to meet her first grade teacher Robyn Browell.

PHOTOS BY
RENÉE RUGGLES
THE GAZETTE



Elijah, Samuel, Alex, and Harrison are busy building with toys found in Becky McDade's Kindergarten classroom.



Students and parents gather in the halls, looking at classroom assignments, wondering who their teachers will be.



Interim Principal Janet Funk and Assistant Principal Larry Caines were on hand to meet parents and students.



Everyone stopped to sign the banner honoring Stratford Landing's 50th anniversary.



Jeffrey Casto leads the way to his daughter Ella's new classroom.

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Jefferson Park \$1,100,000
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Seminary Ridge \$599,000
26 Ft. Williams Parkway. Deceivingly spacious 4 bedroom, 3 bath home with 2 finished levels on 8,000 sq ft lot close to schools, shopping, Old Town & D.C. Living room with fireplace, fabulous screened-in porch off of dining room & updated kitchen. Three main level bedrooms including Master Suite with tumbled marble bath and walk-in closet. Huge walk-out lower level with High ceilings features family room, full bath & 4th bedroom. Lots of storage & off-street parking.
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Alexandria \$699,900
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Belle Haven \$1,799,000
2106 Wakefield Court. Gorgeous 6 bedroom, 3.5+5 bath center hall Colonial with 5 fireplaces and an attached 2-car garage. This exquisite home has been updated to perfection and is ideal for formal entertaining as well as casual living.
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Alexandria \$895,000
301 Laverne Avenue. 3 Bed/3.5 Bath, Beautiful Single Family Home on corner lot boasts large welcoming front porch, chef's kitchen with Viking Professional and Sub-Zero appliances, spacious bedrooms & ample closets, gorgeous bathrooms, fabulous walk-out basement with gas fireplace & custom built-ins. Driveway provides plenty of off-street parking.
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Alexandria \$155,000
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Alexandria \$350,000
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Jefferson Manor \$389,000
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SCHOOLS

Carhart Leads Fort Belvoir ES

Military spouse is a good fit for a school with a high mobility rate.

BY STEVE HIBBARD
THE GAZETTE

On July 20, Theresa Carhart was named new principal of Fort Belvoir Elementary School, a school with a high student mobility rate of 39 percent. It's fitting that the grandmother is married to a retired U.S. Marine and understands the needs of the Fort Belvoir Army Installation as its home.

"When the vacancy came, I saw it as a gift of opportunity to give back to the school community that gave me my start as an educator," said Carhart. "And being a military spouse, I have a passion for supporting our military families."

AT THE START of school, some 1,081 students are enrolled with 165 staff on board. The school's student demographics are: about 50 percent white, 15 percent Hispanic, 22 percent black, 2 percent Asian, and 10 percent other. The school's 57 classrooms provide the continuing of education services for Level I to III as well as advanced math. About 90 percent of students are in the general ed program.

Carhart's license plate reads KDS1ST, which fits her personality of being "hyper-focused" on the students. "And one of the things I've been told is that I have this energy level — I think I bring a charisma to the work that I do," she said.

For goals, Carhart hopes to provide a nurturing environment for all of her students. "I hope to journey all together to ensure that Fort Belvoir Elementary continues to be a great place to learn," she said.

Carhart likes to be engaged with her students — where the action is: "I like to be part of the team. I'm a collaborative leader. For us to be the best we can be collectively, we need to work together," she said.

Dave Tremaine, principal of Hayfield Secondary School, who worked with Carhart for three years in the Hayfield Pyramid, said she emphasizes the positive. "While she is a very positive leader, she also has the ability to have that 'hard conversation,' and ultimately makes changes as needed to improve all facets of the instructional program."

Stella Centanni, a third-grade teacher at Hayfield Elementary, said Carhart knows how to balance leadership and staff needs at the same time. "She was very sensitive to her staff's needs and feelings," she said. "She was also very aware and creating a certain culture in the school. That speaks to her leadership a lot."

Heather Carty, a kindergarten teacher at Hayfield Elementary who worked with Carhart for four years, says her Type-A personality puts her ahead of the game. "But at the same time, she keeps everything in check by balancing family and work life and priorities."

BECAUSE TURNOVER for students is high, many have already been in multiple schools. They come from different countries and different DOD locations



Theresa Carhart is the new principal of Fort Belvoir Elementary.

as well. "The challenge is making sure we can access what each child needs to provide them with the best education," said Carhart.

To that end, the school has one ESOL teacher, two instructional specialists, an instructional coach and six to eight classroom teachers per grade level. There is one full time AART (advanced academic resource) teacher as well.

Fort Belvoir received a \$1.5 million STEM grant, which helps further educate teachers who can then give back to the students. Students can learn Arabic, French, Spanish or German in after-school clubs for eight to 12 weeks. The STEM Lab supports summer programs for students

as well.

While some schools have zero business partnerships, Fort Belvoir has 16. The Armed Forces Foundation and the local Fort Belvoir Credit Union have already reached out this summer.

According to Assistant Principal Cynthia Jamieson, the school works with Mount Vernon historic site with its STEM grant, where students build gingerbread houses during the holidays and work on a garden project in the spring.

Originally from Dansville, N.Y., Carhart received a degree in elementary education from the State University of New York at Oneonta. She earned a bachelor's in school administration and supervision at East Carolina University at Greenville, N.C.

She began her teaching career in 1998 at Fort Belvoir and taught first grade at Markham Elementary School. She moved to Jacksonville, N.C., and taught fourth grade. She received a North Carolina principal fellow scholarship to attend graduate school and acted as an assistant principal for a year. She then became assistant principal at Swansboro, N.C., for two years and then principal at Queens Creek Elementary in N.C. She moved back here and worked for the last six years at Hayfield Elementary.

Carhart is married to husband Dwayne, retired from the Marines after 24 years. She lives in Fort Belvoir and has two grown stepchildren: son Rick, 27, and daughter Nicole, 25.

PHOTO BY STEVE HIBBARD/THE GAZETTE



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Alex/Mt. Vernon Forest \$529,900
9123 Volunteer Drive
Over 3500 SF in this spacious 4BR, 3BA Rambler w/fully finished lower level. 2 level living minimizes your stairs. Large room sizes, gas fireplace in living & family rooms. Roof, furnace, A/C, & hot water heater all replaced since 2005. Sit on your deck & look out over your scenic .48 acre wooded lot. 5 mins to Ft. Belvoir, 25 to Ntl Airport & 30 mins to Pentagon/D.C. Great price for this house and location.



Alex./Hollin Hall \$454,900
7926 New Market Road
Absolutely lovely home w/over \$130k in recent improvements in great location! Stunning front porch and Family Room addition in 2009 by custom builder. Slate floor on front porch and back patio. New in 2012 & '09: large shed, cedar fence, driveway, roof, dishwasher, hot water, stove, humidifier. Beautiful backyard. It's a gem! Waynewood Elementary, close to G.W. Parkway, Potomac River and minutes to Old Town.

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Battle for Transparency Moves Online

State Corporation Commission seeks to edit Wikipedia page.

BY MICHAEL LEE POPE
THE GAZETTE

The battle lines in the war over transparency at the Virginia State Corporation Commission have shifted from the committee room to the Internet. Last week, director of information resources Kenneth Schrad noticed recent changes to the Wikipedia page about the State Corporation Commission. One explained that “deliberations of the commission are made in secret without public scrutiny.” The other change explained that “in 2011, the Virginia Supreme Court ruled that the commission is exempt from Virginia Freedom of Information Act requests” and that “and effort is being mounted to overturn this decision through legislation.”

“The text additions posted in relation to the above reference are not factual,” Schrad wrote using the login PR Geeks.

Schrad then asked that all references to secret deliberations and pending legislation be removed. In its place, Schrad suggested language explaining the “overall policy” about public access is to promote “increased awareness.” He also suggests language about “public examination” of State Corporation Commission records are “available to the same extent as the records and files of the courts of the commonwealth.” Then he added, “This post is on behalf of the State Corporation Commission,” Schrad wrote as PR Geeks.

DELIBERATIONS of the State Corporation Commission take place behind closed doors. When commissioners meet to consider rate changes, the public is not allowed to witness. And when commissioners meet to consider guidelines for utility companies or payday lenders, the meetings are closed. But because members of the public are allowed to submit comments, Schrad says, it’s factually incorrect to suggest that deliberations happen in secret.

BULLETIN BOARD

Email announcements to gazette@connectionnewspapers.com.

SUNDAY/SEPT. 8

Open House. 3-5 p.m. at United Methodist Mission Church, 8220 Russell Road. Meet staff and volunteers and learn how they help the indigent and homeless along Route 1. Call 703-360-1976 or visit www.risinghopeumc.org.

MONDAY OR TUESDAY/SEPT. 9 OR 10

Toastmaster Speechcraft.

Toastmasters will hold two Speechcraft classes, teaching the basics of public speaking and give participants experience in speaking before an audience. Class meets once a week at 7 p.m. at South County Building, 8350 Richmond Highway. Free.

MONDAY/SEPT. 9, 11

Auditions. Children ages 8-18 can audition for MCVVT’s production of “High School Musical” at Bryant Alternative High School, 2709 Popkins Lane. To sign up, visit

mvctt.org.

TUESDAY/SEPT. 10

Volunteer Information Session. 1 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane. Learn about Mount Vernon At Home volunteer opportunities. 703-303-4060.

Tasting and Book Launch. 1 p.m. at Spring Hills Mount Vernon, 3709 Shannons Green Way. Buy copies of the newly released “Spring Hills Signature Family Cookbook.” Proceeds benefit the Mount Vernon

Lions Club. For more information, visit www.springhillsmountvernon.com or call 703-650-0779.

WEDNESDAY/SEPT. 11

Auditions. Children ages 8-18 can audition for MCVVT’s production of “High School Musical” at Bryant Alternative High School, 2709 Popkins Lane. To sign up, visit mvctt.org.

TUESDAYS/SEPT. 10, 17, 24

Hearing Loss Program. 10 a.m. at

Hollin Hall Senior Center, 1500 Shenandoah Road. Northern Virginia Resource Center for Deaf and Hard of Hearing presents a three-part program titled “I Can’t Hear You.” Free. Registration required, 703-765-4573 TTY: 711.

THURSDAY/SEPT. 12

Health Talk. 12:30 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Capital Caring presents “Healthy Ways to Cope with Disease

SEE BULLETIN BOARD, PAGE 19

WWW.CONNECTIONNEWSPAPERS.COM

State Corporation Commission (Virginia)

From Wikipedia, the free encyclopedia



The **State Corporation Commission**, or **SCC**, is a Virginia regulatory agency whose authority encompasses utilities, insurance, state-chartered financial institutions, securities, retail franchising, and railroads. It is the state's central filing office for corporations, limited partnerships, limited liability companies and Uniform Commercial Code liens. Deliberations of the Commission are made in secret without public scrutiny.^[1]

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6 SCC 1903-2003, Celebrating a Century of Service to the Commonwealth

State Corporation Commission (Virginia)	
	
Agency overview	
Formed	1903
Jurisdiction	Virginia
Headquarters	Richmond, Virginia
Employees	600+
Agency executives	Mark C. Christie, Commissioner James C. Dimitri, Commissioner (Chairman) Judith Williams Jagdmann, Commissioner
Website	

WIKIPEDIA SCREEN CAPTURE

The Wikipedia page for the State Corporation Commission includes a note explaining the neutrality of the article is disputed. That's because an official from the commission formally objected to changes to the page describing the agency's deliberations as secret.

“That’s somebody’s opinion,” said Schrad in an interview. “It doesn’t offer a complete picture.”

The debate about just how secret the commission should be is a matter of controversy,

of Surovell’s legislative effort, one that is opposed by gas utilities and the telecommunications industry. During a meeting of a Freedom of Information Advisory Council subcommittee last month, Surovell pre-

“The idea that we shouldn’t make the SCC subject to FOIA because they are willing to share documents flies in the face of reason. By that logic, we wouldn’t need a Freedom of Information Act at all. But that’s not how the world works.”

— Del. Scott Surovell (D-44)

one that has currently been the subject of several news articles. Del. Scott Surovell (D-44) is hoping to make the State Corporation Commission subject to the Virginia Freedom of Information Act, which it is currently exempt from as the result of a 2011 ruling by the Virginia Supreme Court. News coverage of Surovell’s effort prompted the changes to Wikipedia, which caused Schrad to object.

“We followed the established procedure,” he said. “It’s up to somebody else to determine what appears on Wikipedia.”

SHEDDING SUNLIGHT on the secret world of regulation in Virginia is at the heart

sented draft legislation to create more transparency by making the commission subject to the Freedom of Information Act. The deliberations between commissioners would remain outside of the public realm. But comments — both formal and informal — would be subject to public-records laws.

“Right now, I can’t get the emails that payday lenders send to the SCC when the guidelines are under deliberation,” said Surovell. “That’s wrong.”

Leaders at the commission argue that the many of the documents are available to the public even though the agency is not subject to the public-records law. All people need to do, they say, is simply make a re-

quest. But Surovell says that’s not good enough. What if future leaders of the commission don’t want to hand over embarrassing documents? Nothing in the law would force them to do so. And perhaps even more pressing, what if the documents requested are the kind of informal communications, such as email, that leaders of the telecommunications industry say they want to keep hidden from public view?

“The idea that we shouldn’t make the SCC subject to FOIA because they are willing to share documents flies in the face of reason,” said Surovell. “By that logic, we wouldn’t need a Freedom of Information Act at all. But that’s not how the world works.”

FOR NOW, though, deliberations of the State Corporation Commission will continue to take place behind closed doors. And even though the commission’s director of information resources made a formal request to Wikipedia on behalf of the commission to change the text, that edit is still pending. According to Wikipedia, organizations are discouraged from writing articles about themselves. But the website does allow edits from organizations under certain conditions.

“Typically Wikipedians will strongly discourage editing of articles when there is a clear conflict of interest with the editor,” said Jay Walsh, senior director of communications for WikimediaFoundation.org in an email. “That could include an employee of a company, someone paid to represent a company or person, or in some cases the actual person when editing their own article.”

Walsh explained that it might be relatively acceptable for an organization to be involved in editing its own Wikipedia page. For example, he explained, an employee of a company may want to update a statistic in an article or make a minor correction to a spelling mistake. As long as the minor edits are accurate, include a reference, he said, it wouldn’t raise red flags.

“However if someone with conflict tries to remove material from an article, change the facts, make the article excessively long (adds non-notable information), or tries to remove the article completely, then they are very likely to encounter resistance,” said Walsh.



PHOTOS BY JEANNE THEISMANN/THE GAZETTE

Volunteers help fill backpacks with school supplies for children in need prior to distribution Aug. 29 at Fire Station 11 in Penn Daw.

Leader of the Pack

Firefighters distribute 2,400 backpacks to children in need.

BY JEANNE THEISMANN
THE GAZETTE

Firefighters from throughout the area joined forces Aug. 29 as they distributed more than 2,400 backpacks filled with school supplies for children in need.

"We started with 150 backpacks in our first backpack drive 10 years ago," said Capt. Willie Bailey, founder of the nonprofit Firefighters and Friends. "While I'm glad to see how the drive has grown over the years, it's sad to see that the need for this is still there." Representatives from over 60 schools, shelters and nonprofits in Fairfax County, Alexandria and

the District of Columbia collected the backpacks as part of the annual Distribution Day held at Fire Station 11 in Penn Daw.

"People tend to think that 'entitlement' is a dirty word," Bailey said. "But these kids are entitled to a good start just like other kids. So we do what we can to help break the cycle." Organizations supporting the event included the Alexandria Fire Department, Nationwide Creditors, Apple Federal Credit Union, Keith Burns Foundation, Fairfax County Federation of Teachers, Modern Technology Solutions, The Progressive Firefighters, Local 2068, SEIU-512, Primo Family Restaurant, Cardinal Plaza Shell, Promax Realtors, Centreville Moose Lodge, and Arlington - Fairfax Elks Lodge 2188.

"It's amazing to see how everyone has come together for this," said Fairfax County Fire Chief Richard Bowers, a recent transplant to the FFD after serving in that capacity in Montgomery County, Md. "Captain Bailey serves the department well in finding ways for us to help those in need in our community."



Fairfax County Fire Chief Richard Bowers, right, joins Capt. Charles Pullen and Assistant Chief Garrett Dyer for Backpack Distribution Day Aug. 29 at Station 11 in Penn Daw. The fire department joined in distributing more than 2,400 backpacks filled with school supplies for children in need.



Sharnell Madison of the Department of Family Services in South County enjoys pizza donated by Primo Family Restaurant for the Firefighters and Friends Backpack Distribution Day Aug. 29.

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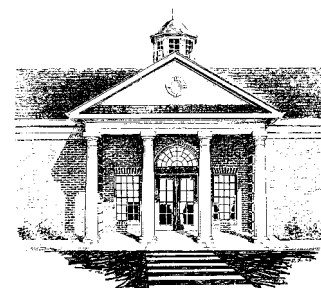
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Later Start Times for High School

It's past time to act; let this year be the year.

Tuesday morning, Sept. 3, the first day of school in Fairfax County, Dr. Karen Garza began her official day at 6:30 a.m. at Chantilly High School. While Garza was making herself available for interviews before the first class started at 7:20 a.m., many students were already on the school bus.

That means the students, and most likely their sleep-deprived parents, were roused out of bed before 6 a.m., a time that is essentially the middle of the night for teenagers.

The science on teenagers, sleep schedule, health, learning and more all points in a single direction.

"The scientific evidence is irrefutable: chronic sleep loss and disruption in circadian

rhythms associated with early high school start times are associated with negative consequences including poor academic performance, increased sport-related injuries, and potential long-term increases in cardiovascular and metabolic (i.e., type 2 diabetes) health risks, said Judith Owens, MD, director of Sleep Medicine at Children's National Medical Center. "We know that delaying high school start times increases total sleep time and positively impacts academic achievement and school attendance.

There are also documented mental and physical health benefits for students that include reductions in rates of depression and fewer drowsy driving crashes."

Children's National Medical Center's Division of Sleep Medicine has been contracted by the Fairfax County School Board to develop a plan to delay high schools' start time to 8 a.m. or later.

A 2011 survey showed that more than a quarter of 10th and 12th grade students were get-

ting less than five hours of sleep on school nights, about half of the recommended eight-and-a-half to nine-and-a-half hours of sleep for teenagers.

Sleep deprivation can also affect teen mood and ability to cope with stress. About a third of Fairfax County students surveyed in the last county student youth survey reported feeling depressed, with more than 15 percent reporting that they had considered suicide in the past year.

Fairfax County Public Schools, with a new superintendent supportive of later start times, is poised to do the right thing. It's time to make this the last year that high school begins at 7:20 a.m.

For more information see <http://smartschoolstart.wordpress.com/> and <http://www.sleepinfoairfax.org/>

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Dangers of Failure To Act

Our current and future standing in the international community is on the line.

BY JIM MORAN
U.S. REP. (D-8)

President Obama has sought Congressional approval to carry out limited surgical strikes in Syria against the regime of Bashar al Assad in response to his use of chemical weapons to attack Syrian civilians, which killed 1,429 people, including 426 children.

The Administration, led by Secretary of State Kerry has presented what I know to be irrefutable evidence that the Assad government is responsible for this heinous attack.

I support the President's decision, but regret the fact that he chose to entrust this Congress, one of the most divisive and ineffective in history, to authorize force against the Assad regime for their use of chemical weapons. I hope the President calculated correctly, because our current and future standing in the international community is on the line. Should Congress vote down the Administration's effort, it will severely undermine America's future leadership role in foreign policy and cripple the Obama Administration's ability to respond to subsequent challenges, both foreign and domestic.

President Obama's request for authorization to attack the Assad regime rests on three considerations: (1) the ethical responsibility to react to what Secretary of State Kerry has called a "moral obscenity," Syria's clear violation of the 1925 Geneva Protocol against the use of poisonous weapons; (2) The humanitarian doctrine known as "the responsibility to protect" civilians at imminent threat from their own government; and (3) The strategic imperative to establish a clear limit to the Syrian military's power, and thus a deterrent against further use of chemical weapons.

That's not to say we should ignore the dangers involved with taking military action. The impact a strike would have on opposition fighters, our regional allies, and on civilian communities in Syria is of serious concern. We also want to ensure that we are not helping extremist groups like the al-Qaeda connected Al Nusra front gain strength due to our actions.

Should a vote in Congress fail, a U.S. attack may occur anyway. The President has the authority to carry out limited strikes, similar to what Presidents Clinton and Reagan carried out during their time in office. But by rejecting the President's request



COMMENTARY

LETTERS TO THE EDITOR

Actions Louder Than Words

To the Editor:

I saw a Terry McAuliffe TV political adv, promoting him for Virginia governor, that included the phrase "putting jobs first." The question is where is he putting jobs first?

He established a company, Green Tech Automotive, Inc., in another state and not in Virginia. So he provided jobs but not for Virginians. His company is also being investigated for its handling of a Federal program that grants permanent visas to foreigners who invest at least \$1,000,000 in economically struggling regions to help create jobs.

Terry McAuliffe owes Virginia voters a thor-

ough explanation as to why he didn't establish his company in Virginia to provide job opportunities for Virginians instead of another state. Also, he must explain his role, when he was chairman of Green Tech Automotive, Inc., in the area being investigated. He shouldn't hide behind "it's under investigation" so he can't talk.

America is the only country in this world with the ability to stop the use and proliferation of such means of murdering civilians on a massive scale. I believe we have the concomitant responsibility to use that ability today if we want to bring about a more peaceful world for our children tomorrow.

What we decide to do now is transcendent of this specific situation and not confined to what we do with Bashar al-Assad. We must act in a way that represents our fundamental values and moral convictions, one that will endure through the inevitable subsequent challenges we are sure to face. The use and proliferation of chemical weapons is so abhorrent, so beyond the pale, that the world must act. In this case, our only option is military. We cannot fail to accept this responsibility today. The challenges and costs will be all the greater if we

Unless he thoroughly explains and not gloss over these serious matters, he doesn't deserve to be governor of Virginia. Remember we need a governor that will look out for Virginia's economy that includes jobs and not export them to another state as Terry McAuliffe has done.

We don't need any more politicians that say one thing to get elected then do something else

SEE LETTERS, PAGE 9

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

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

Michael Lee Pope
Reporter, 703-615-0960
mpope@connectionnewspapers.com
[@MichaelLeePope](https://twitter.com/MichaelLeePope)

Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
[@TheismannMedia](https://twitter.com/TheismannMedia)

Jon Roetman
Sports Editor, 703-224-3015
jroetman@connectionnewspapers.com
[@jonroetman](https://twitter.com/jonroetman)

Louise Krafft
Photographer
lkrafft@connectionnewspapers.com

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

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

Helen Walutes
Display Advertising, 703-224-3028
hwalutes@connectionnewspapers.com

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

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

Publisher
Jerry Vernon
jvernon@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

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

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

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LETTERS

FROM PAGE 8

once elected. Terry McAuliffe has demonstrated by deeds that Virginia is not placed first. Actions speak louder than words.

Frank Medico
Mt Vernon

Lane Markings Would Help

To the Editor:

Recently, a neighbor asked me to write a letter to the editor addressing an issue that concerns her. Since she has lived in the Stratford Landing neighborhood for over 40 years, I thought it was appropriate to address the issue of her concern, a concern I share.

For motorists driving north on Fort Hunt Road, the intersection with Collingwood Road can be quite dangerous. There is only one marked lane there plus markings where cars can park. Often, a situation arises in which a car wishes to turn left onto Collingwood Road while other cars wish to continue north on Fort Hunt Road while still other cars wish to turn right on Collingwood Road. It is not a rarity to see drivers creating three lanes of northbound traffic, one lane turning left, one lane going straight, and one lane turning right. This presents a dangerous situation.

It would be appropriate at that intersection to revise the pavement markings and perhaps also change the signalization. It might be a good idea to install a traffic light with a left turn arrow. It might also be a good idea to eliminate street parking within 100 feet of the intersection and provide at least one additional lane for traffic continuing north and turning right.

I must admit that I have had little success convincing VDOT that they should change street markings and signalization at intersections. I utterly failed to make any impact whatsoever concerning earlier suggestions with regard to the intersections of Boswell Road and Fordson Road at Richmond Highway. Reiterating, where Boswell Road intersects Richmond Highway next to the Walgreen's pharmacy, the pavement markings have a left lane solely for left turns and a right lane for those who wish to cross Richmond Highway or turn right. As such, if the first car in line in the right hand lane wants to cross Richmond Highway, none of the cars behind them can turn right on red. The more logical configuration would be to limit the right hand lane to right turn only and use the left lane for left turns and those wishing to cross Rich-

mond Highway. Of course, logic appears to have nothing to do with pavement marking decisions.

Similarly, where Fordson Road intersects Richmond Highway from the east, there is only one lane. Thus, if the first car in line wants to cross Richmond Highway or turn left, cars behind them cannot turn right on red. The line of cars on Fordson Road often backs up a considerable distance, particularly during rush hour times. There appears to be enough width

of pavement to permit one lane for drivers entering Fordson Road from Richmond Highway and two lanes entering Richmond Highway that could be marked using the same configuration suggested above concerning Boswell Road.

These suggestions would not only enhance convenience but also promote safety.

H. Jay Spiegel
Mount Vernon



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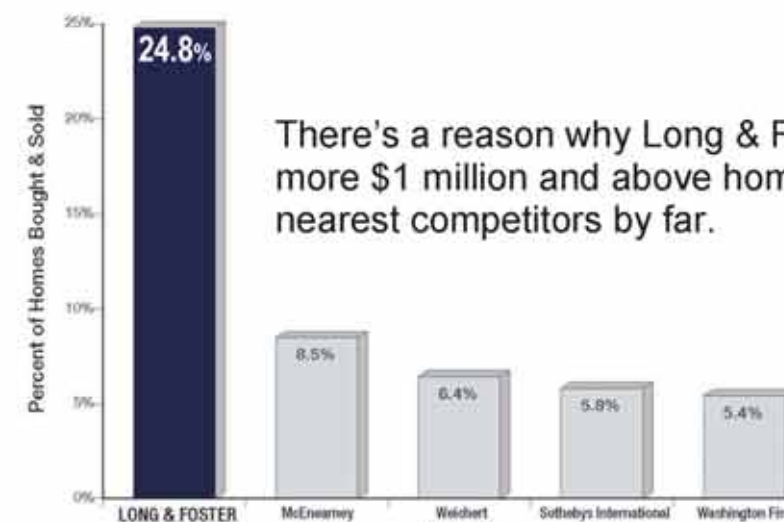


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Katherine Ward 703.627.8782



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SCHOOLS



PHOTOS CONTRIBUTED

Madrigals

MVHS Choral Students Prepare for Concerts

The Choral Department of Mount Vernon High School continues to challenge students to excel in music, team-building and leadership. Recently, the Madrigals' a cappella voices and the Mirage Advanced Women's choir rehearsed and concentrated on becoming a strong team at Camp Highroad in Aldie, Va. Madrigals already have several

performances scheduled for the fall and winter seasons.

Mirage is looking forward to a "new look" and a higher level of challenge in their performances. Both groups are available to sing in the community. Call Judi Belzer, director of choirs at Mount Vernon High School, at 703-619-3139 for a booking.



Mirage

Family Golf Outing Will Help Families Locally, Nationally & Internationally

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Special thanks to **Mount Vernon Gazette**



A Home for the Homeless

FROM PAGE 1

According to Stacy Patterson, a spokesperson for the county, 12 of the individuals who were identified as vulnerable were placed in stable housing by the county between February and July. The placements were part of the Fairfax County Office to Prevent and End Homelessness' overall efforts to find secure shelter for local residents.

Mondloch Place will provide the next round of secure homes for individuals in need. The facility is owned by the Fairfax County Department of Housing and Redevelopment, Patterson said.

According to Keenan, the building was previously used to house homeless families. The families have now been relocated to apartments, with the last one moving out in November 2011, she said.

Over the past year, the county renovated Mondloch to accommodate its new residents. The total budget for the project's construction, engineering and development was approximately \$3.5 million, according to Patterson.

Now, as work comes to an end and moving day draws near, Edelkamp and others who were involved in the project are making final preparations to ensure that the new residents feel welcome.

Edelkamp said many of the people who will call Mondloch their home have very few

belongings. She is attempting to secure donations from the community to make sure the apartments are equipped with kitchen essentials, blankets, towels and other necessities. Edelkamp has created an online registry to give individuals ideas for what items are still needed. Those interested in donating can visit either walmart.com, or Amazon.com. The registries are listed on both sites under wishlists, and the first name Mondloch, last name House.

Edelkamp said she is also looking for individuals to serve as mentors for the new residents. Each resident will have a team of at least two mentors to assist them in adjusting to their new lifestyle. She is also in need of volunteers to help decorate as well as welcome residents when they arrive at their new home. Individuals interested in assisting are asked to contact Edelkamp at vichop2010@yahoo.com.

Edelkamp, who oversees VIC-HOP's hypothermia shelter and manages its volunteers, said she is looking forward to move-in day at Mondloch Place. She is even more eager for the day when all of the individuals who were surveyed for the 100,000 Homes project have a place to call their own.

"I know many of the individuals surveyed and I can't wait for all of them to have a place to call home that isn't in the woods or on a bench," she said.

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ENTERTAINMENT



PHOTO CONTRIBUTED

Teresina Huxtable, Carol Christensen and Liz Hood will make a one-night-only appearance Sept. 8 at Hard Times Café in Old Town.

Melancholy Babies

Trio to make special appearance at Hard Times Café.

BY JEANNE THEISMANN
THE GAZETTE

It's been 40 years since Carol Christensen, Teresina Huxtable and Liz Hood began singing together while students at Skidmore College in Saratoga Springs, N.Y. The all-girl rock band recorded two albums and were feature performers at the Philadelphia Folk Festival. But despite their musical success, life had other plans for the three, who will reunite Sept. 8 for a one-night-only performance at Hard Times Café in Old Town.

"We met in college and always stayed in touch," said Christensen, a longtime Alexandria resident and wife of Hard Times Café founder Fred Parker. "No matter where our lives have taken us, we usually perform once a year, but mostly in Saratoga. It's very rare for us to perform down here."

Armed with a degree in art history, Christensen began work 30 years ago at the National Gallery of Art, where she specializes in art restoration as a senior conservator. Huxtable is a special education teacher and Hood currently works for the New York State Department of Education after a career in public television.

"We do a lot of a cappella music," said Christensen, a soprano who also tackles keyboards and percussion. "That's our specialty, from Renaissance to Caribbean. But my favorite is the traditional rock and roll."

The trio known as Huxtable, Christensen and Hood ("I know, not very creative," laughed Christensen) recorded Wallflowers, their first album, in 1980, followed by Melancholy Babies six years later.

"Our repertoire pretty much spans five centuries," Christensen said. "We do everything from madrigals to doo-wop and everything in between."

It was through music that Christensen met her future husband.

"Fred was working as a graphic designer at the National Gallery even as he was gearing up to open Hard Times," Christensen



PHOTO CONTRIBUTED

Teresina Huxtable, Carol Christensen and Liz Hood began singing together while students at Skidmore College in the '70s.



BY JEANNE THEISMANN/THE GAZETTE

Carol Christensen with husband Fred Parker at Hard Times Café.

said. "There was a Gallery band called the Desperados that played together as a hobby. A co-worker told me about the group and I guess the rest is history."

Married for 29 years, Christensen and Parker have two sons: Ned, who works at the Naval Research Laboratory, and

Jonathan, a graduate of the Eastman Conservatory of Music and professional jazz saxophonist.

"I'm excited to see HCH perform here in Alexandria," said Parker, who on rare occasions can be seen playing the spoons between serving up chili at any number of charity events. "Melancholy Baby' and 'Come a Little Bit Closer' by Jay and the Americans are two of my favorites."

HCH will be part of a Hard Times Café double bill featuring singer/songwriter Michael Jerling, a "New Folk" winner at the prestigious Kerrville Folk Festival.

"It worked out that everyone was able to make the trip to Alexandria for the show," Christensen said. "And I'm excited to be able to perform again before a hometown audience."

Huxtable, Christensen and Hood will perform on a double bill with singer/songwriter Michael Jerling Sept. 8 at Hard Times Café, 1404 King St., Alexandria. For tickets or more information, call 703-837-0050.

CALENDAR

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

ONGOING

Distillery Open. George Washington's Distillery and Gristmill open through Oct. 1. \$17/adult, \$8/child, 5 and under are free.

Life Drawing. Del Ray Artisans offers a range of open life drawing sessions to hone figure drawing skills. Drop-in with your supplies to draw our live models. Fee: \$8-12. View the calendar at www.TheDelRayArtisans.org.

The **West End Farmers Market** will run Sundays from 8:30 a.m.-1 p.m. through November. Located at Ben Brenman Park, browse food, crafts

and more. Visit www.westendfarmersmarket.org.

The Marshall House Incident Exhibition. Through 2013 at Fort Ward Museum, 4301 West Braddock Road. The museum is open Tuesday through Saturday, 10 a.m.-5 p.m., and Sunday, noon-5 p.m. Visit www.fortwaRoad.org or call 703-746-4848.

Mobile Market. Thursdays through October, 11 a.m.-1 p.m. in the Landmark Mall parking lot on the Duke Street side. The Arcadia Center for Sustainable Food and Agriculture Mobile Market is a refurbished school bus offering produce, meat, eggs and more from small farmers and food artisans within 100 miles of the area. EBT cards and WIC and Senior FMNP vouchers accepted. Visit arcadiafood.org.

Encore Chorale. Mondays 10:30 a.m.-

noon at the George Washington Masonic National Memorial, 101 Callahan Dr. Register now for Encore Chorale's fall season. The group of singers, ages 55 and up, practice classical and holiday songs to prepare for December performances. \$150 tuition. Visit encorecreativity.org or call 301-261-5747.

African American Activists Exhibition. Through Saturday, Jan. 4, 2014, Living Legends of Alexandria is an ongoing photo-documentary project created in 2006 by artist-photographer Nina Tisara to identify, honor and chronicle people making current history in Alexandria. This free exhibit is at the Alexandria Black History Museum, 601 Wythe St. The museum is open Tuesday through Saturday, 10 a.m.-4 p.m. Visit www.alexblackhistory.org or call 703-746-4356.

Occupied City: Life in Civil War Alexandria Exhibition. At The Lyceum, 201 South Washington St., through Sunday, March 23, 2014. This exhibit traces life in Alexandria following Virginia's decision to secede from the Union in May 1861. The Lyceum is open Monday through Saturday, 10 a.m.-5 p.m. and Sunday, 1-5 p.m. Suggested admission is \$2. Visit www.alexandriahistory.org or call 703-746-4994.

Metro Club After-School Program. From Sept. 9-June 2014, the Metropolitan School of Arts presents an after-school program for grades 1-6. The program is located at both the Lorton studio at Workhouse Arts Center, 9517 Workhouse Way and in Alexandria at 5775 Barclay Drive. Programs will focus on the arts, including music, dance, theatre, yoga

and academics, as well as designated homework time. The program will run Mondays, 1-6 p.m., and Tuesday-Friday, 3-6 p.m. Tuition runs from \$130-150. Call 703-339-0444 or visit www.metropolitanarts.org.

Art Exhibit. See the second Front Porch Installation by Ned Egan. "Leci n'est pas une Magrite" is on display at 18 W. Linden St.

ART CLASS REGISTRATION

Fall Classes. Children ages 6-7 can enjoy a theater class and pretend to be all sorts of characters on Mondays, starting Sept. 16, 4:30-5:30 p.m. at The Little Theatre of Alexandria. \$135 for the 8-week class. Register at www.thelittletheatre.com or 703-683-5778 ext. 2. Classes available for all ages and days.

Art Classes. Tuesdays from 7-8:30

WWW.CONNECTIONNEWSPAPERS.COM

ENTERTAINMENT

p.m. at Art at the Center, 2804 Sherwood Hall Lane. For children ages 12 and up. Begin with drawing figures and lines and work up to drawing in detail and on larger scale. Starts Sept. 10. Visit www.artatthecenter.org/registration.htm to register.

Art Classes. Wednesdays from 7-8:30 p.m. for children ages 9 and up. Focuses on clay work in the studio. Begins Sept. 11 at Art at the Center, 2804 Sherwood Hall Lane. Visit www.artatthecenter.org/registration.htm to register.

THURSDAY/SEPT. 5

Story Time. 10:30 a.m. or 3 p.m. at Beatley Library, 5005 Duke St. Children ages 3-5 can enjoy stories, activities and more. Free. Registration required, 703-746-1702 ext. 5.

Terrific Twos and Threes. 10:30 a.m. at Sherwood Library, 2501 Sherwood Hall Lane. Children ages 2-3 can enjoy stories, songs and fingerplays. Free. Registration required, 703-765-3645.

Story Time. 11 a.m. at Duncan Library, 2501 Commonwealth Ave. Children ages 3-5 can enjoy stories and more. Free. 703-746-1705.

Little One-Ders. 11:15 a.m. at Beatley Library, 5005 Duke St. Children ages 12-23 months can enjoy stories and more. Registration required, 703-746-1702 ext. 5.

Paws to Read. 5:30 p.m. at Beatley Library, 5005 Duke St. Children in grades 1-6 can read to friendly dogs. Registration required, 703-746-1702 x5.

Pajama Party. 7 p.m. at Burke Branch Library, 4701 Seminary Road. Children ages 3-6 can come dressed in their favorite outfit/pajamas and listen to stories. Free. 703-746-1704.

Night Time Tales. 7 p.m. at John Marshall Library, 6209 Rose Hill Drive. Children ages 3-5 can listen to stories. Registration required. Call 703-971-0010.

Movies at Martha. 7 p.m. at Martha Washington Library, 6614 Fort Hunt Road. Adults and teens age 13 and up can enjoy a movie. Call for title. 703-768-6700.

THURSDAY/SEPT. 5-SUNDAY/OCT. 20

Art Exhibit. See “Deep, Full, And Not Quite Real” at Athenaeum Gallery, 201 Prince St. See how artists play with notions of science, psychological state and more to create art. Free. Call 703-548-0035 or visit www.nvfaa.org.

SEPT. 5-OCT. 7

Art Exhibit. Kreshnik “Nick” Xhiku explores the bounds between figurative and abstract sculpture in his solo exhibit “Structural Elements”

at The Art League Gallery in the Torpedo Gallery, 105 N. Union St. Visit www.theartleague.org or 703-683-1780.

FRIDAY/SEPT. 6

Friday Affair Market. Noon-4 p.m. at historic Hollin Hall, 1909 Windmill Lane. Purchase baked goods, treats, flowers and crafts from local vendors. Held the first and third Fridays of every month through December. Call 202-256-5332.

E-Reader Cover Craft Project. 2 p.m. at Beatley Library, 5005 Duke St. Librarians will show how to turn a hardback book into a cover for your e-reader. Participation is limited, 703-746-1745.

Music Performance. 5:30-7:30 p.m. at Hollin Hall Shopping Center, 7908 Fort Hunt Road. Fusebox performs as part of the Rock & Shop Community Event. All ages welcome. Visit www.reverbnation.com/fuseboxbandrocks or 703-765-071.

Theater Production. 8 p.m. at Old Town Theater, 815 Q King St. Bible Stories Theatre will perform “Once Upon a Time Shop.” Call 703-544-5315 or go to OldTownTheater1914.com for tickets.

FRIDAY/SEPT. 6-SUNDAY/OCT. 6

Art Exhibit. See “Voyage in Tangible Space” by Mei Mei Chang at the Schlesinger Center Margaret W. & Joseph L. Fisher Gallery, 3001 N. Beauregard St. It is a mixed media exhibit. Free. Visit www.nvcc.edu/schlesingercenter/gallery.html for more information.

SATURDAY/SEPT. 7

Alexandria Art Market. 10 a.m.-4 p.m. in Colasanto Park, 2704 Mount Vernon Ave. Meet local artists and hear live music. Visit www.thedelrayartists.org/artmarket for more.

Alexandria King Street Art Festival. 10 a.m.-7 p.m. Old Town Alexandria, 480 King St. Free and open to the public. Email Info@ArtFestival.com or call 561-746-6615.

Fall and Winter Gardening. 11 a.m. at Barrett Library, 717 Queen St. Learn what grows best during the winter months in this region. Free. 703-746-1703.

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

Family Dig Day. At Alexandria Archaeology 105 N. Union Street. Learn and assist City archaeologists as they examine soil and artifacts gathered from a real dig. The day begins with a lesson on the history



The 2012 Colonial Marketplace was bustling with activity.

Colonial Market & Fair

Mount Vernon re-creates an early-American marketplace with demonstrations, crafts and entertainment at its Colonial Market & Fair on Saturday, Sept. 13, and Sunday, Sept. 14, 9 a.m.-5 p.m. More than 40 juried artisans from across the nation will demonstrate their trades and sell their wares while two stages of family entertainment delight audiences with 18th-century amusements. Free Potomac River sightseeing cruises are available while supplies last. Costumed interpreters will be demonstrating the 18th-century chocolate-making process using an authentic colonial recipe. Guests are invited to sample fresh chocolate made by hand on site.

Mount Vernon's Colonial Market & Fair is the most authentic and diverse event of its kind, bringing together

and archaeology of Shuter's Hill and continues with a tour and an opportunity to sift through excavated soil in search of artifacts. \$5; children under 16 must be accompanied by an adult. Equipment provided. Reservations required. Call 703-746-4399 or visit www.alexandriava.gov/Archaeology.

Hear at Martha's. 1 p.m. at Martha Washington Library, 6614 Fort Hunt Road. Hear local poets read and discuss their works. Free. 703-768-6700.

Opening Reception. 4-6 p.m. see and meet Mei Mei Chang, the artist of “Voyage in Tangible Space” at the Schlesinger Center Margaret W. & Joseph L. Fisher Gallery, 3001 N. Beauregard St. Free. Visit www.nvcc.edu/schlesingercenter/gallery.html for more information.

Theater Production. 5 p.m. or 8 p.m. at Old Town Theater, 815 1/2 King St. Bible Stories Theatre will perform “Once Upon a Time Shop.” Call 703-

544-5315 or go to OldTownTheater1914.com for tickets.

Block Party. 11 a.m.-5 p.m. at Nalls Produce, 7310 Beulah St. There will be food, family fun, giveaways, discounts on produce and more. Bring canned goods to donate to the Koinonia Foundation.

Music Performance. 3:30-5:30 p.m. at L&B's Sports Bar, 5401 Mapledale Plaza, Woodbridge. Alexandria's Fusebox performs. All ages welcome. Visit www.lbsportsbar.com or 703-730-1764.

SATURDAY-SUNDAY/SEPT. 7-29

Art Exhibit. See “In the Flesh 4” at the Target Gallery in the Torpedo Factory Art Center, 105 N. Union St. The exhibit examines contemporary figurative art. Free. Visit www.torpedofactory.org/target for more.



General Washington (Dean Malissa) greets a young lad at the 2012 Colonial Market & Fair.

distinguished artisans working in colonial attire and a dozen entertainers who re-create the amusements loved by early Americans. As visitors shop, artisans demonstrate their crafts and explain the historic trades used to make items similar to those George Washington purchased in the 18th century.

General Washington will preside over a host of amusements including: Mr. Bayly, Conjuring and Entertainments; Signora Bella, Equilibrist; Professor Thompson S. Gunn, Mystic Arts of Asia, the Far East, & India; and more. Fair fare will be available from the Mount Vernon Inn Restaurant concession stands.

The event is included with regular admission: adults, \$17; youth, 6-11 \$8; children 5 and under, free. Visit MountVernon.org/FallEvents.

SUNDAY/SEPT. 8

Alexandria King Street Art Festival. 10 a.m.-5 p.m. Old Town Alexandria, 480 King St. Free and open to the public. Email Info@ArtFestival.com or call 561-746-6615.

Movie Musical Series. 2 p.m. at Beatley Library, 5005 Duke St. Call for the title. Free. 703-746-1751.

Opening Reception. 4-6 p.m. meet the artists of “Deep, Full, And Not Quite Real” at Athenaeum Gallery, 201 Prince St. See how artists play with notions of science, psychological state and more to create art. Free. Call 703-548-0035 or visit www.nvfaa.org.

“Bounty of the Bay” Party. 6-8 p.m. at Jackson 20, 480 King St. All-you-can-eat feast of summer favorites like a Chesapeake crab boil, oysters, fried clams, red potatoes, summer corn and cole slaw. \$45 inclusive of tax and gratuity. Visit

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ENTERTAINMENT

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MONDAY/SEPT. 9

Little One-Ders. 10:30 a.m. at Beatley Library, 5005 Duke St. Children ages 12-23 months can enjoy stories and more. Registration required, 703-746-1702 ext. 5.

Baby Lap Sits. 10:30 a.m. or 2:30 p.m. at John Marshall Library, 6209 Rose Hill Drive. Literacy programs for parents and babies. Ages birth through 12 months. Registration required. Call 703-971-0010.

Baby Rhyme Time. 11:30 a.m. at Beatley Central Library, 5005 Duke St. Children up to 11 months with adult. Free. 703-746-1702.

Read to the Dog. 2 p.m. at Martha Washington Library, 6614 Fort Hunt Road. Children ages 6-12 can read aloud to a trained therapy dog. Register for a 15-minute session. 703-768-6700.

Wild and Wonderful: Hidden Pond. 3:30 p.m. at Kingstowne Library, 6500 Landsdowne Centre. Children ages 6-12 can learn about animals in nature. Free. Registration required, 703-339-4610.

TUESDAY/SEPT. 10

Early Words. 10:30 a.m. at Kingstowne Library, 6500 Landsdowne Centre. Children ages 12-23 months can enjoy songs and stories. Registration required, 703-339-4610.

Small Wonders. 10:30 a.m. at Sherwood Library, 2501 Sherwood Hall Lane. Stories, songs and games for ages 12-23 months with an adult. Registration required. Call 703-765-3645.

Second Tuesday Book Group. 7 p.m. at Kingstowne Library, 6500 Landsdowne Centre. Discuss "Crooked Letter, Crooked Letter" by Tom Franklin. Free. Visit secondtuesdaybookgroup.blogspot.com or 703-339-4610.

Evening Book Group. 7 p.m. at Martha Washington Library, 6614 Fort Hunt Road. Adults can discuss "Inside of a Dog" by Alexander Horowitz. Free. 703-768-6700.

SEPT. 10-OCT. 20

Art Exhibit. Potomac Fiber Arts Gallery presents "Collaborations," an exhibit where each piece combines the input of two or more artists. Located in studio 18 at Torpedo Factory Art Center, 105 N. Union St. Free. Visit www.potomacfiberartsgallery.com for more.

WEDNESDAY/SEPT. 11

Mother Goose Time. 10:15 a.m. at Barrett Branch Library, 717 Queen St. Children ages 12-23 months can enjoy games, rhymes and more. Free. 703-746-1703.

Toddler Time. 10:30 a.m. at John Marshall Library, 6209 Rose Hill Drive. Stories and activities for children ages 13-23 months. Registration required. Call 703-971-0010.

Now I Know My A B Cs. 10:30 a.m. at Martha Washington Library, 6614 Fort Hunt Road. Children ages 2-3 can enjoy stories, rhymes and more about the alphabet. Free. 703-768-6700.

Rising Words, Rising Images. 10:30 a.m. at Sherwood Library, 2501 Sherwood Hall Lane. Discuss "The Great Gatsby" by F. Scott Fitzgerald. For teens ages 12-18. Free. 703-765-3645.

Older Adults Book Group. 2 p.m. at Kingstowne Center for Active Adults, 6500 Landsdowne Centre. Discuss "World War Z" by Max Brooks. Free. 703-339-4610.

Saving Whooping Cranes. 7:30 p.m. at the Huntley Meadows Park Visitor Center, 3701 Lockheed Blvd. Hear Ken Lavish of the Patuxent Wildlife Research Center discuss the project to re-establish migrating flocks. Free. Visit www.fodm.org or 703-768-2525.

Square Dance Lessons. 7:30-9:30 p.m. at Lincolnia Center, 4710 N. Chambliss St. Boomerangs Square Dance Teaching Council hosts. Free. E-mail tom.nancystafford@cox.net or 703-573-8378.

THURSDAY/SEPT. 12

Second Thursday Art Night. 6-9 p.m. at Torpedo Factory Art Center, 105 N. Union St. Hear performances by local school ensembles, browse art exhibits and more. Free. Visit www.torpedofactory.org for more.

Reception. 6-8 p.m. meet some of the artists of "In the Flesh 4" at the Target Gallery in the Torpedo Factory Art Center, 105 N. Union St. The exhibit examines contemporary figurative art. There will be a juror talk at 7 p.m. Free. Visit www.torpedofactory.org/target for more.

Reception. Meet Kreshnik "Nick" Xhiku from 6:30-8 p.m. at The Art League Gallery in the Torpedo Gallery, 105 N. Union St. His exhibit "Structural Elements" explores the bounds between figurative and abstract sculpture. Visit www.theartleague.org or 703-683-1780.

Lecture Series. 7:30-9 p.m. at Green Spring Gardens, 4603 Green Spring Road. The Potowmack Chapter of the Virginia Native Plant Society will discuss "Celebrating the Natural Communities of VA." Free. Visit www.vnps-pot.org for more.

Second Thursday Music. 7 p.m. at The Atheneum, 201 Prince St. Jamey Turner will perform. \$10. Visit www.nvfaa.org or 703-548-0035.

THURSDAY-SUNDAY/SEPT. 12-15

Fair Trade Oriental Rug Event. Ten Thousand Villages, 915 King St., will present hundreds of rugs from Bunyaad, a fair trade company that works with Pakistani artisans to produce hand-knotted rugs from their villages. Bunyaad ensures that each rug is designed and made by fairly paid adult workers. Ten Thousand Villages will hold a one-hour introduction to the event on Thursday, Sept. 12 at 7 p.m. Registration encouraged. Call 703-684-1435 or visit rugs.tenthousandvillages.com.

SEPT. 12 THROUGH NOV.3

Theater Performance. See the premiere of "Gee's Bend" at MetroStage, 1201 N. Royal St. Watch as the true story of the Pettway family unfolds during the Civil Rights Movement and they become famous for their iconic quilts. Performances for Gee's Bend will be Thursdays and Fridays at 8 p.m., Saturdays at 3 p.m. and 8 p.m., Sundays at 3 p.m. and 7 p.m. For ticket reservations call 800-494-8497 or go online to www.metrostage.org. For information and group sales call 703-548-9044.

FRIDAY/SEPT. 13

Theater Performance. 8 p.m. at Port City Playhouse, 1819 N. Quaker Lane. See "The Children's Hour" by Lillian Hellman. Visit www.portcityplayhouse.org/ for tickets.

Comedy Improv Performance. Doors open at 7:30 p.m. at The Atheneum, 201 Prince St. For people 18 and older. A dessert reception will follow. \$10. Visit www.nvfaa.org or

703-548-0035.

SATURDAY/SEPT. 14

Colonial Market & Fair. 9 a.m.-5 p.m. at Mount Vernon Estate. Enjoy a re-creation of early-American marketplace with demonstrations, crafts and entertainment. Free Potomac River sightseeing cruises are available while supplies last. Event is included with regular admission \$17/adult; \$8/youth 6-11; children 5 and under free. Visit MountVernon.org/FallEvents for more.

Book Sale. 10 a.m. at Kingstowne Library, 6500 Landsdowne Center. Find items for all ages. 703-339-4610.

Wag A Tale. 10:30-11:30 a.m. at Kingstowne Library, 6500 Landsdowne Centre. Children ages 5-12 can register to read aloud to a reading therapy dog. Registration required, 703-339-4610.

Apples from Seed to Pie. 10:30 a.m. at John Marshall Library, 6209 Rose Hill Drive. Children ages 3-8 can learn about plant life cycles with songs and activities. Free. Registration required, 703-971-0010.

Multicultural Fest. Noon-4 p.m. at Four Mile Run Park and Community Building, 4109 Mount Vernon Ave. Features live music, activities representing the region's culture and more. Free. Visit www.alexandriava.gov/recreation, or contact Kelly Gilfillen at 703-746-4644.

Movie Matinee. 1 p.m. at Duncan Library, 2501 Commonwealth Ave. Watch a screening of the Academy Award Winner for Best Documentary Feature. Free. 703-746-1705.

Concert. 7:30 p.m. at The Birchmere, 3701 Mount Vernon Ave. Performance by Bill Kirchen & Too Much Fun, as well as the Daryl Davis Band. Tickets on sale July 12. Visit www.birchmere.com or www.billkirchen.com.

Annual Community Fun Fair. 3 p.m. at Woodlawn Faith United Methodist Church, 7010 Harrison Lane. Events include free health screenings, zumba and nutrition classes, vendors, game trucks, food and more. The day will benefit youth and community. Vendor and sponsorship opportunity still available. Call 703-360-9450.

Theater Night. Reception with a buffet from 7-8 p.m. and watch "Gee's Bend" at 8 p.m. at MetroStage, 1201 N. Royal St. \$75/person. Visit www.AlexandriaLegends.com to buy tickets.

Theater Performance. 8 p.m. at Port City Playhouse, 1819 N. Quaker Lane. See "The Children's Hour" by Lillian Hellman. Visit www.portcityplayhouse.org/ for tickets.

SUNDAY/SEPT. 15

Colonial Market & Fair. 9 a.m.-5 p.m. at Mount Vernon Estate. Enjoy a re-creation of early-American marketplace with demonstrations, crafts and entertainment. Free Potomac River sightseeing cruises are available while supplies last. Event is included with regular admission \$17/adult; \$8/youth 6-11; children 5 and under free. Visit MountVernon.org/FallEvents for more.

Dance in the Gallery. 2 p.m. at The Atheneum, 201 Prince St. This performance will investigate the endless cycle of resonance and reciprocity between artist and dancer. Free. Visit www.nvfaa.org or 703-548-0035.

Performance. 7 p.m. at Episcopal Church of the Resurrection, 2280 N. Beauregard St. Hear music from Last Train Home. \$18/door; \$15/advance or members. Visit www.focusmusic.org/concerts_alexandria.php or 703-501-6061.

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5:00 pm Vigil Mass
6:30 pm Vigil Mass (en Español)
Sunday
7:30 am; 9:00 am (with Sign Language Interpreter & Children's Liturgy of the Word); 10:30 am; 12:00 Noon; 2:00 pm (en Español); 6:30 pm

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BULLETIN BOARD

FROM PAGE 6
and illness." Free. Reservations required 703-765-4573.

SATURDAY/SEPT. 14

Community Fun Fair. Enjoy live music, Irish dancers, a vendor marketplace, and a moonbounce and safety demonstrations for children. Free. Call 703-360-9450 or visit funfair@woodlawn-umc.org

TUESDAY/SEPT. 17

Genealogical Society Meeting. 1 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Features a presentation by Leslie Bouvier entitled "The Dutch and the English: An Overview of Their Legacy on the East Coast." Free. Visit www.mvgenalogy.org for more about the meeting, group or research center.
Meeting. 7 p.m. at Martha Washington Library, 6614 Fort Hunt Road. The Virginia Citizens Coalition for Police Accountability will hold a general meeting. Free. 703-768-6700.

WEDNESDAY/SEPT. 18

Information Session. 11 a.m. at Sherwood Library, 2501 Sherwood Hall Lane. Learn about membership for Mount Vernon at Home. Free. 703-303-4060.

WEDNESDAYS/SEPT. 18-OCT. 23

Free Seminar Series. 1-3 p.m. at the Sherwood Regional Library, 2501 Sherwood Hall Lane. Join Fairfax County's Independent Living Project, a free seminar series along with exercise classes for strength and balance that help older adults remain independent. The program also offers professional home safety reviews. Register at www.fairfaxcounty.gov/dfs/olderadultservices/independent.htm, call 703-324-7210, TTY 711 or e-mail Jennifer.Edge@fairfaxcounty.gov.

THURSDAY/SEPT. 19

Kickoff Dinner. 6:30 p.m. at Pema's Restaurant, 8430 Richmond Highway. Mt. Vernon Branch AAUW will discuss their activities for the year. \$27/dinner. RSVP by Sept. 15 at 703-768-8996.
Discussion and Film. 10 a.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Model Railroad Club presents "Railway Journeys of the World." 703-765-4573.
Home Fit. 12:30 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Learn how to stay independent and injury free at home. Free. Reservations required, 703-765-4573.

SATURDAY/SEPT. 21

Celebrate the Groveton Community. 4-6 p.m. at Historic Huntley, 6918 Harrison Lane. Meet neighbors, share memories and meet Charlotte Brown, author of "Groveton." Free. Visit www.historichuntley.org or 703-768-2525.
Art and Craft Fair. 10 a.m.-3 p.m. at St. James' Episcopal Church of Mount Vernon, 5614 Old Mill Road. Local artists will sell a variety of handcrafted items including musical instruments, jewelry, paintings and more. Lunch and baked goods will be sold.

SUNDAY/SEPT. 22

NAACP Freedom Fund Meeting. 2-5 p.m. at Waterford Springfield, 6715 Commerce Street. Tickets are \$65. Visit www.fairfaxnaacp.org or call 703-591-4488.
National Falls Prevention Awareness Day. Free fall risk assessments will be conducted by physical therapists and physical therapy assistants from 11 a.m.-3 p.m. at Kingstowne Center for Active Adults, 6488 Landsdowne Center. No registration required. 703-339-7676 TTY 711.

MONDAY/SEPT. 23

Alzheimer's Association Presentation. 12:30 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Learn about the 10 warning signs. Free. Reservations required, 703-765-4573.

WEDNESDAY/SEPT. 25

Vibrant Streets Summit. 8-10 a.m. at Hampton Inn & Suites, 5821 Richmond Highway. Learn



PHOTO COURTESY OF TOM FINNIGAN

Connecting With History

Kelly Finnigan, an historic preservationist from Mount Vernon, kneels beside the tombstone of Wilmer McLean on Aug. 30. McLean said of himself that the Civil War started in his front yard and ended in his front parlor. During the first Battle of Manassas — also known as First Battle of Bull Run — a cannonball dropped through his kitchen fireplace. So, he moved his family away from the danger. He moved to Appomattox County where, four years later, Lee surrendered to Grant in McLean's living room. He is buried in a St. Paul's cemetery in Alexandria.

about the benefits and challenges of this concept. Hosted by Southeast Fairfax Development Corporation. \$10 donation suggested. Visit ww.sfdc.org for more.
Medicare and Social Security Meeting. 10:30 a.m. at Martha Washington Library, 6614 Fort Hunt Road. Free lecture presented by AARP. RSVP to 703-303-4060.

THURSDAY/SEPT. 26

Talk. 9:30 a.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Learn about aging in the home and community. Free. RSVP to 703-303-4060.

SUNDAY/SEPT. 29

Barbeque Fundraiser. Noon-3 p.m. at Lee District Park Shelter adjacent to the Spray Park, 6601 Telegraph Road. Colonial Republican Women's annual fundraiser with Republican leaders and candidates. \$35/individual; \$50/couple; \$60/family. E-mail pauleigh@gmail.com for more.

SATURDAY/OCT. 12

Fall Rummage Sale. 9 a.m.-noon at Fort Hunt Preschool, 1909 Windmill Lane. Browse items for infants, children and maternity such as clothing, toys, games and furniture. All sales benefit the preschool.

SATURDAY/OCT. 19

Community Festival. 11 a.m.-4 p.m. at Mount Vernon Inova Hospital, 2501 Parker's Lane. Enjoy a rock wall, pet adoptions, food, live entertainment, kids' zone and more. Free. Visit www.celebrationMVL.com for more.

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21 Announcements

21 Announcements

TRUSTEE'S SALE
OF VALUABLE
IMPROVED REAL ESTATE

Improved by the premises known as
702 Scarborough Way, Alexandria, Virginia

In execution of a Deed of Trust from Christopher J. Camera and Kiersten Camera, dated July 31, 2007, and recorded August 1, 2007, as Instrument numbered 070017988 among the Land Records of the City of Alexandria, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Court House for the City of Alexandria, at 520 King Street, Alexandria, Virginia, on

Tuesday, September 17, 2013 at 11:00 a.m.

the following property being the property contained in said Deed of Trust, described as follows:

Lot 38, Old Town Greens, as the same is shown on a plat attached to a deed of consolidation and resubdivision recorded in Deed Book 1698 at page 1601, among the Land Records of the City of Alexandria, Virginia.

Commonly known as 702 Scarborough Way, Alexandria, Virginia 22314.

TERMS OF SALE: A deposit of \$50,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 6.75 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or material-man's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.

In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.

The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser also shall be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

Sale is subject to post-sale confirmation that the borrower(s) did not file for protection under the U.S. Bankruptcy Code prior to the sale, as well as to post-sale confirmation and audit of the status of the loan with the loan servicer including, but not limited to, determination of whether the borrower(s) entered into any repayment agreement, reinstated or paid off the loan prior to the sale. In any such event, the sale shall be null and void, and the Purchaser's sole remedy, in law or equity, shall be the return of his deposit without interest. Additional terms may be announced at the time of sale. This is a communication from a debt collector and any information obtained will be used for that purpose.

DAVID N. PRENSKY
Substitute Trustee

FOR INFORMATION CONTACT:
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28 Yard Sales

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Legal Notices

Legal Notices

LEGAL NOTICE

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

21 Announcements

21 Announcements

LEGAL NOTICE

Sealed proposals for the City of Alexandria per specifications will be received in the office of the Purchasing Division until the date and time designated as follows:

Title: Request for Proposals No. 00000360, Alexandria Meals on Wheels Program Non-Mandatory Pre-Proposal Conference: September 12, 2013 at 2 p.m., prevailing local time, at 100 N. Pitt St, Suite 301, Alexandria, VA 22314.
RFP Closing Date and Time: September 30, 2013, 4 p.m., prevailing local time
For general inquiries, contact John Soderberg at 703-746-4397
The City of Alexandria reserves the right to reject any and or all proposals, cancel this solicitation, and to waive any informalities or irregularities in procedure. THE CITY REQUIRES ITS CONTRACTORS TO BE EQUAL OPPORTUNITY EMPLOYERS.

21 Announcements

21 Announcements

21 Announcements

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21 Announcements

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Nebraska Commit Pierson-El to Play QB for West Potomac

Wolverines open season with 51-7 loss to Centreville.

BY JON ROETMAN
THE GAZETTE

University of Nebraska commit DeMornay Pierson-El is the player opposing coaches know they have to stop in order to beat the West Potomac football team. Whether lining up at running back or receiver, the senior's speed and quickness make him a threat to score whenever he touches the ball.

Now, coaches will have to account for Pierson-El's arm.

Pierson-El will play quarterback for the Wolverines after making the transition from running back during the team's season-opening 51-7 loss to Centreville on Aug. 29. Starting quarterback Preston Jones, a junior, left the game in the first quarter after suffering an injury to his right (throwing) wrist. Shahyeim Wellman, a junior, stepped in at quarterback for the remainder of the first half.

With West Potomac trailing 44-0 at halftime, head coach Jeremiah Davis moved Pierson-El to quarterback in the second half despite Pierson-El having not taken a single practice rep at the position this season. He completed 1 of 4 passes for 87 yards and a touchdown. Pierson-El connected with R. Marquis Saldona for an 87-yard touchdown with 59 seconds remaining in the fourth quarter for the Wolverines' lone score.

Pierson-El also rushed 13 times for 77 yards.

After the game, Davis said he wasn't sure how long Jones' injury would keep him sidelined.



DeMornay Pierson-El will play quarterback in future games for the West Potomac football team.

While Pierson-El hadn't practiced at quarterback this season, he played the position his entire youth football career prior to attending West Potomac High School. Pierson-El, who is also a standout defensive back,

is committed to the University of Nebraska as a slot receiver and kick returner.

"It's an adjustment," Pierson-El said after the Centreville loss. "I've got to lead the team even more. I've got to be the stronger person. I can't show my frustration. The little things I've got to do, I've got to do them right. I've got to still push the team more. They're looking at me, so I've got to push myself and I've got to step up."

Pierson-El's passing skills were evident when he hit Saldona with a deep touchdown toss. Davis said having Pierson-El's athleticism at the quarterback

position will also help the Wolverines.

"There's no messing up on snaps," Davis said. "He's going to grab it high, grab it left, grab it right, run the play. [If it's a] botched play, [he'll] cut it back, throw the ball down the field. ... Hit the guy in the pads? Yes. Run him over? Yes. Sounds like a football player to me."

West Potomac beat Centreville during the 2012 regular season but was no match for the Wildcats in the 2013 opener. West Potomac's first possession ended in a safety when Jones was flagged for intentional grounding in the end zone. With a 2-0 lead, Centreville marched down the field for a touchdown on its opening drive. The Wildcats led 16-0 at the end of the one and 44-0 at halftime.

"We've got to handle ourselves better," Pierson-El said. "We've got to adjust better. We've got to be together more as a team. Just because somebody's stronger, somebody's faster, somebody's physical, you've got to find a way to make the play. You've got to find a way to get your man. You just can't stop and just expect me or expect a running back or expect a wide receiver to do something. You've got to do your part in order for me to do mine."

West Potomac will travel to face Fairfax at 7:30 p.m. on Friday, Sept. 6.

"You get punched in the mouth, it's a fight," Davis said after the Centreville loss. "I don't condone fighting, but some of these guys have never been in a game like that before. They've never played football that physical before. We've got a ton of young guys. You look at our roster, we've got a bunch of sophomores and juniors and a couple seniors sprinkled in. We're nowhere near as big as we were before. The good thing about that [is] it creates: either you're going to buy in or you're going to stay by the wayside, so we'll know who we got tomorrow. Monday morning, when we practice, who shows up, we'll know who we've got."

Mount Vernon Seizes Women's Championship

Mount Vernon Country Club demonstrated yet again the depth and excellence of its women's golf team last week when it won the 2013 Virginia State Team Matches. While they played on their own course, the women's past record in this event belies any home-course advantage since the venue changes annually. Mount Vernon has won five of the past six team championships, seven since 2000 and 11 overall.

Each of the 20 teams in the tournament fielded three two-player teams in a one-day, stroke-play qualifying round. Based on the aggregate better-ball score of the three teams, the clubs were seeded into five flights for two rounds of match play. Mount Vernon led all qualifiers with a 5-over-par

218.

In the Championship Flight, the host team easily beat Westwood Country Club in the semifinal round, and then faced Army Navy Country Club in the final. Eighteen points were at stake in each of the three better-ball matches, with a point awarded to the winner of each hole; a halved hole resulted in an even split of the point.

In the first match, Army-Navy's Shelley Savage and Angela Baskette defeated Mount Vernon's Shawn McCullough and Susan Podolsky, 11.5-6.5. But the next two teams made the difference. Katie Cox and Joan Gardner beat Judi Enright and Malie Fries, 13-5, and Linda DiVall and Kim Franks bested Son Hee Phillips and Shelley Sanders, 11.5-6.5. The final score was Mount



Mount Vernon Country Club won the 1013 state team championship on August 29 on its own course. The winning team included, from left, Shawn McCullough, Susan Podolsky, Kim Franks, Katie Cox, Joan Gardner, and Linda DiVall.

Vernon 31-23.

"We've done well in this tournament," Mount Vernon's Shawn McCullough said afterward, "despite fielding different players each year. We seem to thrive on the format."

Her teammate Linda DiVall commented

on the friendship and trust among the team members. "To play with people that you're comfortable with and you know you can rely upon means everything," DiVall said. "It's a very special day to play on your home course and beat a tough team."

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WELLBEING

How To Set Realistic Goals

Local experts say key to success is setting achievable goals.

BY MARILYN CAMPBELL
THE GAZETTE

Laura Wheeler Poms, of Fairfax, set out to earn a doctorate degree and make a career change. As a wife, mother and working professional, the goal, she said, often felt lofty.

"Writing my dissertation at times felt overwhelming, especially if I looked at it as one huge project," said Poms, who now holds a Ph.D. in industrial/organizational psychology and is an assistant professor of global and community health at George Mason University in Fairfax. "I set goals like writing one page or doing one analysis each day and I was able to get it done. I also gave myself little rewards along the way."

While Poms set and achieved an ambitious goal, she and other psychologists say many people do not. Whether one desires to make a career change, set boundaries in an unhealthy relationship or lose weight, setting and achieving goals is difficult for some.

"The biggest reason people fall off the bandwagon is that they pick goals that are outside their behavioral repertoire, that are environmentally impossible or that they don't have the skills to accomplish," said Linda Berg-Cross, Ph.D., a therapist in private practice and a professor of psychology at Howard University in Washington, as well as a Potomac, Md., resident. "If you say, 'I'm going to exercise an hour a day,' but you have a full-time job and children, you really don't have time to exercise for an hour."

Poms says that a person's reasons for waiting to make a change could affect his or her success or failure. "If your goal is motivated by guilt, fear or regret, you're less likely to achieve that goal," she said. "If someone tells you that you need to lose weight, unless that realization has come home to you, it is not very useful. ... If you don't see the need, you're not going to be motivated to accomplish it."

To make lasting changes, experts say, one must be prepared for the work involved in making the shift. "Sometimes when people want to make a change, they are not quite ready," said Amy Van Arsdale, Ph.D., assistant professor of psychology at Marymount University in Arlington and a therapist in private practice who lives in Fairfax. "And sometimes people want to make a change, but they aren't sure how."

"Another reason that sometimes makes it really hard for people to make changes like setting boundaries with someone they love, is because that person might feel hurt, so the person who is trying to change backs down," Van Arsdale continued.

Whether your goal is getting out of a toxic relationship, making a career change or maintaining an exercise plan, there are strategies that you can implement to maintain your perseverance.

"If someone starts to give up," said Van Arsdale, "I recommend that they do a check-in and ask 'What is going on that makes me want to quit?'"



PHOTO BY MARILYN CAMPBELL/THE GAZETTE

When working to make behavioral or physical changes, experts recommend dividing one's goals into small, gradual steps.

Assessing how much control one has over the situation is another key tactic. "A person should look at what they can change and what cannot change," said Van Arsdale. "When setting a boundary with another person, for example, a person could say, 'Maybe I can change how often I call my mother, but I can't control how often she calls me so I need to change how I respond, because I can only control myself.'"

Berg-Cross recommends small, gradual changes. "Make the teeniest changes you can think of that are part of your normal routine," she said. "It is not making behavioral changes, it is fading from one behavior to another on a long continuum, little by little."

Van Arsdale said that sometimes she asks clients to think in reverse. For example, "If I didn't lose weight and I didn't get in shape, what is the worse part?" she asks. "I am having problems with my mother and want to set better boundaries. [If] I don't change set boundaries, I will feel powerless, and I want to feel more powerful."

Re-evaluate specific goals and tweak them if needed. "Sometimes people set goals that are too high," said Van Arsdale. "If you set you goals to go to the gym five days a week and that it isn't happening, instead go three times a week. Hanging in there and tweaking goals so that they work for you is better than giving up."

Poms recommends a SMART (specific, measurable, achievable, realistic, time-based) model when setting and working to reach goals. "Set small, achievable goals and get excited when you meet your goals," she said. "Accentuate the small things that you've done."

Van Arsdale said, "Think how your life will change if you make the change, but be realistic. Saying I want to lose 10 pounds is vague. Saying 'I really want to be able to walk a 5K race with my friend' is more doable."

This strategy also works in interpersonal relationships. "You have to figure out what it is about the other person that makes you feel the need to set the boundary," said Poms. "You have to figure out deep down what is the source of the irritation and then set a boundary, but you want to try to talk to that person first."

Get support from friends and family for any challenging goal. Also, "Don't set too many goals at once because it gets overwhelming," said Poms. "You need practical solutions for dealing with things."



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