Hount Pernon Gazette Wellbeing Page 27

Mount Vernon's Hometown Newspaper • A Connection Newspaper



The Holidays at Mount Vernon Estate

Dr. James Craik (Tom Plott) introduces the Mount Vernon Estate visitors to Aladdin the Christmas camel on Sunday afternoon, Dec. 1. More photos, page 3.

Recipe for Income

Once again, Mount Vernon Supervisor Gerry Hyland proposes meals tax.

> By Michael Lee Pope The Gazette

or Mount Vernon Supervisor Gerry Hyland, the last seven times he proposed the meals tax was just an appetizer. With Fairfax

County public schools facing a \$100 million shortfall, Hyland says his colleagues on the Fairfax County Board of Supervisors might finally be hungry for new revenues. And because voters are eager to preserve school programs threatened by a

constrained budget, the supervisor believes he might tions including a plan to save \$20

finally have the right ingredients

Expanding Healthcare

"It's time to

take another

bite out of this.

That's my gut

reaction."

Larger Engleside clinic to open in January.

By Ashley Claire Simpson The Gazette

n an era where healthcare issues are on everyone's minds, Alexandria Neighborhood Health Services, Inc. (ANHSI) is expanding its health programs for patients in south Fairfax County.

Eight clinics throughout Arlington and Alexandria are part of the system, and due to a federal grant awarded to ANSHI in September, there will be a significant expan-

See Engleside, Page 23

"It's time to take another bite out of this," said Hyland. "That's my gut reaction."

Fairfax County.

to make the meals tax a reality in

December 5, 2013

Fairfax County has faced budget shortfalls before, especially after the global economic crisis in 2008. But this year the financial crunch

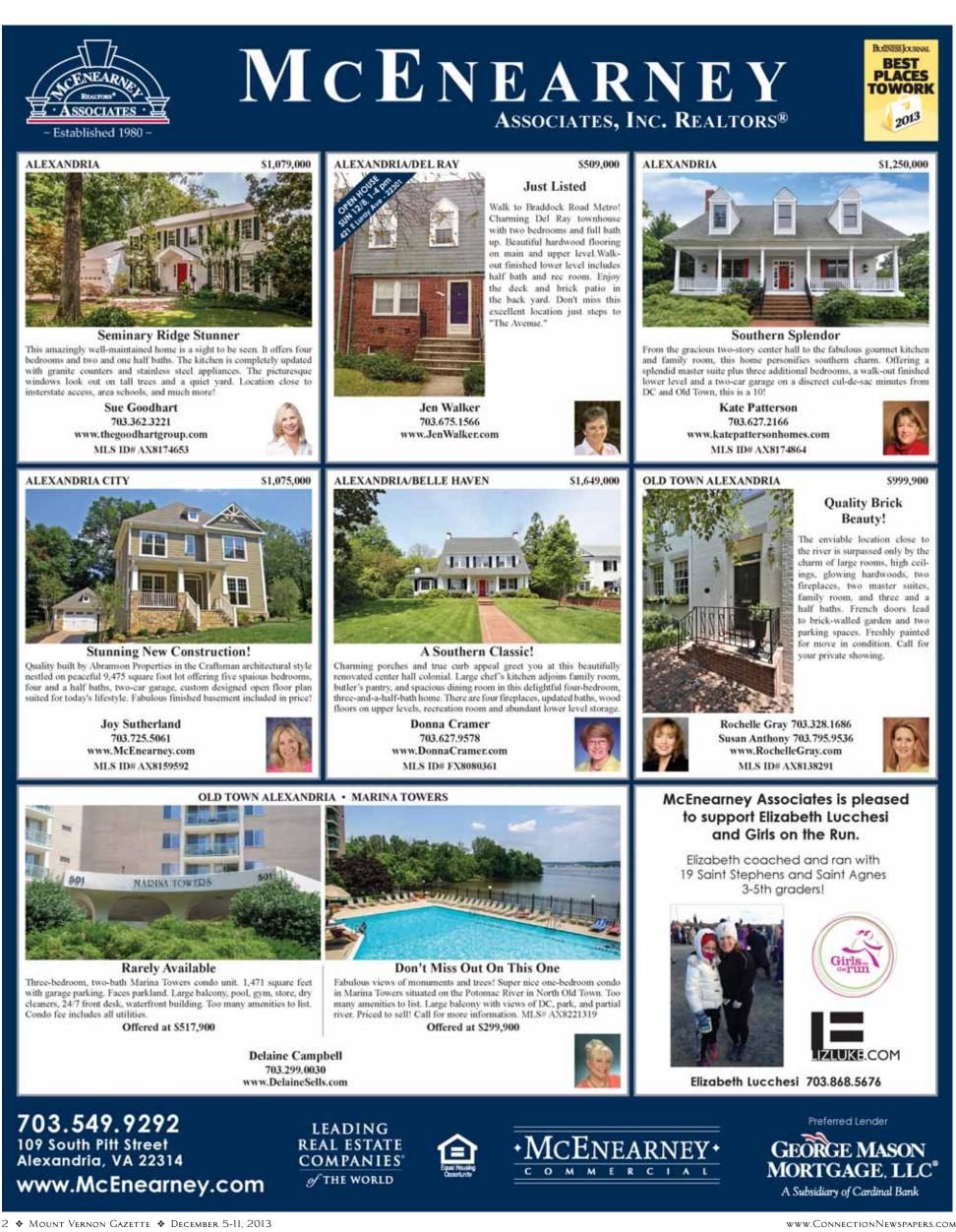
> has hit the school system with special force. Back in October, Superintendent Karen Garza told School Board members they needed to find about \$100 million in cuts to balance the books for fiscal year 2014. presented board members

- Mount Veron Super-She visor Gerry Hyland with a menu of op-

SEE HYLAND. PAGE 9

Dr. Ali Shahcheraghi, an internal medicine physician, works at the **Engleside Adult Clinic.**





Mount Vernon Gazette Editor Steven Mauren 703-778-9415 or gazette@connectionnewspapers.com

News



The Mount Vernon Estate's mansion is decorated for the holiday season.



Aladdin, the Christmas camel comes over to the fence to greet his buddy, Dr. James Craik (Tom Plott) on Sunday afternoon. Aladdin will be staying at the estate until Jan. 6, 2014.

Celebrating the Holidays at the Mount Vernon Estate

he Mount Vernon Estate and mansion is decked out with boughs of holly for the holidays. This year the estate features themed Christmas trees on the grounds and festive greenery decorates the doorways and mantles in the mansion.

Chocolatiers are busy producing chocolate as it was done in the 18th century and weekend musical performances are being held at 2 p.m. in the Education Center lobby.

Aladdin, the Christmas camel is once again in residence in the west field and the recently pardoned White House turkeys Popcorn and Caramel may be seen in a pen by the north wall of the green.

Candlelight tours of the Mount Vernon mansion and grounds are ongoing on Saturday and Sunday evenings through Dec. 22 from 5:30 - 8:30 p.m. Admission to the Candlelight tour is \$22 for adults and \$15 for children 11 and under. This event is not included in general admission.



Visitors gather by the turkey pen to get a look at the recently pardoned White House turkeys Popcorn and Caramel.



Dr. James Craik (Tom Plott) discusses 18th century holiday traditions with visitors to the estate in the greenhouse on Sunday afternoon, Dec. 1.



Musician Dave Christoff plays holiday music on an octave mandolin in the greenhouse.

Democrats Shut Out of Power in Senate Even if Democrats win in two special elections, control over committees is unlikely.

By Michael Lee Pope The Gazette

on't expect Democrats to take control over state Senate committees anytime soon, even if the party manages to hold both of the seats where special elections are now underway. That's because Republicans included a provision in the Senate rules back in 2012 that would require a twothirds majority to change the leadership structure. The rules apply for the entire four-year term of the Senate, and a twothirds majority would be needed to change manage to hold their 20-to-20 tie and have help from a Democratic lieutenant governor, Republicans will retain chairmanship over the committees.

"The bottom line here is that the Democrats are going to be playing defense regard-

less of the outcome of the special elections," said Stephen Farnsworth, professor at the University of Mary Washington. "Democrats would be able to block anything that comthem. That means that even if Democrats mittees organized and led by Republicans might bring to the floor, but they will have less control over setting the agenda than a majority usually would."

The two-third requirement to change Senate rules is nothing new. It dates back to 1996, the last time the chamber was evenly

divided between 20 Democrats and 20 Republicans. Back then, the parties created a power-sharing agreement that divided control of the Senate committees. That agreement was largely an effort to keep conservative Democrat Virgil Goode in the party, although he eventually became a Republican anyway. What is unprecedented is Republicans using Senate rules to keep themselves in power despite See Democrats, Page 7



Inova Mount Vernon Hospital Auxiliary invites you to

Join Us for the 32nd Annual Lights of Love Ceremony

Living trees lighted in the memory of loved ones and to honor special friends will be lit at the 32nd Annual Lights of Love Ceremony.

Mount Vernon community family and friends are invited to join us and welcome the holiday season in a very special way.

Ceremony includes Festival of Music by Donald Brideau, MD and Ronald Speorl.

Reception follows in the cafeteria.

To honor a family member or friend, call 703.664.7260 to make a \$5 donation or for more information about the 2013 Lights of Love ceremony.



Saturday, December 14, 2013, at 5:00 p.m. in the Hospital Main Lobby

> Inova Mount Vernon Hospital 2501 Parkers Lane Alexandria, VA 22306

> > Admission is FREE



Special Guest Appearance by Santa Claus to greet all the children.

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PEOPLE

Contributing to the Community

Despite multiple sclerosis, Pamela Spears volunteers to help others.

> By Ed Simmons, Jr. The Gazette

ometimes I can feel my legs getting weak and I have to sit down," said Pamela Spears, 46. But that doesn't stop her from pushing her walker a quarter mile and back from the bus stop to her volunteer job at Rising Hope.

Strengthening her in her ordeal since 2004 with multiple sclerosis is her faith.

A graduate of Trinity College with a master's degree in counseling, she was working nights at a group home before she started having spells of falling down and her vision blurring. Months later she was diagnosed.

Years of struggle followed and it was two Thanks-

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givings ago that she first came to Rising Hope, a United Methodist mission church located on Route 1. She was living across the street and a friend brought her for the Thanksgiving meal. "Thanksgiv-

ing, the service was great, the food was wonderful. I thought Wow! I want to join."

She said she'd been to other churches, but really liked the way the Rev. Keary Kincannon welcomed

everybody. "Pastor Keary, I think he's great. He always tries to make everyone feel comfortable. His wife Judy is the same way. A lot of churches are not like that." She's fond too of

staffers Venisa McCormick and Mary Hamilton in charge of the clothing closet, food pantry and talking with people who need



After her volunteer shift, **Pamela Spears pushes** her walker a quarter mile to the bus stop.

help. "Miss Venisa, Mrs. Mary, they're both great." It's at the front desk of the busy clothing closet that Spears works signing in folks and telling them they have 10 minutes to look around and a maximum of 10 items they can take for free. "I like the people I'm helping." After her shift, she struggles pushing her walker to reach the bus stop where she'll meet her five-year-old son Gerald from school and ride with him taking another bus home. Sometimes a Good Samaritan stops to offer a ride. Most times though she knows she must manage on her own. "Pam, you know Jesus has you," she tells herself when things get tough.



Fabulous 5 BR, 3.5 BA Colonial in prestigious river front community of Riverwood. 3 finished levels, updated & expanded kitchen w/plenty of storage – large sun room addition with wrap-around deck overlooking a beautiful, fenced bkyd. 425 SF of storage below sun room – remodeled baths – finished walkut lower level w/2 BRs, rec room, den and full bath. 5 minutes to 't. Belvoir, 15 mins to Old Town, Alex, 25/30 mins to Pentagon/D.C. Alex./Hollin Hall Village \$396,000 1602 Shenandoah Road Lovely, updated, 2 BR, 1 BA Rambler on a beautiful, fenced lot. Kitchen & bath updated, beautiful hdwd floors throughout, replacement windows, wood burning FPL, large 20x12 family room addition w/parquet floors. Lovely deck overlooks a beautiful taining. Walk to shopping, 15 mins to Ft. Belvoir, 10 mins to Old Town, Alex, all along scenic G.W. Pkwy. Great Price for a great house Woodbridge, Belmont Bay Rental \$1,800 830 Belmont Bay Dr. #502 Immaculate Condo. 2 BRs, Den & 2.5 Baths – Shows like a model – Top-of-the-line Kitchen with Granite & Breakfast Bar – Sunny and bright with beautiful MBA suite – Near Marina, Golf course and VRE – Short commute to Ft. Belvoir, and Quantico. Alex./Wessynton \$649, 3217 Wessynton Way \$649,900 Absolutely Stunning 5 BR, 3 BA Contemporary in prestigious Waterfront Community of Wessynton. Over \$150K in upgrades over the past 10-12 years. Beautifully landscaped .34 acre lot backing to the woods. Planning on coming on the market this spring but can be shown by appointment thru Rex Reiley and sold before that. List price \$649,900 3% commission to buyer agent. Call Rex for details Alex./Riverside Estates \$609,900 8310 Cherry Valley Lane Large, spectacular 4 BR/3 BA Split w/2-car garage and 3,100 sq feet. 640 sq. ft. addition adds an expanded MBR/MBA suite.

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Cameron Station's finest offering! Beautiful 4-level brick townhome,

Gorgeous upgrades throughout and meticulously maintained. Spacious,

open floor plan, gourmet kitchen with granite and SS, high ceilings, hardwood floors, beautiful bath-rooms, Trex decking, dual-zone

Alex./Riverside Estates

\$519,900

8305 Cherry Valley Lane Beautiful 5 BR, 3 BA Split with 1-car garage on lovely, fenced yard in popular Riverside Estates. Spectacular kit, totally upgraded w/granite, cherry cabinets. & ceramic tile floor

cabinets, & ceramic tile floor which opens to dining area. 2-story addition doubles size of master bedroom & adds 5th

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vindows. Professional off below the expanded MBR. This house will cater to your every need. Coming soon but can be shown

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represents over 250 manufacturers and specializes in creating the traditional yet fun look you want for your home. Our Client Design Center is now open. Stop in to schedule a

complimentary design consultation with one of our on-staff designers. We are offering a special promotion of 30% off all special orders the weekend of December 7 & 8.

Retired and active duty U.S. military ALWAYS receive an additional 10% off of any purchase.

Santa is at 210 N. Lee Street this weekend. We will provide a 10% discount on purchases with Santa photo from the studio here in the building. Sponsored by the Old Town Boutique District.

210 N. Lee Street, Alexandria ~ 703-299-0145 Monday-Friday 10:00 am-6:00 pm • Saturday and Sunday 12:00 pm-5:00 pm Extended Saturday Hours December 7: 10:00 am-5:00 pm www.TchoupitoulasFurnishings.com

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Bulletin Board

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

HOLIDAY NEEDS

- **Toy Drive.** Weichert, Realtors are holding a toy drive through Dec. 13. Drop off a new, unwrapped toy to any of the offices. They will be delivered throughout the holidays in conjunction with local charities that assist financially and physically disadvantaged children. To make a donation, visit any Weichert, Realtors sales office or to find a local office, visit www.weichert.com/offices/.
- **Toy Drive.** Sheehy Auto Stores will hold a toy drive to benefit the U.S. Marine Corps Toys for Tots Program. Through Dec. 15, donate a new, unwrapped toy to Sheehy Honda of Alexandria, 2434 Richmond Highway
- Highway. Christmas Tree and Wreath Sale. Pick out a freshly-cut North Carolina Fraser Fir while enjoying some hot cide and cookies. Ten percent of the sale will go back to a designated PTA. Runs Saturdays and Sundays at St. Aidan's Episcopal Church, 8531 Riverside Road, through Dec. 15. Visit www.staidansepiscopal.com or 703-360-4220.

HOLIDAY SPECIAL

SoberRide Program. From 10 p.m.-6 a.m., Dec. 13-Jan. 1, Washingtonmetropolitan area residents can call the toll-free SoberRide phone number 1-800-200-TAXI and be afforded a no-cost (up to \$30 fare), safe way home. AT&T users can dial #WRAP for the same service. More information about WRAP's SoberRide initiative can be found at www.soberride.com.

THURSDAY/DEC. 5

- Chamber Breakfast and Talk. 8-9:30 a.m. at Mount Vernon Country Club, 5111 Old Mill Road. The Mount Vernon-Lee Chamber of Commerce will host Glenn Spencer, vice president of the Workforce Freedom Initiative at the U.S. Chamber of Commerce. \$25. Visit www.mtvernon-leechamber.org or 703-360-6925 for reservations.
- English Conversation. 10:30 a.m. at Sherwood Library, 2501 Sherwood Hall Lane. Adults can converse with other adults learning English. Free. 703-765-3645.
- **English Conversation.** 2 p.m. at John Marshall Library, 6209 Rose Hill Drive. Adults can converse with other adults learning English. Free. 703-971-0010.
- **English Conversation.** 7 p.m. at Sherwood Library, 2501 Sherwood Hall Lane or Kingstowne Library, 6500 Landsdowne Center. Adults can converse with other adults learning English. Free. 703-765-3645.

FRIDAY/DEC. 6

English Conversation. 10:30 a.m. at Sherwood Library, 2501 Sherwood Hall Lane. Adults can converse with other adults learning English. Free. 703-765-3645.

SATURDAY/DEC. 7

- **Volunteer Information Session.** 11 a.m.-noon at John Marshall Library, 6209 Rose Hill Drive. Learn how to become a child advocate with the Fairfax CASA. 703-273-3526 ext. 22 for reservations or information.
- **English Conversation.** 10:30 a.m. at Sherwood Library, 2501 Sherwood Hall Lane. Adults can converse with other adults learning English. Free.

See Bulletin, Page 25 www.ConnectionNewspapers.com

Every Tweet Counts How Republican Brian Schoeneman earned wrath of his party by making sure every vote counted in county.

By Victoria Ross The Connection

n the morning of Nov. 6, the day after the general election, it appeared that Republican Mark Obenshain had eked out a razor-thin victory over Democrat Mark Herring to become Virginia's next Attorney General.

Like most hotly-contested political battles, the close race generated even closer scrutiny.

National political analyst David Wasserman, with the Cook Political Report, thought there were anomalies in the absentee ballot totals for Fairfax County, which had been expected to vote strongly Democratic.

Wasserman took to Twitter with his evidence, pointing out there must be absentee ballots missing in Fairfax County, because the percentage of requested absentee ballots that had been returned and reported on election night was much lower than the percentage of other counties. Wasserman and others noticed that there were abnormally low totals in the 8th Congressional District, which includes Bailey's Crossroads.

"Are we supposed to buy that just 7 percent of voters in Bailey's Crossroads who requested an absentee ballot actually voted? Preposterous," Wasserman concluded in one tweet.

Meanwhile, Brian Schoeneman, the senior GOP appointee to Fairfax County's three-member Electoral Board, was in the midst of a post-election canvass, his first since being appointed to the board last spring. Essentially, a canvass is checking and double-checking Election Day votes, the purpose of which is to catch inevitable human errors.

Schoeneman, a well-known Fairfax attorney, Republican blogger and former Bush staffer, had been posting tweets and Facebook messages on Election Day to make



Brian Schoeneman, Secretary of the Fairfax County Election Board, refers to some of the election night tabulations in his office at the Fairfax County Government Center.

the process as transparent as possible for voters.

He had also been reading the tweets from Wasserman and others. Finding no evidence of a discrepancy after an initial review, he tweeted a reply.

"To respond to rumors going around, there are zero – o – ZERO uncounted absentee ballots in Fairfax County. We completed our count last night," Schoeneman posted on Wednesday, Nov. 6, at 2:33 p.m. The "zero" tweet instantly went viral. Over the next 36 hours, the twitter sphere exploded as hundreds of followers jumped into the fray, providing numbers, offering theories, and, at times, hurling partisan insults.

Wasserman and Ben Tribbett, a Fairfax County Democratic operative who writes the political blog "Not Larry Sabato," kept peppering Schoeneman with numbers showing abnormally low totals for absentee ballots.

Schoeneman, in an effort to be "hyper-transparent," encouraged the crowd sourcing by engaging followers with realtime status reports.

At 7:40 p.m. on Thursday, Nov. 7, Schoeneman tweeted:

"I'm working on figuring this out as we speak ... Nobody's being rude. Dave is keeping me honest, which is fine."

A half hour later, at 8:14 p.m., Schoeneman sent out a "Houston, we have

a problem" tweet:

"I've talked to the GR (general registrar) and we are working on this as we speak — I am convinced now too that there is an issue."

"It was my worst nightmare as an election official, the perfect storm of events," Schoeneman said last week. "During the canvass, we spent most of the day catching little errors, and we didn't realize we had a

See Election, Page 26

Brian Schoeneman — At a Glance

Hometown: Born in Baltimore and raised in Pennsylvania, Schoeneman came to the D.C. metropolitan area to attend The George Washington University, where he earned two degrees. He moved to Fairfax County in 2007.

Education: B.A. in political science, George Washington University, 2001. Master's degree in political management, George Washington University, 2004; Law degree, Catholic University School of Law, 2011

Family: Married to KayAnn, the communications director for the Fairfax Chamber. The couple live in Fairfax with their 3 1/2 year-old son Nick and cat, Howie.

Public Office: Schoeneman served in President George W. Bush's administration as special assistant and senior speechwriter to Secretary of Labor Elaine L. Chao from 2008 to 2009. In that capacity, he served as the Secretary's lead liaison to organized labor and as a member of her senior staff. In the 2011 election, he ran against state Del. David Bulova, a Democrat, but failed to capture the 37th house district seat.

Profession: Schoeneman earned his law degree at Catholic University. He is the legislative director for the Seafarers International Union of North America, a maritime labor union. Schoeneman is co-owner and an active blogger for the right-leaning political blog Bearing Drift.

Membership & Affiliations: Member of the historic St. John's Episcopal Church on Lafayette Square; Catholic University Law Review, published The Scarlet "L" - Have Recent Developments in Lobbying Regulation Gone Too Far?; vice president of the Wescott Ridge Homeowners Association; an active freemason, he has served as an officer in John Blair Lodge #187; member of the International Propeller Club of the United States, where he serves on the Board of Governors of the D.C. Chapter; founding member of the GW Graduate School of Political Management Alumni Association, and served as its first president; communications director for the Fairfax County Republican Committee in 2010 and former general counsel for FCRC From 2012 to March 2013. He is a member of the American Bar Association, the Fairfax Bar Association and the Federalist Society.

Democrats Shut Out of Power in Senate

From Page 3

the outcome of subsequent elections.

"At this moment, there's nobody in either party who wants to figure out a way to share power," said Geoff Skelley, analyst with the University of Virginia Center for Politics. "So we are seeing something very different than what happened in the 1990s."

THE 2011 ELECTION created a tenuous balance in the Virginia state Senate, an evenly divided chamber between 20 Democrats and 20 Republicans. Because Republicans held the lieutenant governor position at the time, Bill Bolling was able to break ties on a number of high-profile votes on abortion and voter identification. But now that Democratic state Sen. Ralph Northam has been elected to the position, Democrats were hopeful they could potentially use the tie-breaking vote to maximum effect. www.CONNECTIONNEWSPAPERS.COM "Having a tie-breaking vote in a Senate that's divided 20 to 20 would give us a tremendous improvement in controlling the pace and outcome of legislation," said state Sen. Adam Ebbin (D-30).

Democrats might find themselves working around the system, though. Without the ability to put their members at the head of committees, party leaders would be limited to using their newfound status on floor votes — and that's only if they are able to maintain the evenly divided status. To do that, they would need to win the special election to replace lieutenant governor-elect Ralph Northam's seat in Norfolk as well as another special election to replace attorney general-elect Mark Herring in Loudoun pending the result of a recount.

"Both seats are more Democratic than not," said Skelley, noting that Obama won both Senate districts in 2012. "But even though the Democrats might have an advantage, at the end of the day it's a special election and it's not like either seat is overwhelmingly Democratic."

BOTH SEATS were previously held by a Republican, and voters in both Senate districts voted for Republican Bob McDonnell in the last gubernatorial election. Democrats say that was before the Senate districts were redrawn after the 2010 Census —^oa process that was overseen by Democrats in the Senate.

Nevertheless, special elections are hard to predict, which means that the discussion about how Northam might use his tie-breaking vote could be moot. Even if Democrats are successful in maintaining both seats, their power would be limited because Republicans would remain in control over most of the committees. "Democrats are going to have to amend legislation on the floor to get what they want," said Farnsworth. "That's likely to be frustrating."

One quirky tradition of the sate Senate is that the party out of power gets a majority of members in the Local Government Committee, viewed as a backwater to many in leadership positions. So Democrats are expected to maintain a majority vote on that committee. The current leadership structure is unlikely to change without a two-thirds vote of the Senate chamber. And nobody expects the Republicans to willingly give up power, setting the stage for the next state Senate election in 2015.

"It seems like the Republicans have found a way to avoid handing over power even if they lost the lieutenant governor's race," said Skelley. "So we're likely to see that tension play a role in the upcoming session."



Working with the trimming from the sold trees, the children make a fort in the churchyard.

St. Aidan's **Christmas** Tree And Wreath Sale

St. Aidan's Episcopal Church Christmas tree and wreath sale is now underway weekends in the churchyard at 8531 Riverside Road in Mount Vernon. The Frazier fir trees and wreathes are available for purchase Saturday and Sunday from 9 a.m. till 6 p.m. through Dec. 15.

Caroline Richard, Ellen Renaud and Andrea Appleton add festive leaves, berries and bows to the Frazier fir wreathes at the St. Aidan's tree sale on Sunday afternoon, Dec. 1.





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The Fairfax County Fire and Rescue Department will be assisting the U.S. Marine Corps in the 2013 Toys for Tots program. Marine representatives, like those shown above, collect toys year round for the annual toy drive. Collection boxes are located at all 38 Fairfax County fire stations.

Toys for Tots

Firefighters partner with Marine Corps in annual toy drive.

and Rescue Depart-

he Fairfax County Fire in our partnership with the Ma-

ment will once again partner with the U.S. Marine rine Corps Toys for Tots Pro-Corps in the an-

station.

any

Metro area,

nual Toys for "We donate Tots program and are asking more toys to residents to

the Toys for drop off new, unwrapped toys Tots program at their neighborhood fire then any single "We donate agency or more toys to the Toys for Tots company in the program then Metro area." single agency or com-

- Fairfax County Fire pany in the **Chief Richard Bowers**

said Fairfax County Fire Chief Richard Bow- with the Marines to warm the ers. "We have collection boxes hearts of local children for the at all 38 county fire stations and are asking residents to help us

rines.' The mission of the U.S. Ma-

> gram is to collect new, unwrapped toys and distribute those toys as Christmas gifts to needy children in the community in which the campaign is conducted.

> "This is a great partnership," Bowers said. "Fairfax County firefighters and paramedics fully support the Toys for Tots program in partnering

holidays."

— Jeanne Theismann

Hyland Proposes Meal Tax, Again

"We feel that it's

to garner some

for the county."

From Page 1

million by increasing class sizes. Critics say the meals tax is a mistake because the school system is already spending too much, especially on salaries, and taxpayers shouldn't be forced to fund a bloated system.

"They are spending more than then need to," said Arthur Purves, president of the Fairfax County Taxpayers Alliance. "They are paying teachers and ad- county and to the prospects for our children." ministrators more than they need to retain them."

LATER THIS MONTH, the Mount Vernon Council ginia jurisdictions that does not have a meals tax. of Citizens Associations will consider a resolution The city of Alexandria raises about \$17 million a year

like deja vu all over again. But supporters say this year may be different because of the \$100 million shortfall in the school system, especially considering a Fairfax County meals tax would raise about \$100 million a year.

"We feel that it's an appropriate way to garner some additional revenue for the county," said Judy Harbeck, chairman of the education committee of the council. "And based on the experience in our surrounding counties, it doesn't seem to have a deleterious effect on the restaurant business."

If the Board of Supervisors agrees to move forward, voters would have the final tered telling people to oppose the tax." say in a county-wide referendum. Under Virginia law, Fairfax County would be limited to a 5 percent maximum. That means every \$20 meal in a restaurant would kick in \$1 of revenue for the county. And tion, which he said would make the tax more palat- sions and explain them to the public."

able to voters.

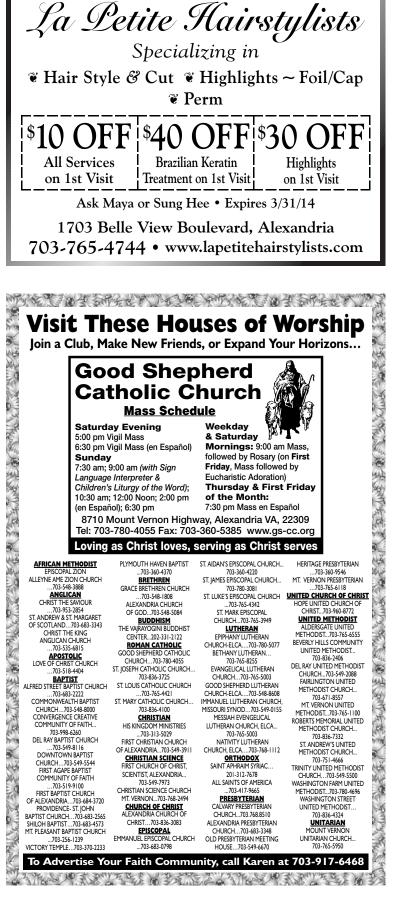
"Fairfax County taxpayers and citizens have shown substantial support for schools in things such as the bond referendum," said Harbeck. "And I think most citizens and the Board of Supervisors realize the critical contribution of schools to the overall wellbeing of the county and to the business climate in the

FAIRFAX COUNTY is one of the few Northern Virsupporting the meals tax. For many, the fight will seem with its meals tax, which was increased from 3 per-

cent to 4 percent in 2008. Arlington County raises about \$35 million a year with its meals tax, which has been 4 percent since it was inan appropriate way stituted back in 1991. Although some hoped to create a new meals tax in Loudoun County, though, voters rejected a ballot initiative additional revenue last month. And Fairfax County voters have already rejected the idea once, about 20 years ago. "I give – Judy Harbeck, chairman the credit to the restaurant associaof the education committee tion because they did a masterful job of lobbying against the tax," of the Mount Vernon Council said Hyland. "Many of the restauof Citizens Associations rants had little cards that were handed out to people as you en-

Mount Vernon School Board member Dan Storck said he would rather see increased taxes than larger class sizes

"That's the Board of Supervisors' responsibility," Hyland said the language of the resolution could be said Storck. "If we had the ability to do that on the crafted to earmark the money specifically for educa- School Board, I would be happy to make those deci-



Bank Robbery in Beacon Hill Area

he Capital One Bank at 6790 Richmond Highway was robbed Tuesday, Nov. 26 at ap proximately 2 p.m. A man displayed a handgun and demanded money from a bank employee, according to Mount Vernon District police. The suspect fled with an undisclosed amount of cash; there were no injuries. The suspect was described as white, in his 20s, less than 6 feet tall, and about 180 pounds. He was wearing a knit hat, a dark jacket with a hood and dark pants with a stripe down the middle.

The FBI is offering a reward of up to \$5,000 for Police at 703-691-2131.

information that leads to the identification, arrest and conviction of this bank robber. The FBI and the Fairfax County Police Department are investigating this bank robbery and request that anyone with information call the FBI at 202-278-2000 or the Fairfax County Police at 703-691-2131.

Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus a message to CRIMES/274637 or call Fairfax County





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OPINION Who Will Be Hurt?

Innovations, changes and cuts designed to help the budget should be subject to analysis of how they will affect those on the short end of the economic and digital divide.

s Fairfax County faces a tight budget year and Fairfax County Public Schools consider significant cuts, clearly some changes are going to affect services on the ground.

As various proposals emerge, there should be some specific analysis of how changes, innovations and cuts would affect the poorest one-third or so of the county's residents specifically.

The schools, along with certain county agen-

EDITORIAL

cies, must take special note of their mission, including providing services to families who are on the short side of the eco-

nomic and digital divide. Elimination of print notices and newsletters, conversion to digital textbooks, use of internet-based surveys are just examples of small innovations that can leave many residents behind.

In another example, it is disturbing that on-

Letters to the Editor

Legislature Lacks Compassion

To the Editor:

While tragedies such as Senator Deed's and his son's are the only way mental illnesses make it into the news, those with mental illgoing concerns about Fairfax County libraries do not include a clear statement of mission to serve families and individuals who lack access to broadband internet at home.

In Fairfax County, where nearly 20 percent of the households have annual income of under \$50,000, about 8 percent live below the poverty line and more than 47,000 public school students are poor enough to qualify for subsidized meals, the public libraries are indispensable.

Access to library resources goes beyond books, and includes the very digital access that many people cite as a threat to libraries. Public access to information via computers and Internet for those who do not have other access is a critical service, and should be clearly defined as a critical mission of the libraries.

According to a 2010 report, Opportunity for All: How the American Public Benefits from Internet Access at U.S. Libraries, funded by the

Bill and Melinda Gates Foundation: 44 percent of people in households living below the federal poverty line (\$22,000 a year for a family of four) used public library computers and Internet access; among young adults 14-24 in households below the poverty line, 61 percent used public library computers and Internet for educational purposes; among seniors 65 and older living in poverty, 54 percent used public library computers for health or wellness needs.

The report also notes: "This access has also proven to be critical in times of disaster, where libraries may be the only access point still operating that can provide a delivery point for government and social services to those displaced."

Budgeting and restructuring must take into consideration the disproportionate effect of cutting services on lower income households especially.

nesses live with them every day. The facts, as reported at http:// nami.org/facts (among others) are ✤ 1 in 4 adults experience a

mental illness in a given year. ♦ 1 in 17 adults lives with a serious mental illness.

✤ 1.1 percent of adults in the US live with schizophrenia.

2.6 percent are affected by bipolar disorder each year.

✤ \$79 billion: The estimated annual economic, indirect cost of mental illness in the U.S., most from the loss of productivity as a result of illnesses.

The vast number of days and even lifetimes are lived without violence for individuals with mental illnesses and the people around them. Some individuals have access to the care they need and live

"normal" lives in families, at work, at school, with friends, in the community. Others live more low key lives. Many others struggle because they can't get the care they need. Still others get lost in hopelessness and commit suicide. All need appropriate care every day, but without question or delay when they are in crisis.

It is not unique for government legislators to act without compassion, as the Virginia legislature has by taking back money for the care of those with mental illnesses. They made clear by the latter action that the influx of cash after the murders at Virginia Tech was political fear, not compassion or social conscience.

Imagine Senator Deeds watching his son through the days of Gus Deeds' illness, his helplessness at not being able to make his son well. Imagine Gus battling the unrelenting pain and hopelessness of a mental illness. Imagine the senator's and even Gus' hope when they went to seek help a week ago, and then imagine the crushing blow they felt when they were told there wasn't a bed for Gus. They went home carrying their burdens of helplessness and hopelessness. I don't know what caused Gus to stab his father, but most certainly Gus' hopelessness caused him to fatally shoot himself.

Will this incident provide the needed impetus for us to finally decide to make available appropriate care to all those with mental See Letters, Page 14

Hlount Vernon Gazette

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A Connection Newspaper



The Belle View Shopping Center is once again hosting the annual Mount Vernon

Kiwanis Christmas Tree Sale



ARLINGTON \$3,995,000 | ttrsir.com/id/AR8207559 Offering dramatic views of DC and the Potomac, this 30th floor Waterview Residences penthouse provides elegant spaces suited for both entertaining and private relaxation. ROB CARNEY +1703 927 4290



ALEXANDRIA \$3,700,000 | ttrsir.com/id/AX7731151 George Washington spent his last 4th of July in 1798 in this residence when it was once a tavern. The half-acre lot features a 2-car garage, swimming pool, and carriage house. ROY MELLONI +1703 863 0077 ROXANE NUNES +1703 470 9903



ALEXANDRIA \$2,900,000 | ttrsir.com/id/21064841 Exemplifying the heritage of beautiful Virginia architecture, yet embracing today's design elements, this home offers 5 bedrooms, pool and cabana on 1.3 acres, and is only minutes from Old Town. KAREN BARKER +1 703 928 8384 WETHERLY BARKER +1 703 965 9613

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This 5 BR, 3.5 BA 4,200 sf stone house circa 1945 has been renovated with a new addition to offer this architecturally designed,

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This Charles Goodman designed home in Hollin Hills has been expanded and renovated, featuring 5 BRs, 3 BAs, floor-to-ceiling windows throughout, flooding each room with natural light. RUSSELL FIRESTONE +1 202 271 1701

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ALEXANDRIA \$1,495,000

OPINION

Leveling the Digital Playing Field in Virginia's Schools

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

s more and more content goes digital, it has begun to affect our schools. Textbook publishers have begun to design instructional systems - also called "electronic textbooks" to deliver instruction to children. These systems range from relatively static electronic books like you can find on a Kindle all the way to fully interactive learning systems with embedded video, links to external content, and interactive homework modules with extra questions for student struggling with specific concepts.

COMMENTARY

It is also virtually impossible to find a wellpaying job in today's

world that does not require computer literacy. Performing car repairs or running a cash register requires digital literacy.

In late 2012, I attended a Mt. Vernon District Education Town Hall Meeting. The crowd was largely upper middle class and not diverse. Many parents were unhappy about the functionality of new online textbooks deployed in the 2012-2013 schools year by Fairfax County Public Schools. I was familiar with these systems because my third grader is even now doing her math



homework using an "electronic textbook."

After having knocked 12,000 doors in my district and having seen trailers and apartments without home computers or seeing five children crowded around one machine dominated

by the oldest child, there was one issue rolling around in my head - access. While many people have smart phones today, thousands of low income families in Northern Virginia and especially in areas like the U.S. 1 Corridor do not have home computers and cannot afford broadband. More broadly, the lack of digital literacy due to income disparities has been dubbed The Digital Divide. It is a material factor right here in our community and all over the U.S. and here in Virginia in all areas — urban, suburban and rural.

In 2013, 12 main-line Fairfax County Schools failed accreditation. Half of those schools are in the U.S. 1 Corridor in the 44th District. Five were elementary schools that failed solely because of their Science scores. The Standards of Learning Science test was a new version that required students to test on a computer, but not filling in blanks or doing checkboxes — but by manipulating

information using a mouse and keyboard. Children from low income families do not have the same computer skills as children from Great Falls and it stuck out like a sore thumb in the test results.

This also plays out in admissions to magnet schools like Thomas Jefferson which has only two percent students who qualify for free and reduced lunches and overwhelmingly excludes African American and Hispanic children.

In 1904, Virginians constitutionalized the principle that no child should receive a substandard education due to their family's economic circumstances. Article VIII, Section 3 of the Constitution of Virgnia provides that "The General Assembly shall ... ensure that textbooks are provided at no cost to each child attending public school whose parent or guardian is financially unable to furnish them."

In order to meet our constitutional obligations, I introduced legislation in the 2013 General Assembly Session that would have prohibited any school system from deploying online textbooks unless they can ensure every child has their own computer and a broadband connection at home.

Three Fairfax County Public School students from different high school pyramids testified about fellow students who did not have computers and having to do research

臼

or other tasks after waiting in lines at public libraries.

The legislation was referred to the Joint Commission on Technology and Science (JCOTS) where three hearings were conducted over the last year. Last week, I was pleased to see that JCOTS recommended that amended legislation be forwarded to the General Assembly for adoption.

The amended legislation requires any school system that wants to use online textbooks to have a plan in place that ensures every child in its system will have a home computer and broadband connection by July 1, 2017. It also authorizes pilot programs under certain circumstances.

Chesterfield County is currently bidding out a contract to provide computers to every child from 6th through 12th grade. The cost is about \$330 per child or about 2 percent of the \$13,472 that Fairfax County currently spends on each child.

Passage of this legislation will take a step to ensure that every child will continue to have the same access to educational materials regardless of their family's circumstances.

If adopted, it will also start the process of assuring that every child in Virginia has a computer and broadband so that they can be fully prepared to compete in the 21st century economy.

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Letters

From Page 10

illnesses, or will we wait for the story to fade from memory until next tragedy? My hope is for compassion and a social conscience in the legislature ... that they do the right thing for all the people of the Commonwealth.

In the meantime, if you or a member of your family need help or are in crisis, call CrisisLink at 703-527-4077 (1-800-273-TALK; 1-800-SUICIDE), 24 hours a day, 7 days a week; or go to the Gartlan Center at 8119 Holland Road, Alexandria, VA 22306 (703-360-6910).

William Zaccagnino Alexandria

'Vision' Is Not Working

To the Editor:

The lead article in last week's Gazette concerned the proliferation of car-title lending businesses on Richmond Highway. While such businesses are fully lawful and establishing such a business is typically a by-right development, politicians and others are concerned that such businesses can unfairly take advantage of people in need of a loan who are unable to obtain it from conventional sources and at conventional interest rates. In the Gazette article, Del. Scott Surovell (D44) was quoted as saying that car-title lending businesses are "the last kind of economic development we need on the corridor." In October, Mount Vernon Supervisor Gerry Hyland and Lee Supervisor Jeff McKay asked the Board of Supervisors to agree to direct county staff to advise them on any possible ways to more closely regulate car-title lending businesses. Southeast Fairfax Development Corporation (SFDC) Executive Director Edythe Kelleher said that the SFDC supports a Comprehensive Plan nomination submitted by the MVCCA concerning 17 acres in the Huntington area intended to provide incentives for redevelopment of that area in accordance with the MVCCA's "vision" there.

The Gazette article made particular mention of the site of the latest car-title lending business, the location where previously stood a Sunoco service station within the 17 acres included in the MVCCA nomination As local residents should recall, the Sunoco station property was taken over by the government several years ago and was used as a staging area for equipment used to construct the new Wilson Bridge. At the conclusion of that process, Sunoco regained control of the property. Unfortunately for them, in the meantime, the Special Exception they had been granted a number of years ago by the Board of Supervisors had expired and they were required to obtain a new one in order to operate a service station at that location.

In the Mount Vernon District, developers and property owners who require Board of Supervisors approval for any aspect of a proposed development are directed by Supervisor Hyland to bring their proposal before the MVCCA to first seek its blessing. Thus, Sunoco appeared before an MVCCA committee composed of a combination of members of its Planning & Zoning and Transportation committees to seek their approval of the Special Exception. A resolution was drafted that was voted upon by the MVCCA Council in January 2013, opposing approval of the Special Exception by a vote of 18-6. Unable to obtain the blessing of the MVCCA, the project was dead in the water. From the wording of the resolution of disapproval, it appears that the negative vote of the MVCCA was due in part to the fact that a service station on that property does not comport with the "vision" leaders of the MVCCA have for that property. What nerve! Because leaders of the MVCCA, an organization that now barely meets the quorum requirements of

its by-laws for its monthly meetings, don't agree with a private property owner's business decisions concerning their own property, they are unable to execute those decisions. As a result, Sunoco has now taken the decision resulting in establishment of a car-title lending business at that location by-right. Such a business is even less conforming to the MVCCA's "vision" than is a service station.

Thus, it is clear who is to blame for the fact that another car-title business will soon be open at the site of the old Sunoco station. This is reminiscent of the demise of the wonderful proposed Kings Crossing town center project. The proposed developers, frustrated by the unreasonable demands of the MVCCA and a neighboring civic association, decided to cut bait and develop a Wal-mart at that location. They even deeded partial ownership of the site to Walmart, thus ensuring that a town center will never be developed there. Had a more pragmatic approach to the development proposals at Kings Crossing been taken, instead of the more unreasonable of the adjacent community and MVCCA demands concerning ingress and egress, commercial/residential ratio, and others, by now, we all would be enjoying a wonderful town center that would be a focal point of the Mount Vernon District and would have enhanced the property values of surrounding communities. We would also be enjoying the park behind the property that the developers had agreed to restore.

There needs to be a reassessment of the deference given to the MVCCA in the process of seeking approval for proposed developments in the Mount Vernon District.

The new car-title lending business replacing a Sunoco service station is but the latest example of why this needs to occur.

H. Jay Spiegel Mount Vernon



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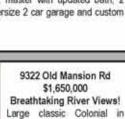
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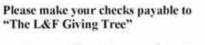






The Long & Foster "Giving Tree" program began 23 years ago by the Agents of the Alexandria Old Town office. This program is our way of giving back to the Alexandria Community. Each year the Alexandria Public Schools are requested to identify a number of families in their system that are in great need and a Holiday Wish List is provided for each child. Contributions consist of toys, games, books, clothes, and monetary donations to provide food certificates for the family. WITH YOUR HELP, WE CAN GIVE THESE CHILDREN AND THEIR FAMILIES A GREAT HOLIDAY.

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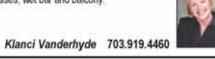
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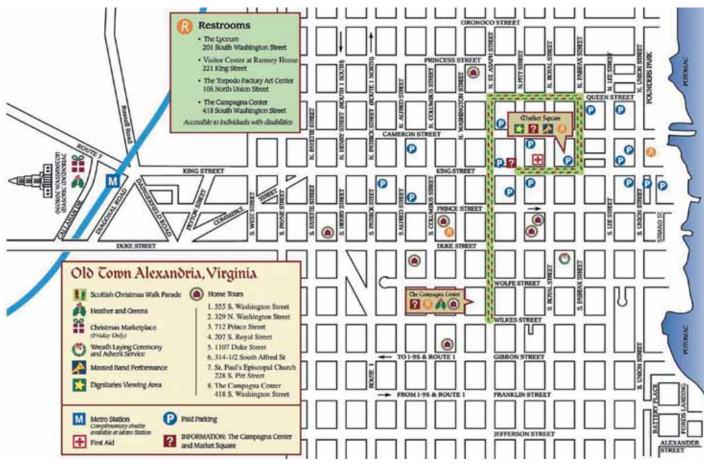


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Mount Vernon Gazette & December 5-11, 2013 & 17

HOLIDAY ENTERTAINMENT



43rd Scottish Walk Weekend



CALENDAR

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

ONGOING

- Photography Workshop. 10:30 a.m.noon at Multiple Exposures Gallery on 105 N. Union Street. Photographers and enthusiasts of all skill levels are invited to share work. ideas, and questions at this free workshop held on the last Sunday of each month, except December. No
- reservations. Call 703-683-2205 Art Exhibit. See "Portent" in the Athenaeum Gallery, 201 Prince St., from Oct. 24 through Dec. 8. The works attempt to visually come to terms with, reflect or represent the magnitude of natural events. Free. Visit www.nvfaa.org.
- Theater Performance. Through
- 18 S Mount Vernon Gazette S December 5-11, 2013

e prepared as pipes, plaid and pageantry fill the streets of Old Town Dec. 7 during the 43rd annual Scottish Walk Parade, the centerpiece of a weekend of holiday events that includes a Holiday Marketplace, Designer Tour of Homes and Taste of Scotland cocktail reception.

Sponsored by the Campagna Center, the St. Andrew's Society of Washington, D.C. and the Scottish Affairs Office, more than 30,000 people are expected to line the streets to watch this year's parade, which will feature more than 120 Scottish clans, local dignitaries and costumed canines.

The weekend culminates with the 14th annual Holiday Boat Parade of Lights along the Potomac River, Saturday, Dec. 7, at 5 p.m. and the annual Del Ray Holiday Tree Lighting at 6 p.m. at the corner of Mount Vernon and East Oxford avenues. Mount Vernon Avenue will be lined with thousands of luminaries throughout the evening.

— Jeanne Theismann



ABC7 Meteorologist Adam Caskey will serve as **Grand Marshal** for the 2013 Scottish Walk Parade.

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. Tuesday through Saturday, 10 a.m.-4 p.m. Visit www.alexblack

- history.org or call 703-746-4356. Art Exhibit. "Small Works," juried by Irene Owsley will run Nov. 26-Jan. 5, at the Multiple Exposures Gallery in the Torpedo Factory Art Center, 105 N. Union St. Visit www.torpedofactory.org.
- Art Exhibit. See "IMPART," a project that is a collaboration between The Art League and the Wounded Warriors at Ft. Belvoir, Features ceramics by eight artists showcased at The Art League in the Torpedo Factory, 105 N. Union St. Exhibit runs through Jan. 5. Visit www.theartleague.org.

Scottish Christmas Walk Weekend

- Christmas Marketplace: A collection of unique vendors under one roof, with items for everyone on your list. Friday, Dec. 6: 9 a.m. - 5 p.m. at the George Washington Masonic Memorial. Additional shopping hours for Taste of
- Scotland guests: 7-10:30 p.m. **Heather and Greens:** Purchase fresh heather bundles or a variety of wreaths, garlands, flatwoods and more. Friday, Dec. 6: 9 a.m.-5 p.m. at the George Washington Masonic Memorial. Saturday, Dec. 7: 8 a.m.-4 p.m. at the Campagna Center parking lot.
- Deck the Halls with Santa: Children have an exclusive audience with Santa and "Plaid the Dog." Featuring crafts for to help "Deck the Halls," seasonal treats, and a raffle full of goodies, toys and experiences for the whole family. Friday, Dec. 6: 1-3 p.m. at the George Washington Masonic Memorial. Crafts are appropriate for ages 2-5. The Masonic Temple does not permit strollers. \$35/ adult, \$25/child.

THE TASTE OF SCOTLAND:

Taste some of the finest Scotch, enjoy light fare, beer, and wine. Friday, Dec. 6: 8-11 p.m. at the George Washington Masonic Memorial.

Tickets: Patron, general admission and tasting seminar tickets available. Patron tickets are \$180/person (tax-deductible portion: \$100); \$290/couple (taxdeductible portion: \$150); seminar upgrade is \$10/person (patron ticket holders only). General admission tickets are \$110/person (tax-deductible portion: \$50); seminar upgrade: \$20/person (general admission ticket holders only).

SATURDAY

- Annual Parade: For the 43rd consecutive year, The Campagna Center's Scottish Christmas Walk Parade takes place Saturday, Dec. 7. More than 100 Scottish clans, pipe and drum bands, Scottish dancers, re-enactment groups, Scottie dog groups, dignitaries, and of course, Santa Claus will march down the streets of Old Town. Saturday, Dec. 7: 11 a.m. Begins at Wilkes and S. Saint Asaph streets, and ends at Market Square with a massed band concert.
- Holiday Home Tours: Stroll through historic properties in Alexandria, which are dressed up for the holidays by interior designers and local florists. Saturday, Dec. 7: 11 a.m.-4 p.m. \$35. 14th Annual Holiday Boat Parade of
- **Lights:** Saturday, Dec. 7, 5 p.m. at Alexandria City Marina. Dozens of brightly lit boats will stretch along the Potomac River. Visitors can come early for dockside festivities at the marina starting at 3 p.m. Santa will arrive by fireboat. Braddock Brass Band will perform holiday favorites and Santa will take free pictures with children and canines at the gazebo. Dockside festivities at marina behind the Torpedo Factory Art Center. Visit www.VisitAlexandriaVA.com or call 703-746-3301.
 - "The Street Sense Project." Thien-Kim Pham presents "Portraits of People Who Live and Work on the Streets" in studio 21 at the Torpedo Factory, 105 N. Union St. The exhibit runs Dec. 5 through Jan. 6. A portion of the sales will be donated to a local charity related to the subject matter depicted in the piece. Visit www.theartleague.org or 703-683-1780
 - Art Exhibit. "Small Worlds," a multimedia juried exhibition with a focus on artists who work in miniature or small scales will run Dec. 6-Jan. 12 at the Target Gallery in the Torpedo Factory Art Center, 105 N. Union St. Visit www.torpedofactory.org.

CLASSES

Christmas Cooking Class. 11 a.m.-2

See Calendar, Page 20

www.ConnectionNewspapers.com

Sunday, Dec. 22, see "A Broadway Christmas Carol" at MetroStage, 1201 N. Royal St. Wednesday, Nov. 27 at 7 p.m.; Thursday-Friday at 8 p.m.; Saturdays at 3 p.m. and 8 p.m. and Sundays at 3 p.m. and 7 p.m. This show is a cross between the classic Dickens' tale and song parodies of more than 30 Broadway show tune favorites. \$50/adult; \$25/ student or child. Visit www.metrostage.org for tickets.

- Theater Performance. See The Little Theatre of Alexandria's "A Christmas Carol" from Dec. 5-22 at the theatre, 600 Wolfe St. Performances are Thursdays-Fridays at 8 p.m. and Saturdays-Sundays at 3 p.m. and 5 p.m. \$15. Visit www.thelittle theatre.com or 703-683-0496.
- Tickets Now on Sale. Buy tickets for the Alexandria Candlelight Tour with special early-bird pricing. \$15/adult; \$12/senior if purchased before Dec.

1. Tour Gadsby's Tavern Museum, Carlyle House Historic Park, Lee-Fendall House and Lloyd House by candlelight and enjoy decorations, entertainment and more on Saturday, Dec. 14 from 6-9 p.m. or Sunday, Dec. 15 from 3-6 p.m. Tickets purchased after Dec. 1 are \$20/adult; \$15/senior and \$5/child. Tickets can be purchased at shop.alexandria.gov or 703-746-4242. Visit www.historicalexandria.org.

Art Exhibit. Potomac Fiber Arts Gallery presents "Holiday Sizzle" in Studio 18 at Torpedo Factory Art Center, 105 N. Union St. Additional items will be added Dec. 9 and the exhibit closes Jan. 5. Free. Some items will be for sale. Visit www.potomacfiber arts gallery.com or 703-548-0935.

African American Activists Exhibition. Through Saturday, Jan. 4, 2014, Living Legends of Alexandria is an ongoing photo-

Holiday Cheet

From the creators of Restaurant Eve



HOLIDAY DINNER TO-GO BAG

Beef Wellington (will need to be cooked) • Chestnut & Sherry Soup Creamy Mashed Potatoes • Sautéed Glazed Carrots Pan-Roasted Brussels Sprouts with Pancetta and Butter Potato Rolls. \$100, feeds two

CHRISTMAS BREAKFAST BAG

Egg & Ham Strata (savory casserole of egg, ham, & bread) Cinnamon Rolls (will need to be baked) Fresh-Squeezed Orange Juice • Winter Citrus Fruit Salad and 10 oz. bag of ground Society Fair Coffee. \$40, teeds two

Reserve your bags today at store.societyfair.net!

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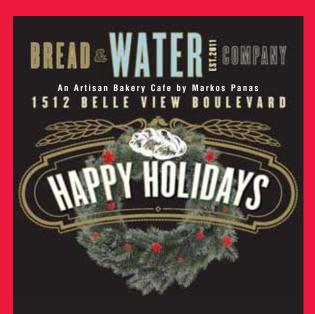
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RSVP: New Year's Eve Dinner 119 South Royal Street, Alexandria VA 22314 703.535.8151 • www.fontainecaffe.com



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The Bread & Water Company would like to express our thanks and gratitude for all of the gracious warmth and excitement the community has shown us. As we prepare to open our doors, we hope that our breads will keep your spirits up and your tables warm this holiday season.

TO ALL OF YOU FROM ALL OF US, WE WISH YOU A JOYFUL HOLIDAY SEASON!



Franco and his staff wish you peace,

~ Veal with Cream Brandy Sauce

Mon, Tues, Wed: 3-Course Dinner Special Mon: Italian Class & Toastmasters Wed: Jazz Night Fri: Sophisticated Swing Sat: Jazz Combo Sun: Italian Brunch with Mimosa Daily Lunch Special \$9.95

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We wish all our guests a very happy holidays!
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ENTERTAINMENT

From Page 18

p.m. on Saturday, Dec. 14 at Osteria Marzano, 6361 Walker Lane, Suite 140. Chef Carmine Marzano will teach participants how to cook an Italian Christmas meal, then dine on the creations. \$85/person. RSVP to info@osteriamarzano.com or 703-313-9700.

Life Drawing. Del Ray Artisans offers a range of open life drawing sessions for anyone to develop life-drawing skills further. Just drop-in for the session and bring your supplies to draw or paint our live models. Fee ranges from \$8-\$12. All skill levels are welcome. Del Ray Artisans is located at 2704 Mount Vernon Ave. Visit

www.TheDelRayArtisans.org for a schedule. Winter Class Registration. Early bird registration for classes at Art at the Center, 2804 Sherwood Hall Lane will end Dec. 20. Call 703-201-1250 or visit www.artatthecenter.org for a list of classes.

Drop-In Classes. Try a collage class on Dec. 9-11 or a painting class on Dec. 16-18 at Art at the Center, 2804 Sherwood Hall Lane. \$25/person. All ages, but children under 4 must be accompanied by adult. Visit www.artatthecenter.org or 703-201-1250 for a schedule. RSVP to kathyrn@artatthecenter.org with child's name, age and the day and time of the class.

CHRISTMAS TREE SALES

- **Christmas Tree Sale.** The Alexandria Police Youth Camp is hosting a sale from Nov. 30-Dec. 5 at 110 Callahan Drive. Hours are weekdays from 4-8 p.m. and weekends from 10 a.m.-8 p.m. Proceeds will help fund scholarships for children to attend the camp. Visit www.alexpvc.org.
- **Christmas Tree and Wreath Sale.** Pick out a freshly-cut North Carolina Fraser Fir while enjoying some hot cider and cookies. Ten percent of the sale will go back to a designated PTA. Runs Saturdays and Sundays at St. Aidan's Episcopal Church, 8531 Riverside Road, through Dec. 15. Visit www.staidansepiscopal.com or 703-360-4220.

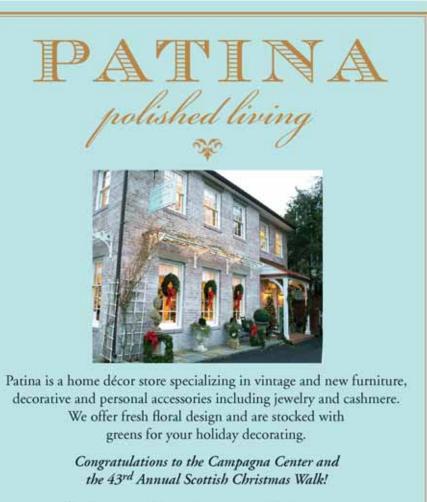
Christmas Tree Sale. Saturdays, Dec. 7, 14 from 7 a.m.-5 p.m. and Sundays, Dec. 8, 15 from noon-4 p.m. in the parking lot adjacent to Trinity United Methodist Church, corner of Cameron Mills and Allison. Sponsored by the North Ridge Citizens Association. \$25-\$90 for a tree, \$16 for wreaths, \$20 for garland and \$25 for tree stands. Call Bruce Johnson at 703-548-9604.

THURSDAY/DEC. 5

- Theater Performance. 10:30 a.m. at W-3 Theatre at the Workhouse Arts Center, 9601 Ox Road, Lorton. Arts on the Horizon presents "Drumming with Dishes: The Holiday Edition." \$8/child and adults. Visit www.artsonthehorizon.org for tickets.
- Holiday Shopping Event. 4-8 p.m. at Reunions Gifts and Antiques store, 1709 Centre Plaza. Enjoy champagne, snacks, raffle, trunk show by local artist Janine Bland. Twenty percent of all sales will be donated to Senior Services of Alexandria Visit seniorservicesalex org.
- Alexandria. Visit seniorservicesalex.org. Ballet Performance. 5:30 p.m. Alexandria Community Dance and West Potomac Academy present "The Nutcracker" at West Potomac High School theater, 6500 Quander Road. More than 100 students from local schools and performers ranging from age 4 to adult will perform. \$12/ adult; \$10/student in advance or \$15/adult; \$12/student at the door. Visit
- www.alexandriadance.com for tickets. **A Peter White Christmas.** 7:30 p.m. at Birchmere Music Hall, 3701 Mount Vernon Ave. Features Mindi Abair & Rick Braun. \$49.50. Visit www.birchmere.com or 703-549-7500 for tickets.

FRIDAY/DEC. 6

- Theater Performance. 10 a.m. or 11:30 a.m. at W-3 Theatre at the Workhouse Arts Center, 9601 Ox Road, Lorton. Arts on the Horizon presents "Drumming with Dishes: The Holiday Edition." \$8/child and adults. Visit www.artsonthehorizon.org for tickets.
- Holiday on the Avenue. 6-9 p.m. at the Del Ray



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20 S Mount Vernon Gazette S December 5-11, 2013

ENTERTAINMENT

Farmer's Market at Mount Vernon Avenue and E. Oxford Ave. Watch as the Del Ray Christmas tree is lit up, enjoy a visit from Santa Claus and a stroll down Mount Vernon Avenue which is illuminated by thousands of candles. Free. Visit www.visitdelray.com or 703-683-

2570 Ballet Performance. 6:30 p.m. Alexandria Community Dance and

West Potomac Academy present "The Nutcracker" at West Potomac High School theater, 6500 Quander Road. More than 100 students from local schools and performers ranging from age 4 to adult will perform. \$12/ adult; \$10/student in advance or \$15/adult; \$12/student at the door. Half-price tickets for all Boy and Girl Scouts. Visit www.alexandriadance.com for

tickets. Holiday Open House. 6:30-9 p.m. at

the Torpedo Factory Art Center, 105 N. Union St. Enjoy food, refreshments and music while browsing items for purchase. Door prizes will be given. Visit www.torpedofactory.org.

Music Performance. At Birchmere Music Hall, 3701 Mount Vernon Ave. Bo Bice will perform as a special guest vocalist with Blood Sweat & Tears. Visit www.birchmere.com or 703-549-7500.

SATURDAY/DEC. 7

- Holiday Craft Fair. 9 a.m.-3 p.m. at Gadsby's Tavern, 400 Cameron St. Alexandria Unit 24 of the American Legion Auxiliary will host the event. There will also be a bake sale. All proceeds will support veterans, military and their families in the community.
- Holiday Market. 10 a.m.-4 p.m. in the Colasanto Center, 2704 Mount Vernon Ave. The Del Ray Artisans will offer handmade work from local artists, handmade ornaments and bake sale items to benefit the Animal Welfare League of Alexandria. Free. Visit www.TheDelRayArtisans.org.
- Theater Performance. 10:30 a.m. at W-3 Theatre at the Workhouse Arts Center, 9601 Ox Road, Lorton. Arts on the Horizon presents "Drumming with Dishes: The Holiday Edition." \$8/child and adults. Visit www.arts onthehorizon.org for tickets. Scottish Walk Parade Open House.
- 11 a.m.-4 p.m. at Stabler-Leadbeater Apothecary Museum, 105-107 S. Fairfax St. Enjoy free tours and browse items that were used during the time of George Washington. Visit www.alexandriava.gov/historic/ apothecary/default.aspx or 703-746-3852
- Watercolor Show and Sale. 4-7 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Over 50 participating artists from the Torpedo Factory will be selling their works All artists are students of Gwendolyn C. Bragg. Free. 703-765-4573, TTY: 711.
- Country-Western Dance. Lessons start at 6:30 p.m., dancing from 7:30-10 p.m. at Lincolnia Senior Center, 4710 N. Chambliss St. A DJ provides music. Couples and singles welcome. \$10/NVCWDA member; \$12/non-member; \$5/child. Visit www.nvcwda.org or 703-860-4941. Bring own non-alcoholic drinks.
- Music Concert. 7 p.m. at St. Aidan's Episcopal Church, 8531 Riverside Road. Canadian folk singer James Keelaghan will perform. \$18/general; \$15/advance. Visit www.focusmusic.org.
- Honky Tonk Holiday Show. Bill Kirchen & Too Much Fun performs at The Birchmere Music Hall, 3701 Mount Vernon Ave. Visit www.birchmere.com or 703-549-7500 for tickets.

Benefit Concert. 8:15 p.m. at Immanuel Church-on-the-Hill, 3606 Seminary Road. The Singers' Theater of Washington will perform popular



MVCCT Auditions

The Mount Vernon Community Children's Theatre will hold auditions the evenings of Dec. 9 and 10 for MVCCT's upcoming production of Shakespeare's "Much Ado About Nothing." Originally published in the 1600s with the main characters returning from war, Heather Sanderson will direct an updated version of the play that is set in 1982 Italy as the characters return from the World Cup. Teens 12-18 years old can register online at mvcct.org and auditions will be held at Heritage Presbyterian Church, 8503 Fort Hunt Road, Alexandria, For additional audition information email admin@mvcct.org.

arias from composers including Rossini, Puccini, Wagner and more. \$20/admission is suggested. Visit www.singerstheatre.com.

- Father Christmas Photos. 10 a.m.-3 p.m. at Gadsby's Arcade, 320 King St. Children and dogs can take photos with Father Christmas. \$10 for polaroid-like photos and \$5 donation for your own photos. Proceeds benefit Gadsby's Tavern. 703-746-4242.
- Kwanzaa Family Fun Workshop. 11 a.m.-12:30 p.m. at Alexandria Black History Museum, 902 Wythe St. Learn about Kwanzaa through games, songs and more. \$5/person. Visit oha.alexandriava.gov/bhrc/ or 703-746-4356.
- Christmas at Carlyle House. Noon-4 p.m. at Carlyle House, 121 N. Fairfax St. Tour a holiday-decorated house, talk to soldiers from the 1st Virginia Regiment during 1761, enjoy demonstrations, samples and more. \$5/person. 703-549-2997.
- Winter Wreath Workshop. 1-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. Create a beautiful winter wreath to take home for your front door after Green Spring staff demonstrate the dazzling possibilities. Greens, forms, ribbons and cones included with additional \$20 supply fee. Code: 290 484 6901, \$35/person. Register on-line at

www.fairfaxcounty.gov/parks/ greenspring or call Green Spring Gardens 703-642-5173. Ornament Decorating Workshop. 1-4 p.m. at Alexandria Archaeology

- in the Torpedo Factory, 105 N. Union St. Families can decorate an artifactshaped dough ornament. Free. 703-746-4399
- Home for the Holidays Pops **Concert.** 2 p.m. or 7:30 p.m. at Alexandria Singers, 1801 N. Quaker Lane. The Alexandria Singers will perform. \$25/reserved seats: \$20/ general; \$15/group, senior or military; \$5/child age 6 and under. Visit www.alexandriasingers.com/ or 703-941-7464.
- Ballet Performance. 2:30 p.m. and 6:30 p.m. Alexandria Community Dance and West Potomac Academy present "The Nutcracker" at West Potomac High School theater, 6500 Quander Road. \$12/adult; \$10/ student in advance or \$15/adult; \$12/student at the door. Military members can get tickets for \$10 with proper ID for the 6:30 p.m. show. Visit www.alexandriadance.com.

Holiday Treat Cooking Class. 9:30

www.ConnectionNewspapers.com

a.m. or 11 a.m. on Dec. 7 at PetSage, Inc., 23091 S. Dove St. Learn how to bake treats for cats and dogs. Reservations required. Visit www.petsage.com or 703-299-5044. Holiday Concert. 8 p.m. at George

- Washington Masonic Memorial Theatre, 101 Callahan Drive. Alexandria Choral Society will perform "Songs of the Season: The Mystery of the History." \$25/adult; \$15/senior, military; \$10/student; children under 13 are free. There will be a reception following. Visit www.alexandriachoralsociety.org or 703-232-1664.
- **Music Performance and Toy** Donation. 7:30-9 p.m. at L&B Pizzeria, 5401 Mapledale Blvd., Manassas. Fuse Box will perform during the event. Bring an unopened toy or make a \$10 donation. Visit www.fuseboxband.net.

SATURDAY-THURSDAY/DEC. 7-12

Tree Decorating Contest. Decorate a tree with friends and neighbors or business between Dec. 7-12 at the Fountains at Washington House, 5100 Fillmore Ave. RSVP for a tree at 703-845-5000.

SUNDAY/DEC. 8

- Theater Performance. 11 a.m. at W-3 Theatre at the Workhouse Arts Center, 9601 Ox Road, Lorton. Arts on the Horizon presents "Drumming with Dishes: The Holiday Edition." \$8/child and adults. Visit www.artsonthehorizon.org for
- tickets. Breakfast with Santa. 10:30 a.m. or 1 p.m. at the Hotel Monaco, 480 King St. Metropolitan School of the Arts will host the breakfast. Tickets range in price from \$35-\$45/person. Visit www.metropolitanarts.org for tickets.

Holiday Market. Noon-4 p.m. in the Colasanto Center, 2704 Mount Vernon Ave. The Del Ray Artisans will offer handmade work from local artists, handmade ornaments and bake sale items to benefit the Animal Welfare League of Alexandria. Free. Visit www.TheDelRayArtisans.org.

Watercolor Show and Sale. Noon-4 p.m. at Hollin Hall Senior Center. 1500 Shenandoah Road. Over 50 participating artists from the Torpedo Factory will be selling their works. All artists are students of Gwendolyn C. Bragg. Free. 703-765-4573, TTY: 711.

Gardeners' Holiday Open House.



Half-Priced Gift Cards ~Only on Monday, December 9th~

Buy a \$50 gift card for \$25 Buy a \$100 gift card for \$50 Buy a \$200 gift card for \$100 and so on

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Mount Vernon Gazette 🛠 December 5-11, 2013 🛠 21

FIRST NIGHT **ALEXANDRIA**®

DECEMBER 31, 2013 An Old Town New Year's Eve Party

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Badge and schedule information at FirstNightAlexandria.org



BOYS & GIRLS CLUBS OF GREATER WASHINGTON FAIRFAX COUNTY REGION

The mission of Boys & Girls Clubs of Greater Washington is to help boys and girls of all backgrounds, especially those who need us most, build confidence, develop character and acquire the skills needed to become productive, civic-minded, responsible adults.

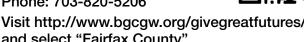
BGCGW's Fairfax County region includes the Culmore Character Club and Murraygate Village Club, serving 582 members a year. On average, 120 youths come through the doors every day during the school year.



Meet Henry Lopez, 2013 National **Boys & Girls Clubs Virginia Youth** of the Year, who grew up with the **BGCGW Culmore Character Club** for 14 years. Henry now attends George Mason University on an Honor Scholarship studying computer engineering.

Join in our annual giving campaign:

For more information, E-mail wkang@bgcgw.org Phone: 703-820-5206



and select "Fairfax County'

ENTERTAINMENT

Noon-4 p.m. at Green Spring Gardens, 4603 Green Spring Road. This festive day is for gardeners of all ages, individuals and families. Admission is free. There will be a Holiday Puppet Show by Bob Brown (tickets for the 2 p.m. show are \$3/ person and can be purchased in advance using Code: 290 489 4301), festive greens and tree ornaments for sale, a vintage train display, seasonal breads for sale, and complimentary refreshments. There will be a whimsical gingerbread house contest. Get your Gingerbread House contest entry form at www.greenspring.org on the Special Events page. Call 703-642-5173 for more information.

- Book Launch Party. 1-3 p.m. at Chinquapin Park Recreation Center. 3210 King St. Alexandria resident Shannon Jones will sign copies of her book. There will also be story time, pizza and gelato, face painting, activity stations and more. Free. Visit www.keekeesbigadventures.com.
- Music Performance. 3 p.m. The Washington Metropolitan Philharmonic will perform at T.C. Williams High School, 3330 King St. \$20/adult; 18 and under free. Visit www.wmpamusic.org or 703-799-8229
- Chorale Performance. 4 p.m. at Alexandria Campus of Northern Virginia Community College, 3001 N Beauregard St. New Dominion Chorale will perform works by Benjamin Britten and Thomas Beveridge. Special guest chorus World Children's Choir will perform along with other guests. \$30/adult; \$25/senior; \$5/student, child; \$20/ groups of 10 or more. Visit www.newdominion.org or 703-442-9404.
- Christmas in Cape Breton." 7:30 p.m. at Birchmere Music Hall, 3701 Mount Vernon Ave. Natalie MacMaster is an award-winning fiddler. \$39.50. Call 703-549-7500 or visit www.birchmere.com

MONDAY/DEC. 9

- Tavern Toddlers: Rhythm and Music. 10:30-11:30 a.m. at Gadsby's Tavern Museum, 134 N. Roval St. Toddlers through 36 months can enjoy storytime, dancing, crafts and more. \$7/group of three. Visit www.alexandriava.gov/ GadsbvsTavern.
- Garden Sprouts: Welcome Winter. 11 a.m.-noon at Green Spring Gardens, 4603 Green Spring Road. Preschool children ages 3-5 with accompanying adult. Tour the garden to see the changes that winter brings. Learn why some animals stay and others migrate or hibernate. Make a winter landscape to take home and a pinecone feeder for the birds that remain. Code: 290 481 4401, \$6/ child. Register on-line at www.fairfaxcounty.gov/parks/ greenspring or call Green Spring
- Santa Railway Express. 1:25 p.m., depart King Street Station and return at 3:30 p.m. Ride the train with Santa and Mrs. Claus. \$27.50, tickets sold exclusively at Whistle Stop Toy & Hobby, 1719 Centre Plaza. Visit www.whistlestophobbies.com or 703-549-4912.

TUESDAY/DEC. 10

December.

Living Legend Nominee Introduction and Concert. Meet the nominees at a reception starting at 6:30 p.m. and during the concert at 7:30 p.m. at the Northern Virginia Community College's Winter Concert at the Schlesinger Center, 3001 N. Beauregard St. Free. The 2014 Legends will be selected later in

WEDNESDAY/DEC. 11

Music Performance. 7:30 p.m. at



Artisan Cathy Harl, left, showcases her latest works to shoppers Patricia Harl and Pat Libhart at last year's Holiday Market to benefit the city's women's programs.

Shop 'Til You Drop

More than 30 female artisans will showcase their crafts Dec. 8 at the 16th Annual Women's Holiday Art Show in support of the City of Alexandria's Domestic and Sexual Violence Services.

Sponsored by the Alexandria Commission for Women and Friends of the Commission for Women, the free event will be held at the Charles Houston Recreation Center, 905 Wythe St., 1-5 p.m. Holiday shoppers can enjoy complimentary refreshments as they browse a selection of high-quality, handcrafted pottery, clothing, jewelry, accessories and gifts in support of the city's programs for women. Restaurant gift certificates and other items will be raffled off throughout the event.

The Holiday Market will also serve as a collection point for unwrapped toys and gifts for the children of clients of the Alexandria Battered Women's Shelter. Tax-deductible contributions are also welcome. Call LaToshia Love at 703-746-3123 or visit www.alexwomen.com

— Jeanne Theismann

Birchmere Music Hall, 3701 Mount Vernon Ave. The Wooten Brothers will perform for all ages. \$35. Visit www.birchmere.com or 703-549-7500

Special Holiday Shopping Night. 5-8 p.m. at the museum store in The Lyceum, 201 S. Washington St. Enjoy giveaways while browsing inventory that is 30 percent off. Visit shop.alexandriava.gov to shop online.

THURSDAY/DEC. 12

2nd Thursday Art Night: Decadent December. 6-9 p.m. at Torpedo Factory Art Center, 105 N. Union St. Do some holiday shopping while tasting chocolate and wine. There will be handcrafted ornaments, a DIY craft station and a musical performance by chamber choir Pro Coro Alexandria. Free. Visit www.torpedofactory.org or 703-838-4565.

Opening Reception and Meet the Artist. 6:30-8 p.m. meet Thien-Kim Pham and see his exhibit "Portraits of People Who Live and Work on the Streets" in studio 21 at the Torpedo Factory, 105 N. Union St. A portion of the sales will be donated to a local charity related to the subject matter depicted in the piece. Visit www.theartleague.org or 703-683-1780.

Spirit of the Season Concert. 7 p.m. at T.C. Williams High School, 3330 King St. The United States Air Force Concert Band and Singing Sergeants will perform. Free, but tickets are required. Visit www.usafband.af.mil or 202-767-5658.

Music Performance. 7:30 p.m. at The Birchmere Music Hall, 3701 Mount Vernon Ave. Rick Springfield performs. Tickets are \$69.50. Visit www.birchmere.com or call 703-549-7500 for tickets.

Reception. 6:30-8 p.m. meet some of the artists of "IMPART," a project that is a collaboration between The Art League and the Wounded Warriors at Ft. Belvoir. Features ceramics by eight artists showcased at The Art League in the Torpedo Factory, 105 N. Union St. Visit www.theartleague.org.

THURSDAY-SUNDAY/DEC. 12-15

Living Christmas Tree. First Baptist Church of Alexandria, 2932 King St., presents the Living Christmas Tree. Showtimes are Thursday and Friday at 7:30 p.m.; Saturday at 2:30 p.m., 5 p.m. and 7:30 p.m., and Sunday at 2:30 p.m. and 5 p.m. \$7/person. No children under 4. Childcare is available upon request. Visit www.fbcalexandria.org/LCT for tickets.

FRIDAY/DEC. 13

Music Performance. See Mint Condition at The Birchmere Music Hall, 3701 Mount Vernon Ave. 7:30 p.m. \$55. Visit www.birchmere.com or 703-549-7500 for tickets.

- Holiday Market. 6-9 p.m. in the Colasanto Center, 2704 Mount Vernon Ave. The Del Ray Artisans will offer handmade work from local artists, handmade ornaments and bake sale items to benefit the Animal Welfare League of Alexandria. Free. Visit www.TheDelRayArtisans.org.
- A Christmas Medley. 7 p.m. at The Athenaeum, 201 Prince St. Readings of holiday poems, stories and remembrances by Frederick Douglass, Frank O'Connor, William Shakespeare and others. \$10. Visit www.visitalexandriava.com.
- **Community Open House.** 2:30-4 p.m. at the Fountains at Washington House, 5100 Fillmore Ave. The best decorated tree will be chosen. 703-845-5000.

www.ConnectionNewspapers.com

Gardens 703-642-5173.

Engleside Clinic To Move into Larger Facility

From Page 1

sion of its Engleside clinic early next year. The revamped Engleside Internal Medicine will open the doors of its new, larger facility on Richmond Highway during the week of Jan. 11.

It was under the Affordable Care Act that the Health Resources Services Administration (HRSA) awarded the New Access Point (NAP) grant to ANHSI, which has been treating patients in the Arlington and Alexandria communities since 1997.

"We are a federally qualified health center that provides healthcare to both patients with insurance and those without insurance," said Dr. Basim Khan, ANHSI medical director. "We see people with Medicare, Medicaid and from all sorts of private insurance. We also have a sliding fee system for patients without insurance."

Between all of its health centers, ANHSI provides full health care for men, women and children of all

ages. According to Executive Director Martha Wooten, its mission statement is "to provide accessible, coordinated, community based primary health care, including behavioral health and oral health, to people in Alexandria and surrounding communities."

Wooten added that the organization strives to be the community's premiere health center so that residents of Alexandria and its surrounding neighborhoods will choose ANHSI clinics first without worrying about insurance coverage.

"Our goal is to be the primary care provider of choice for the whole community," Wooten said. "Our focus is to be a Medical Home for our patients where they can access high quality, comprehensive, community-based care regardless of their insurance status."

ANHSI patients want for nothing when it comes to healthcare, according to Khan. The clinics are equipped with the resources to address all healthcare needs for a wide spectrum of patients.

"In Arlington, Alexandria, and at our Engleside location in Fairfax County, we have comprehensive services," Khan said. "We do basic primary care, women's health



Dr. Ali Shahcheraghi (left with blue shirt) and members of his staff at Engleside, including Courtney Riggle, behavioral therapist.

seniors and complex medical care for those with multiple chronic conditions."

He said the Engleside clinic provides limited care now, but will soon expand to a comprehensive healthcare center at its new location next year. Currently, ANHSI serves around 15,000 patients, but the patient base is expected to grow substantially over the next couple of years.

The expansion of Engleside will be one ac-

complishment in ANHSI's quest to become a true patient community, where all people in the community, regardless of their health, socioeconomic or insurance status, will feel comfortable addressing their health. Khan said ANHSI at large is applying for certification from the National Committee of Quality Assurance, to officially be recognized a Patient Centered Medical Home.

"Features of this model will include same including annuals and pap smears, care for day or next day appointments with a



Dr. Basim Khan, medical director with Nurse Navigator Jessie Gonzalez and two medical assistants.

> patient's own primary care provider," Khan said.

The ANHSI health centers are already well on their way to achieving this standard with an online patient portal and advanced technology they are already utilizing.

"We have a laboratory and an EKG available on sight," Khan said. "We already have an after hour advice line as well. Our online patient portal gives patients the ability to communicate with their provider in a secure manner online. Through the portal, patients can access their labs or request refills."

Meanwhile, Engleside's initial step in its expansion process was three months ago, when a general physician joined the practice. The addition of Dr. Ali Shahcheraghi, an internal medicine physician, was just the beginning of Engleside's transformation.

"Dr. Ali Shahcheraghi joined the Engleside practice three months ago," Khan said. "In addition, there is a behavioral health counselor on site. With funding from the New Access Point grant, there will be an additional physician, nurse practitioners, dental services, and an expansion of behavioral health services. The practice will move to a larger building on Richmond Highway to accommodate this expansion of services."

Nyrma Hernandez, development director, has been with ANHSI since its early days and said she looks forward to another period of great progress. Community and patient support, she said, has been every bit as important as the federal funding in ANSHI's growth and success.

"I joined ANHSI in 1999 when it was two years old and it was very, very small," Hernandez said. "I have been very fortunate to experience all the development, growth and the impact on people's lives as well as experienced the incredible generosity of our community — a community that values this organization and supports it wholeheartedly."

She also added that this will not be the last growth spurt for the ANHSI health centers, whose mission can touch so many lives in northern Virginia.

"As a community health center, we have a very strong foundation to continue to build and reach out to residents in South Fairfax County who need our services," Hernandez said. "Together, with county partnerships already in place, we will again achieve our goal of increased access to comprehensive, quality and compassionate health care."

CRIME

The following incidents were reported by the Mont Vernon District Police.

ROBBERY, 3800 block of Joshua Place, Dec. 2, 6:38 p.m. A woman was walking when she was approached from behind by a man. The suspect pushed the woman to the ground and took her purse. The victim did not require rescue. The suspect was described as black, 20s, and about 5 feet 11 inches tall.

BURGLARY, 3300 block of

Beechcraft Drive, Dec. 2, 7:30 p.m. A resident reported someone entered the residence, took property and had just fled. Responding officers caught the fleeing burglars. A 25-year-old man from Mount Vernon, and a 25-year-old man from La Plata, Md., were each charged with burglary.

ASSAULT/WEAPON, 8200 block of Claremont Woods Drive, Nov. 29, 4:18 a.m. A 32-year-old man responded to a local hospital with gunshot wounds to the upper body and to the lower body.

Police have determined that the incident occurred in the 8200 block of Claremont Woods Drive. While suspect information is unavailable at this time, police are investigating the possibility that the suspect and victim were known to each other.

ROBBERY, Highland Lane/ Woodlawn Street, Nov. 26, 9:06 p.m. A woman was walking when a man grabbed her purse and fled on foot. There were no injuries. The suspect was described as black, 30s, about 6 feet tall

26, 10 p.m. A man was walking when he was assaulted from behind and property taken from him. The victim sustained a non-life threatening injury. The suspects were described as five men.

ROBBERY, 6300 block of South Kings Highway, Nov. 27, 7:51 p.m. Two men entered a convenience store and took beverages. The suspects assaulted an employee while they fled. There were

no life-threatening injuries. The first suspect was described as black, 20-23, and about 5 feet 8 inches. The second suspect was described as Hispanic, 18-20, and about 5 feet 7 inches.

LARCENIES:

6300 block of Richmond Highway, business. CDs from 6900 block of South Kings Highway, cigarettes from residence 1600 block of Belle View Boulevard, beer from business

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and weighing 180 pounds. **ROBBERY**, 7800 Bluebird Lane, Nov.



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Community Fun Fair

Families and neighbors came out to enjoy Woodlawn United Methodist Church's community fun fair in September.



Jade Tukan paints her name on the welcome wall outside the church.

Bulletin Board

From Page 6

703-765-3645

EBook Workshop. 1 p.m. at John Marshall Library, 6209 Rose Hill Drive. Adults can bring their eBook reader and library card and get any questions answered. Free. 703-971-0010.

MONDAY/DEC. 9

Auditions. Teens age 12-18 can audition for MVCCT's teen production of "Much Ado about Nothing" at Heritage Presbyterian Church, 8503 Fort Hunt Road. Register for a slot at mvcct.org.

TUESDAY/DEC. 10

Google Plus. 7 p.m. at Sherwood Library, 2501 Sherwood Hall Lane. Learn how to use maps, videos, pictures and more on Google. Free. 703 765-3645

One-on-One Internet/Computer Training. 8 p.m. at Martha Washington Library, 6614 Fort Hunt Road. Adults can get help with basic skills. Call for appointment. Call 703-768-6700. uditions. Teens age 12-18 can audition for

MVCCT's teen production of "Much Ado about Nothing" at Heritage Presbyterian Church. 8503 Fort Hunt Road. Register for a slot at mvcct.org.

WEDNESDAY/DEC. 11

English Conversation. 10:15 a.m. at Kingstowne Library, 6500 Landsdowne Centre. Adults can converse with other adults learning English. Free. Call 703-339-4610.

THURSDAY/DEC. 12

- English Conversation. 10:30 a.m. at Sherwood Library, 2501 Sherwood Hall Lane. Adults can converse with other adults learning English. Free. 703-765-3645.
- English Conversation. 2 p.m. at John Marshall Library, 6209 Rose Hill Drive. Adults can converse with other adults learning English.



Jay Highsmith plays with his nephew Ky'uri Slade during the community fun fair.

Free. 703-971-0010.

English Conversation. 7 p.m. at Sherwood Library, 2501 Sherwood Hall Lane or Kingstowne Library, 6500 Landsdowne Center. Adults can converse with other adults learning English. Free. 703-765-3645.

FRIDAY/DEC. 13

English Conversation. 10:30 a.m. at Sherwood Library, 2501 Sherwood Hall Lane. Adults can converse with other adults learning English. Free. 703-765-3645.

SATURDAY/DEC. 14

English Conversation. 10:30 a.m. at Sherwood Library, 2501 Sherwood Hall Lane. Adults can converse with other adults learning English. Free. 703-765-3645.

TUESDAY/DEC. 17

One-on-One Internet/Computer Training. 8 p.m. at Martha Washington Library, 6614 For Hunt Road. Adults can get help with basic skills. Call for appointment. Call 703-768-6700.

WEDNESDAY/DEC. 18

English Conversation. 10:15 a.m. at Kingstowne Library, 6500 Landsdowne Centre. Adults can converse with other adults learning English. Free. Call 703-339-4610.

FRIDAY/JAN, 10

Application Deadline. The Mount Vernon Council of Citizens Associations (MVCCA) is seeking to recognize a high school senior from Mount Vernon HS, South County SS and/or West Potomac HS, who demonstrates personal achievement through community involvement. volunteer work, and/or exceptional civic duties. The award will be made during the MVCCA Annual Gala on April 26, 2014. Visit www.mvcca.org

Mount Vernon Gazette & December 5-11, 2013 & 25





Election Aftermath: 'Getting it Right in Fairfax'

From Page 7

glaring error."

Votes were temporarily underreported when a voting machine in Bailey's Crossroads malfunctioned early on Election Day. Although the machine was later repaired, an election official grabbed the totals generated when the machine broke down, rather than the final tally - a much larger number for Herring.

Schoeneman's transparency and his willingness to explore what went wrong on election night thrust him into the epicenter of partisan politics.

While his actions earned him the respect of many Democrats, both locally and nationally, Schoeneman also earned the wrath of some in his own party, who weren't happy that Fairfax County's revised count turned the tide in favor of Democrat Mark Herring.

"Anyone who knows Brian knows that he is honest to a fault, and will do everything in his power to make the (election) process as fair and transparent as possible," said Cameron Quinn, Fairfax County's general registrar.

Chris Sanders, a local Twitter follower, said he was impressed by Schoeneman's candid responses during the election. "He is a stand-up guy, even though we don't have the same politics," Sanders said.

On Nov. 25, the Virginia State Board of Elections certified election results with Herring defeating Obenshain by a mere 165 votes out of more than 2 million cast statewide. Obenshain has requested a recount, which is expected to be held in mid-December.

The "found" absentee ballots and the approved provisional ballots resulted in a 975vote new swing in favor of Democratic nominee Mark Herring. In fact, the additional votes from Fairfax County were the single biggest factor in Herring edging out Obenshain in the final certified tally.

The headline-making story spawned conspiracy theories by political activists on both sides of the aisle. While Schoeneman said he was just doing his job by making certain that every vote counted, others in his party saw it differently.

Jeanine Martin, on The Bull Elephant blog, asked "Why is Brian Schoeneman, who purports to be a Republican, helping Democrats by extending this deadline?"

OBITUARY

Harry Louis Shackelford, Jr

arry Louis Shackelford, Jr., died who died in 2000. Harry later fell in love on Sunday, Nov. 24, 2013, at his home in Alexandria. He was 72. Harry was a 1965 graduate of the U.S. Naval Academy, and a 1981 graduate of the Pensacola, Fla. and earned his wings in U.S. Naval War College. Harry proudly 1966. He began his flight career piloting Sserved in the Navy for more than 20 years, and in the 1980s he served on the staff of the Joint Chiefs of Staff in Washington, D.C. after decades in posts across the nation.

During his career in the Navy, Harry met his first wife Brenda Logan Shackelford,

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Brian W. Schoeneman @BrianSchoeneman

To respond to rumors going around, there are zero - o - ZERO uncounted absentee ballots in Fairfax County. We completed our count last night

🛧 Reply 🔂 Retweet 🔺 Favorite 👓 More

Brian Schoeneman, Secretary of the Fairfax County Election Board, took to Twitter throughout Election Day and in the days following the election, to communicate with political observers who questioned the discrepancy between requested absentee ballots and actual vote counts in the statewide elections. Schoeneman's now infamous "zero" tweet, posted on Wednesday, Nov. 6, went viral and sparked a fast and furious twitter sphere debate.

Martin was referring to the Election Board's unanimous decision to extend the provisional ballot deadline through Tuesday, Nov. 12, a full week after the Nov. 5 election, while other Virginia counties were adhering to a deadline at 1 p.m. on Friday, Nov. 8.

That decision earned Schoeneman the scorn of Republican party officials throughout the state.

"What happened in Fairfax over the last week, culminating in tonight's announcement of a reversal in fortunes of the Virginia Attorney General candidates, was a travesty," wrote Steve Albertson, vice chairman of the Stafford County Electoral Board, in his blog. "... In doing so they raised a giant middle finger to the rest of us."

Schoeneman said it stung to have members of his own party question his integrity. "These folks knew better. They've worked

with me for years, and they know I'm honest and willing to address any complaints. "One of the downsides to politics is that

there are some folks — and they exist on both sides of the aisle — who want to turn everything into a 'good vs. evil' battle where everybody with one letter after their name is good and the other side is evil," Schoeneman said.

Schoeneman also said there were some Republicans who questioned his attempts at transparency and responsiveness through

2 Grumman Trackers as part of the VS-28

"Gamblers" carrier anti-submarine squad-

val Air Station in Corpus Christi, Texas, and

later served aboard the U.S.S Intrepid as

He became a flight instructor at the Na-

ron based in Quonset Point, R.I.

vives him.

social media such as Twitter and Facebook.

J Follow

"When I made that 'zero' tweet, I was trying to tamp down the rumors that we had missing ballots or missing votes — and by missing I mean physically not present, like a box of ballots lying around somewhere that hadn't been counted. I had confirmed with the staff that this wasn't the case," Schoeneman said.

"And I was right," Schoeneman added, "we didn't have missing ballots. We did have a major tabulation error that inadvertently left 3,000 or so votes off the results sheet, which we caught and corrected. So both sides were right — there were votes that hadn't been reported, but my tweet was also accurate, because we didn't have any missing ballots that hadn't been counted in the 8th."

Looking back on election night, Schoeneman said he doesn't regret his infamous tweet, or any other tweets that gave the public a chance to "see into the factory where the sausage is being made."

"When folks are that cynical, it's hard to crack through to convince them that their preconceived notions about politics are wrong. I hope I was able to do that for a few people on the left — prove to them that there are Republicans out there who care about the rules, getting it right and being fair ... I want the average voter to know that their vote counts."

Asked if he would do anything differently on election night, Schoeneman replied that he thought the process could be improved with enhanced communication to election chiefs.

"The one thing I know we need to do differently and would have done differently is to get our chiefs and coordinators the spreadsheet we had that included all of the mail-in absentees and absentee-in-person ballots cast by Congressional District. Had our folks in the 8th District Central Absentee Precinct had that information, they could have figured out right away that their numbers were off," he said.

Ironically, it wasn't supposed to be Schoeneman sitting in that hot seat this highly partisan election.

Last February, Schoeneman was representing the Fairfax County Republican Committee in a lawsuit stemming from the 2012 election when the term of election board member Hans von Spakovsky, a Republican former member of the George W. Bush administration, was up.

Von Spakovsky, a political lightening rod for his controversial research on voter fraud, was the local Republican Party's first choice to remain on the board. Although it's almost unheard of for the panel of circuit court judges to refuse a party's first choice, the panel bypassed von Spakovsky.

Instead, they picked the party's second choice: Brian Schoeneman.

"Did I ever think I'd be sitting here as an election officer? No, absolutely not. But I'm here, and I'm committed to transparency. Call it 'Getting it right in Fairfax.' That's kind of my new slogan," Schoeneman said, smiling.

An avid Orioles fan, Schoeneman compared the events of election night, and the subsequent fallout from the Attorney General's saga to the World Series.

"We had a good night on Tuesday night, and a couple of nights where I thought we were in real trouble, but we patched things together and got it done," Schoeneman said. "Given that we didn't completely wrap up the process until 10 minutes before the deadline on Tuesday the 12th, the whole process felt like coming down to the last pitch of the last inning of Game 7 of the series, and having your guy hit a walk off single to win the game. And it was that stressful the whole time, too."

the Air Wing Landing Signal Officer. In the 1970s Harry served as the Officer in Charge of the Training Support Unit for the fleet's transition to the Lockheed S-3A Viking at Cecil Field in Jacksonville, Fla. He retired from the Navy in 1986 having achieved the rank of Commander.

had a successful career in the defense contracting industry eventually retiring in 2011 as vice president and general manager of General Dynamics Information Technology's Worldwide Technology Solutions Sector. He was a leader in the development of new and

creative training techniques for military applications and managed a large organization that included foreign sales operations, information technology and aviation engineering.

He was born Oct. 31, 1941 in Wilson, N.C., and grew up on his family's farm in Greene County, N.C. Harry was a lifelong fan of the Washington Redskins and University of North Carolina Tar Heels, as well as Navy's athletic program. He enjoyed spending time at his beach house in Atlan

See Obituary, Page 30

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with and married Karen McGinn, who sur-Harry attended flight training in

After his retirement from the Navy, Harry

Wellbeing

Combating Holiday Stress Local experts suggest turning to yoga and meditation to relax.

By Marilyn Campbell The Gazette

arybeth Montoro says her entire body relaxed as she lay stretched out on a yoga mat for savasana, a relaxation pose, at Pure Prana Yoga Studio in Alexandria, while her yoga instructor guided the class through a breathing practice.

"That is where I first learned to meditate," said Montoro. "I was going through a stressful time. The teacher would guide us through it, teaching us how to meditate with our breath. At the end of class we did a clear mind meditation where you watched the thoughts float out of your mind like clouds."

The holiday season brings merriment and festivity, but it can also bring stress and fatigue. A study by the American Psychological Association showed that 61 percent of Americans experience stress frequently during the holidays, while 68 percent experience frequent fatigue. Mental health experts say meditation and restorative yoga can be effective methods for dealing with both.

"Meditation and restorative yoga is a good way to deal with and relieve the symptoms of stress, and I highly recommend it because it has a relaxing effect on the body," said

Linda Gulyn, Ph.D., professor of psychology at Marymount University in Arlington.

However, she said, "It is important that people look at the root causes of stress. In the long-term you need to look at what's wrong in your life."

Kathy Judd, a yoga instructor at 532Yoga in Alexandria, agrees that yoga is beneficial. "Because we are pulled in so many different directions during the holidays, we're less likely to be nourishing ourselves, and we're putting toxins in our body," she said. "Restorative yoga and meditation can allow us to come back to what every day."

we're feeling and what we're thinking." Judd said her meditation practice consists

of rolling out of bed and sitting for 10 minutes on a pillow or blanket, closing her eyes and watching her breath. "Meditation provides a buffer between something stressful happening and my reaction to it," she said. "A regular meditation practice helps me to witness all of the business like traffic, crowded holiday shopping, people fighting for parking spaces ... like it is a really interesting television show."

Even a five-minute meditation is effective. especially if it is done repetitively in this way, said Sara Vandergoot, co-owner and director of yoga at Mind the Mat Yoga &

Pilates in Alexandria and Arlington. "It can become habitual, like taking a shower. You don't feel right unless you've done it. It is a cumulative effect of maintaining clarity and calm. That is why it is important to do it yoga, which "is generally done with props

"Restorative yoga is about relaxing deeply into a gentle yoga pose, nothing really challenging." - Sarah Vandergoot, of Mind the Mat Yoga & Pilates

Vandergoot teaches private one-on-one meditation sessions and incorporates the practice into her yoga classes. "Studies have shown that [when] the mind quiets, the nervous system calms and that mental clarity is the result of the mind focusing on one thing," she said. "One technique of meditation is the focus on one mantra or affirmation such as 'may I be happy.' Another technique is focusing on the breath coming in and out of your nose or focusing on a single object like a candle flame."

One challenge that those just starting to meditate might face is an inability to control a wondering mind, said Vandergoot. "A tool to help beginners when your mind

wanders is focusing on one object or mantra," she suggested. "Saying 'ho-hum' in your mind is good for beginners."

Vandergoot also focuses on restorative like blankets, blocks and bol-

sters. It is really calming and rejuvenating for the nervous system. If you're tired in the afternoon and you're thinking 'I'd really like to take a nap,' it is amazing that even 15 minutes of restorative yoga can make you feel rejuvenated and refreshed.

"It's good to use props," she said, so the body is supported and isn't straining. "The body lets go. It's about releasing deepseated tension in the body."

Yoga instructor Jill Minneman, a member of the board of directors at the Give Back Yoga Foundation, created a two-hour restorative yoga workshop, designed specifically for holiday-related stress. She guides students through a series of relaxation poses in a candle-lit room. "Stress is like garbage: It builds up and you have to get rid of it," she said. "Restorative yoga is designed to release stress through a variety of passive yoga postures, breathing and even some meditation to help release tension in the mind and body."





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Sports Inexperienced West Potomac Trying To Find Its Way

Wolverines lost many talented athletes from last year's team.

By Jon Roetman The Gazette

or West Potomac seniors Austin Treakle and Lennon Young, the memory of last season's loss to South County in the opening round of the Patriot District tournament serves as motivation to avoid another early playoff exit.

For most of the Wolverines, however, transitioning to the varsity level is a challenge they must first tackle before envisioning postseason glory.

The 2013-14 West Potomac boys' basketball team is light on experience and star power. Last year's team earned the No. 2 seed in the district tournament, but failed to get past the first round as the Wolverines were upset by No. 7 South County, which got hot at the end of the season and reached the region semifinals. Gone from that team are standout point guard Brandon Pressley (graduated), athletic guard DeMornay Pierson-El (focusing on playing



West Potomac senior point guard Austin Treakle, right, is stepping into a leadership role this season.

football at the University of Nebraska) and scoring threat Kwame Camon (transferred). What's left is a group athletes finding their way

"We recognize that it happened, but we're not the same team," head coach David Houston III said when asked if he uses last season's loss to South County as motivation. "We're our own team. ... That team last year had a really great season ... we're just trying to make our own way."

While West Potomac lacks a dominant player, Houston said he hopes to use 10 or 11 athletes each game and wear opponents down. Treakle and Young are two of West Potomac's top returning athletes and should play major roles.

Treakle, a 5-foot-3 point guard, will get his first chance to start at the varsity level after playing behind Pressley.

"Last year, I kind of took a backseat to Brandon, taking witness of his leadership,' Treakle said. "Now this year I have to step up and talk to everybody. ... It has definitely been a learning experience. We've slowly been getting bet-

"We're our own team.... That team last year had a really great season ... we're just trying to make our own way." - West Potomac boys' basketball coach David **Houston III**

Young is a

ter."

6-foot-6 post whose personal goal is to get three dunks this season. From a team standpoint, he wants to make

See Wolverines, Page 29

Mount Vernon Girls' Basketball Stumbles in Season Opener

Majors lose to strong Centreville team, 60-32.

By Jon Roetman The Gazette

f members of the Mount Vernon girls' basketball team needed a reminder that the Majors lost an abundance of talent and experience to graduation, Tuesday's season-opener should have done the job.

Mount Vernon lost to Centreville 60-32 on Dec. 3 at Centreville High School. The Wildcats returned several key players from last year's region final four team, including William & Mary signee Jenna Green, and looked like a group capable of making another deep postseason run.

Centreville led 12-3 at the end of the first quarter and, with the help of a 15-0 run, built a 34-10 halftime advantage.

Mount Vernon head coach Courtney Coffer was not pleased with his team's effort.

"It's exactly what I thought: We're not where we need to be right now," he said. "... We make the same mistakes over and over and over. We turn the ball over like it's our job. We don't execute anything. We don't like physicality at all, so if we play a team that's going to be physical with us, we're going to back down at this point.

"We've got a lot of young kids that don't know how to play basketball at this type of a level. Coming into this game, I knew it was going to be tough because [Centreville] is a good team. This team has statetournament aspirations coming from the success that they had last year and they return a good piece of 28 & Mount Vernon Gazette & December 5-11, 2013

that team. For us, it's the complete opposite. We lost most of our top talent so now we're trying to rebuild It's been a struggle. Hopefully the kids don't get too down.'

Centreville out-rebounded Mount Vernon 48-34. Mount Vernon senior guard Chanel Shannon, one of the team's top scoring threats, led the Majors with six points, but didn't score her first points until knocking down a jumper nearly three minutes into the second half. With senior point guard DJ JeanPierre out two-to-three weeks with a concussion, Shannon had to pick up some of the slack as a ball distributor. She also had the unenviable task of guarding Centreville's Green, who finished with 16 points and nine assists.

"Chanel just had a matchup that, personally, I don't think she was ready for," Coffer said. "Jenna Green is the best point guard, to me, [for] public [schools], in this area. William & Mary is getting a special basketball player."

Sophomore guards Chanise Ray and Deja King each scored five points for Mount Vernon. Samantha Porter, who is battling a back problem, scored four points and grabbed five rebounds.

The Majors (0-1) will have a chance to bounce back at home against rival West Potomac at 7:30 p.m. on Tuesday, Dec. 10.

"Maybe this is a loss that we need," Coffer said. "We've been talking to our kids since Nov. 11, talking to them about 'You don't play hard enough. We don't practice hard. We back down from physicality. We don't challenge each other in practice.' We're telling them to do certain things every day for them to be successful and they refuse to do it. So tonight was a good example (of what can happen). Maybe that's a good wake-up call for this group ... moving forward."



Mount Vernon guard Denisha White has her shot blocked against Centreville on Dec. 3.

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Sports

Wolverine Basketball Rebuilding

From Page 28

up for last season's playoff loss to South County.

"I feel like that's stuck with me because that was my first time making it to the playoffs and it just ended really too quickly," Young said. "So this year we've got to make sure we get further."

Treakle's younger brother, Alan Treakle (5-6), is a freshman guard for whom Houston has high hopes.

"He's got good basketball instincts," Houston said. "He is basketball savvy. ... He's been battling against his brother. He is not afraid of older guys. In the scrimmage against Hayfield, he definitely showed that he belonged up here. I think the future is bright with him. I'm looking at the potential point guard for the next three years."

Seniors Conrad Jenne (guard, 6-2), Dawit Dagnew (guard, 5-9) and Joseph Richards (guard, 6-3), juniors Chris Cheng (guard, 5-7), Andre Copeland (guard, 6-0), Boris Gacha Zitchoua (forward, 6-3), Rocky Iboleon (forward, 6-1), Mohamed Adbi (forward, 6-2) and Leontre Bennett (forward, 6-2), and sophomore CJ Burch (forward, 6-2) are also on the



West Potomac boys' basketball head coach David Houston III said he hopes to be able to play 10 or 11 Wolverines each game.

team.

West Potomac will host rival Mount Vernon at 7:30 p.m. on Tuesday, Dec. 10.

"It's been awhile since we weren't necessarily picked to be kind of [amongst] the top [teams in the conference]," Houston said. "I'm sure we're not picked to be in the top. We lost a lot of guys. But I like that. I'll take that challenge."



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lost (adj): 1. unable to find the way.2. not appreciated or understood.3. no longer owned or known



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Be a Part of CHILDREN'S GAZETTE

During the last week of each year, the Mount Vernon Gazette devotes its entire issue to the creativity of local students. The results are always remarkable, and the editions have won many awards. It is a keepsake edition for many families.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through e-mail or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be provided in .jpg

format. Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Please provide the submissions by Friday, Dec. 6 for publication the week of Dec. 26.

E-mail submissions to: smauren@connectionnewspapers.com To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the CD to Children's Gazette, 1606 King Street, Alexandria,

Hlount Vernon Gazette

titing or art, including the student's

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Sports

Q&A with Kelly Calway

West Potomac grad was female champion of Marine Corps Marathon.

By Isabel Amend The Gazette

fter being the first female to cross the Marine Corps Marathon finish line, Kelly Calway was deployed to Kuwait as an Infantry Battalion Intelligence Officer.

West Potomac graduate Kelly Calway progressed from high school running to winning the Marine Corps Marathon in a time of 2:21:32, averaging a 6:11 minute/mile pace. Here, the professional runner, mother, and army officer talks about balancing work, family, and athletics while being so far away from home.

Did you expect to win the marathon? I had specific goals for this race. I wanted to qualify for the 2016 Olympic Marathon Trials, to win the Armed Forces Marathon Championship for overall female and as an army team, and, finally, to have fun (I knew this would be my last race before deployment). I thought that I might be able to win the race if everything came together, but I didn't publicize this goal.

What was your race plan? My race plan was to start out conservatively at about a 6:05 pace per mile for the first 12 miles, at which point, my coach gave me the lee-way to drop the pace depending on how I felt at 20 miles, that's when the race be-gan — I knew the last 10k would be the toughest and I was mentally prepared to work.

Do you have a coach? I do have a coach, Mark Stanforth. He is a great coach and an awesome person. Coach Stanforth and I have worked together for two years now. He is incredibly knowledgeable, not only was he an Olympic caliber runner, he was the winner of the first Chicago Marathon. He coached at the collegiate level for over 20 years. We have an awesome working relationship, which has led to many PRs and much running success.

How do you balance elite running with being in the army? It's definitely not easy to balance elite marathon training, an active duty army career, and motherhood. I've learned to be flexible and it's served me well. Training is a priority for me, but there are days when I will not be able to get the run in that my training plan calls for

OBITUARY

Harry Louis Shackelford, Jr

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tic Beach, N.C., and woodworking in his garage at home.

Harry was a member of St. Luke's Episcopal Church in Alexandria, and was well known for his skillful preparation of Eastern North Carolina style barbecue at the annual church fundraiser. He was also a longtime member of the Ft. Hunt Sportsmen's Association, a group that raises funds to support youth sports in the Mt. Vernon area of Fairfax County.

Harry spent his final year battling leukemia with the same dignity and humor that he demonstrated throughout his life, and he will be greatly missed by his family and many friends.

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and I have to shift my training accordingly.

What kind of high school runner were you? I was a good high school runner. My first two years of high school were in Texas, which is not nearly as competitive as NOVA. I truly started to develop once I moved to West Potomac, under the coaching of Don Beeby. He was the first coach to develop my potential and push me to run in college

When you were in high school did you have plans to be an elite runner? I always had the goal of running in college and, honestly, I did not even know that post-collegiate elite running was a possibility. I just wasn't ready to stop racing and found myself actually getting better. I'll never stop running.

Where are you deployed now? What is your daily routine like? I am currently deployed to Kuwait. I'm an Infantry Battalion Intelligence Officer with 15 people in my shop. I typically start my day with PT formation at 0600 (when I run), then I start work at 0815. I usually work until 2100 and then I go for another run. My schedule is very fluid depending on the mission. I may have to start the day at 0400 and go until 2300, depending on my mission.

How do you cope with being separated from your family? I'm deployed, so I am not with my husband or daughter, which is very hard on me. My daughter is six and is growing up so fast. I try to talk with her and write to her as much as I can. I know that she is well-taken care of with my parents and she knows that I am helping keep her safe.

What is your ideal meal? I'm a vegetarian and I love all types of food, but Indian food is my favorite. I particularly enjoy super spicy saag paneer and, though I haven't tried it for a race, I have had great workouts after eating it.

Any funny running story/stories? Oh man, I have been running for 21 years. I have a million funny running stories — it's hard for me to pick just one! I've run from boars, bears, porcupines, and almost been bitten by rattlesnakes (seriously). I've gotten lost (had my coach call the police), gotten rocketed off of a treadmill (because of a misthrown football), and run 21 miles one-way with Julia Lucas (with no return plan). I've run around crazy geisers and buffalo in National Parks, gotten strange looks in foreign countries, and with a weapon in combat zones

He is survived by: His wife Karen and her three children: Erin Corle, husband Peter, and sons Ryan, Justin and Kevin, Eric

Campbell and wife Shanna, and Corinne

Turner, husband Paul, and daughter Hailey;



First-grader Calvin and his dad, Nicholas Gamiz, approach the finish line of the 12th-annual Fort Hunt Elementary School Fox Trot at Fort Hunt Park.

Enjoying Thanksgiving Fox Trot

Fort Hunt Elementary students, family members, teachers, friends and dogs donned their running shoes and extra layers of clothing for a chilly, but fun-filled race around Fort Hunt Park on Saturday, Nov. 30. The 12th Annual Thanksgiving Fox Trot drew 430 entrants for the one-mile race around the park. The event was supported by volunteers from the West Potomac Cross Country team, soundtrack provision from DJ Bob and technology from Race DC.



Fort Hunt Fox Trot racers (from left) Stephanie Martin. secondgrader Zoe Martin, Darryl Martin, secondgrader Milo Ward and Meladie Burke.



Members of the West Potomac JV boy's basketball team: Cooper Hanson, Robert Iacovetta, Jacob Morris, Will Prater, Jamie Sara and Matthew Gill help out on Sunday afternoon at the annual holiday tree sale at the Carl Sandburg Middle School.

Boosters Host Holiday Tree Sale

he West Potomac Athletic Boosters are hosting their annual holiday tree and wreath sale at Carl Sandburg Middle School on Fort Hunt Road. On Sunday afternoon, Dec. 1, members of the JV boy's basketball team volunteered

to help customers select, trim and load holiday trees. The sale is open weekdays from 5-8 p.m., Saturday from 9 a.m. to 5 p.m., and Sunday from noon to 5 p.m. All proceeds from the holiday sale benefit West Potomac High School athletic programs.

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his daughter Tiffany Shackelford and her husband Aaron Castelo, and a grandson, Samuel Louis Castelo; his sister Sarah Ohs and her husband Don, nephew Jason Ohs and his wife Jennifer, and niece Donna Ohs Nelson and husband Greg. He was preceded in death by his parents Harry Shackelford and Mary Foy (Peterson) Shackelford. A memorial service was held Tuesday,

Dec. 3 at St. Luke's in Alexandria. Memorial gifts in Harry's name may be made to St. Luke's Episcopal Church, 8009 Fort Hunt Road, Alexandria, VA 22308.



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