Hount Pernon Gazette Wellbeing Page 6

Mount Vernon's Hometown Newspaper • A Connection Newspaper

February G, 2014

Annual 'Tour'

Economy, development and budget among major topics.

By Janelle Germanos The Gazette

nstead of a bus, Mount Vernon District Supervisor Gerry Hyland took community members on a virtual smart car tour this year at the district's 27th annual town hall.

Other than a slight change in name, the tour continued its tradition of giving a glimpse on what is going on in the area. The virtual tour took town hall attendees through the Mount Vernon District, giving them an update on major development projects.

The tour began with a look at the Mount Vernon Hospital expansion plan and Sherwood Hall Lane restriping, which Hyland said will be discussed at a town meeting in March or April.

Hyland also discussed the environmental impact study of Dyke Marsh. The public will have an opportunity to comment on this at a meeting on Feb. 12 at 6:30 at Indigo Landing.

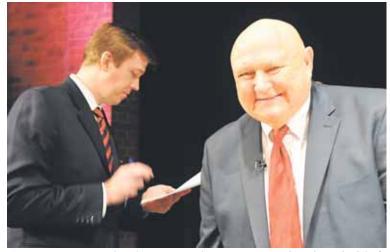
According to Hyland's presentation, the Huntington Area Transportation Study will begin soon,

See Hyland, Page 3



Supervisor Gerry Hyland opens the 27th annual Mount Vernon Town Hall. On stage also are County Board Chair Sharon Bulova, County Executive Ed Long and Fort Belvoir Commander Col. Greg Gadson.





Mount Vernon District Supervisor Gerry Hyland and chief aide Brett Kinney prepare for the start of the meeting in the auditorium at Mount Vernon High School.



Mount Vernon District Planning Commission member Earl Flannigan.



Former U.S. ambassador Don Beyer and his wife Megan greet Lee District School Board member Tamara Derenak Kaufax.

Students Celebrate African American Pride Week



West Potomac High School seniors and Black Student Union members Sandra Adade, Ayaan Mayers, Gifty Adjei, Stephanie McRinnon, Martha Bervell, and faculty advisor Shari Terry dressed as their favorite African American icon on Pride Day as part of African American Pride Week.

West Potomac's Black Student Union spreads awareness.

By Janelle Germanos The Gazette

tudents at West Potomac High School are spreading awareness of African American History Month by hosting events and activities that promote African American culture and history.

West Potomac's Black Student Union, a club dedicated to raising awareness to African American culture and issues, kicked off Pride Week on Jan. 31 with a performance by actress Morgan McCoy.

McCoy starred in the onewoman play "Evolution of a Black Girl," and members of the Black Student Union performed a dance. According to faculty advisor Shari Terry, the Black Student

SEE PRIDE WEEK, PAGE 7





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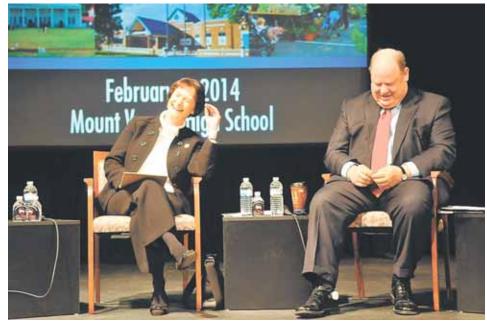
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News



County Board Chair Sharon Bulova and County Executive Ed Long laugh as Supervisor Gerry Hyland announces that he is not a candidate for the 8th congressional district seat.



Mount Vernon Supervisor Gerry Hyland, Jay Spiegel, Mount Vernon Park Authority representative Linwood Gorham and new director of the Fairfax County Park Authority Kirk Kincannon.

Hyland's Annual Town Hall Includes Community Fair

From Page 1

and will look for ways to minimize traffic from Telegraph Road to George Washington Parkway.

Hyland's tour included a stop at the future site of The View at Huntington, which will include a 390unit multifamily residential development, an office building of five stories and 260,000 square feet, and a hotel with 200 rooms.

Residents are still divided over the possibility of a Sunoco Station at the corner of Huntington Avenue and Richmond Highway, something Hyland addressed on his virtual tour.

The Mount Vernon Council of Civic Organizations is opposed to Sunoco building a station at this site, where an old gas station was previously located.

Fairfax County Board of Supervisors Chairman Sharon Bulova also spoke at the town hall, looking back at successes of 2013 and upcoming budget challenges.

"I would say we've got a bit of a mixed bag here," Bulova said of the economy.

County executive Ed Long addressed the economic challenges facing the county. The advertised budget will be released to the public on Feb. 25, and the first public hearing will take place April 8.

Long said that there is a lot of revitalization going on in Fairfax County, and he is cautiously optimistic that investment will be reflected in FY 17.

According to Long, county and school facilities cannot be ignored, and future funding for schools will be considered.

"What we put into the budget is sustainable," Long said.

The town hall meeting also included speeches by Fairfax County Superintendent Karen Garza and Mount Vernon District school board member Dan Storck.



Queenie Cox, community leader and president of the New Gum Springs Civic Association, speaks at the 27th Annual Mount Vernon Town Hall. The event provided several opportunities for community leaders to ask questions.



Board of Supervisors Chairman Sharon Bulova addresses attendees of the 27th Annual Mount Vernon Town Hall. Bulova summarized successes in 2013 and talked about upcoming challenges in 2014, including the recovering economy.



Hollin Meadows students Luke Selnau, Ian Braselman and Robbie Shriver collaborate on making a food battery out of a lemon. www.ConnectionNewspapers.com



West Potomac graduate '09 Neil Burke is now working with Christian Relief Services.



Ft. Belvoir Commander Col. Greg Gadson greets friends at the community fair before the start of Saturday's Town Hall meeting.

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PEOPLE

Leading Inova Mount Vernon

By Gerald A. Fill The Gazette

nova's Mount Vernon Hospital medical director, Dr. Donald Brideau, is the hospital's interim CEO. Former administrator Barbara Doyle left the position to return to her home in Boston, Mass. Brideau is a candidate for

the position and a part of the nation-wide screening and selection process.

Q. In 2013, what certifications, recognition, and awards did Inova Mount Vernon **Hospital acquire?**

Brideau

The Inova Joint Replacement Center once again was recertified earning a Gold Seal of Approval for outstanding care in hip and knee replacement from the Joint Commission. Last year the center performed over 2,000 joint replacements. The Center for Medicare and Medicaid Services named Inova Mount Vernon Hospital's Joint Replacement Center as one of the top hospitals to perform joint replacement in the United States.

Earned recertification as a Primary Stroke Center from the Joint Commission.

✤ The Inova Breast Care Institute received a 3year accreditation for breast care from the National Accreditation Program for Breast Centers.

✤ Gold Seal of Accreditation from the American College of Radiology for Breast Magnetic Resonance Imaging.

✤ Nationally, the Inova Mount Vernon Hospital earned the distinction of Top Performer on Key Quality Measures for attaining and sustaining excellence in accountability measure performance for its achievement in: heart fail-

ure, pneumonia, and surgical care.

Q. In 2013 what was the magnitude and type of services the hospital provided?

A. Outpatient visits (non ED): 44,176; Inpatient (admits) visits: 8.624; ED visits: 37,359; Joint Replacement Surgeries: 2,070; Rehab Admissions: 1,417; Surgical Procedures: OP: 1,795; IP Surgeries: 2,733.

Q. For this year what are the major projects you have planned?

A. ***** The construction Tower expansion and the new Operating Rooms at the hospital are scheduled to be open in the fall of 2014.

 Construction of a new **Emergency Department is** scheduled to begin the last quarter of 2014. ✤ The Ambulatory Sur-

www.ConnectionNewspapers.com

Details

Donald Joseph Brideau, Jr., M.D., MMM, FAAFP Native of Passaic, N.J. Education:

B.S. Chemstry, 1980 Georgetown University M.D. 1984, George Washington University School of Medi-

cine Master's in Medical Management, Carnegie Mellon Univer-

sity Postgraduate Education in Family Practice Medicine

Professional Certification, American Board of Family Physicians; Advanced Cardiac Life Support Instructor Chief Medical Officer, Inova Mount Vernon Hospital, 2009

to the Present University Appointments: Assistant Clinical Professor, Department of Health Sciences, George Washington School of Medicine, & Assistant Clinical Professor, Department of Family Practice, Georgetown University

Personal: Married: wife: Terry, a native of Kensington, Md., who formerly worked as a physical therapist and serves now as a medical office administrator. Four grown children: Matt, David, Mike, and Jackie.

gery Center at the Inova Health Plex in Lorton is scheduled to open in June 2014.

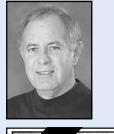
Q. As you look ahead this year and beyond what message would you like to convey to **Mount Vernon area residents?**

A. At Inova Mount Vernon Hospital we focus on patient safety and consistently improving patient experience while delivering high quality services to our community. As an integral part of a great health care system (Inova) we have at our fingertips all of the health care services our patients need. Whether it is inpatient or outpatient services, our staff, physicians, other medical and health care professionals, and our dedicated volunteers are committed to making every patient's experience the best it can possibly be. We are on a continuous journey each and every day to make Inova Mount Vernon Hospital the best place to give and receive excellent medical care.



Helping the Hungry

Delivering food to United Community Ministries, from left, are Margaret Bowker, outreach chairperson at St. James; Shirley Marshall, executive director of UCM, and the Rev. Charles Brock, rector of St. James' Episcopal Church. Two carloads of food was collected during the church's "Neighbors Helping Neighbors Food Drive," held on Martin Luther King Day of Service, Jan. 20.



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Falls Church/Lee Blvd. Heights

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Wellbeing Consistent Bedtimes Linked to Wellbeing in Children

Local experts offer suggestions for helping youngsters get a good night's sleep.

By Marilyn Campbell The Gazette

hen the clock strikes 9 on any given evening, 13-yearold twins Timothy and Danny Gulyn and their 11year-old twin brothers, Christopher and Jonathan, know that it's time for bed. Whether they are on vacation during the summer or at their Arlington home on a school night, the siblings follow a consistent routine that has them tucked-in at the same time every day.

"I am a big believer in structure and routine," said the boys' mother, Linda M. Gulyn, Ph.D., a professor of psychology at Marymount University in Arlington. "Bedtime should be absolutely rigid, the stricter the better. We all need structure, but children need it especially."

Researchers say going to bed at a regular time can have a positive impact on a child's behavior and overall health. In fact, a recent study of 10,000 children by University College London found that a child's behavior improved when a consistent bedtime was established. Local childcare experts agree, saying a regular bedtime routine, such as a bath followed by reading, is an important factor in establishing a consistent lights-out time.

Kathryn Cogan, Ph.D., a Bethesda-based psychotherapist, says that a lack of adequate sleep can affect a child's physical health. "If they don't get enough sleep, it affects their immune system and their ability to pay attention," she said.

Child psychiatrist Dr. Bruce P. Pfeffer, of Pfeffer Psychiatric Associates in Potomac, Md., said a structured bedtime is part of what he calls "good sleep hygiene," which can impact a child's overall wellbeing. "Often in my practice I see children with attention problems, behavior problems, irritability, who aren't getting enough sleep," he said. "I've had children fall asleep in class because of sleep deprivation."

Experts say that while older children also need a good night's sleep, the demands of school and extracurricular activities can make getting needed rest more challenging. "Failing to get adequate rest can be an extreme stress on one's body and mind, resulting in a frantic attempt to complete academic tasks in an active rather than con-



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Photo courtesy of Linda Gulyn

From left: Twins Christopher and Jonathan, 11, and their 13-year-old twin brothers, Timothy and Danny, pictured with parents Linda and Peter Gulyn have a consistent bedtime and structured bedtime routine. Experts say a regular bedtime can have a positive impact on a child's behavior and overall health.

templative manner," said Michael S. Moynihan, head of the Upper School, The Heights School in Potomac, Md.

Cogan stressed that teenagers actually need a similar amount of sleep as newborns, "generally 12-14 hours of sleep at night because they are growing so fast, and their brains are growing so fast. Your brain works better and functions better when you have a regular sleep schedule."

For long-term success, experts like Pfeffer and Moynihan underscore the importance of a regular bedtime routine. It should "follow a short time of quiet reading, along with exercise," said Moynihan.

ESTABLISHING A REGULAR BEDTIME can be challenging, but not impossible. Child development experts say that a structured bedtime

routine should include a few "Bedtime should be very key composoothing. They take a bath, nents. "Build it into their daily brush their teeth and put on routine and give them a lot of adtheir pajamas. A high-energy vanced warning," said Gulyn. child will need more lead time "If I you just pluck up a kid to slow their motor down." from the middle of an activity — Dr. Bruce P. Pfeffer, child psychiatrist and just say 'Go

to bed,' that is upsetting to a child and it is not fair. They need an opportunity to make the transition psychologically. If they're playing a game and they get a bedtime warning, they can say 'Ok, I need to finish this game before bed.'''

When it comes to bedtime, it is important that children know what to expect, she said. "You have to make it consistent every night, even on Christmas. Give them a chance to decide how they want to spend their last half hour so they can prepare psychologically."

Pfeffer said, "It is important to establish a comfortable environment for very young

children. If they start as toddlers with an established routine, they are comforted as they get older by reading a book and playing soft music in a room that is not filled with light. Bedtime should be very soothing. They take a bath, brush their teeth and put on their pajamas. A high-energy child will need more lead time to slow their motor down. "

Len Annetta, Ph.D., a professor in the College of Education and Human Development at George Mason University, said, "High energy kids need to blow off steam and tire their muscles. Routine and consistency are critical. It's not easy, but you have to shut them down at the same time every night and wake them at the same time every morning. It's not a debate. The parent is in charge and has to stand firm

on the rules. Rewarding the child for getting to bed and staying in bed ... helps the child know you appreciate their effort and are proud of their accomplishment."

Kensingtonbased psychotherapist Karen Prince cautions, "Screen time makes it harder

to fall asleep. Start the bedtime routine a minimum of an hour before the actual bedtime. It shouldn't include television, video games or screen time of any sort."

While a regimented bedtime may sound draconian, it can actually be comforting. "Children thrive on structure and expectation," said Gulyn. "For many young children, this can be a time of uncertainty, insecurity and separation anxiety. Establishing a structured bedtime routine brings comfort to the child. If you have a structured routine and strict bedtimes, it makes it easier for a child to get to sleep and rest better throughout the night."



Members of the Black Student Union at West Potomac High School gather together after performing a dance at their African American Pride Week kickoff event.

African American Pride Week

From Page 1

Union has about 30 members and is in its first year. "I don't think any other schools in the area have one," Terry said. "I'm still trying to figure out why." Terry said that Pride Week is about spreading awareness about African American culture at West Potomac. "If each member can reach at least one person, then the goal is reached," Terry said.

Club members stressed that Black Student Union and Pride Week is not just for black students. "We just want to bring awareness to African American history and culture," said Martha Bervell, a senior at West Potomac and secretary of the Black Student Union. "The week is for everybody; it doesn't exclude anyone."

Monday, Feb. 3 was designated Pride Day, in which students were encouraged to dress as their favorite African American icon.

Senior Gifty Adjei dressed as Janelle Monae because she loves Monae's music. The club's vice president Sandra Adade dressed as Denise from The Cosby Show because she likes her style. Bervell and fellow Black Student Union member Ayaan Mayers dressed as members of the girl group TLC.

"I dressed as Lisa Lopez from TLC because I really like her style," Mayers said. "Plus, TLC really paved the way for other girl groups to be successful." On Tuesday, Feb. 4, West Potomac students signed

Bulletin Board

TAX HELP

AARP Tax-Aide, the nation's largest free tax preparation and tax counseling volunteer program starts its free Tax Preparation Services Feb. 1. The program, sponsored by the IRS, is staffed with Certified IRS Tax Counselors and use IRS computers and software to prepare and eFile tax returns for low to middle income families and elderly citizens. Please bring Government-issued picture IDs, and social security cards for all persons that will be included in your tax return. Also bring a printed copy

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a banner in the cafeteria showing their support for African American History.

The Black Student Union designated Wednesday, Feb. 5 as Heritage Day. Students were encouraged to dress in African American apparel. On Thursday, Feb. 6, the Black Student Union will screen "42," a movie about African American baseball player Jackie Robinson.

On Friday, Feb. 7, African American music will play over the speakers during class changes and lunch. According to Bervell and other Black Student Union

members, Pride Week and African American History Month in general are about erasing ignorance.

"I still see a lot of ignorance at school," Bervell said.

Group members said most social groups at West Potomac are divided by race, but that it's not usually intentional.

"It just happens, because you have a lot in common," Adjei said.

The Black Student Union is currently planning an international night with other cultural groups, and will continue raising awareness to the contributions of African Americans.

Residents of Mount Vernon looking to observe African American History Month can visit George Washington's Mount Vernon and take a Slave Life at Mount Vernon tour, now through Feb. 28. The tour examines life as a slave at Mount Vernon.

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

of last year's tax return, if you itemized. Located at Sherwood Library, 2501 Sherwood Hall Lane, Mondays-Saturdays from 10:15 a.m.-2 p.m. and Mondays-Thursdays from 5-8 p.m. Walk-ins welcome. Visit www.aarp.org/taxaide for additional information.

SUNDAY/FEB. 9

Fundraiser. 10 a.m.-5 p.. at West Potomac High School, 6500 Quader Road. The 4th annual mattress sale will benefit the all-night graduation party and West Potomac bands. There will be mattresses, bed frames, mattress protectors and more for sale. Discounts for military, police, and FCPS employees. For any questions, email SpiritFundraising@gmail.com.

WEDNESDAY/FEB. 12

Public Open House. 6:30-8:30 p.m. at Indigo Landing on Daingerfield Island, One Marina Drive. See the draft plan/ environmental impact statement that evaluates management options of the restoration of Dyke Marsh. Visit parkplanning.nps.gov/dykemarshdeis for more.





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OPINION Few Thoughts on General Assembly Action

Yes, allow homeschoolers access to programs in public school.

t's possible that this is not the right bill exactly, and in general, we favor local control. But it is wrongheaded of public schools to force families into a take-itor-leave-it position.

Families that homeschool their children are likely saving localities more than \$10,000 a year in operating costs and Editorials take some pressure off overcrowded

schools. It makes sense that these students should not only have access to sports, if they can meet the requirements, but they should also have access to other extracurricular activities and even some classes.

Public schools need to provide for the best for all students in their jurisdiction. This is HB63.

Are We Barbarians?

Testimony stated that on occasion the clothing of the person in the electric chair would burst into flames and the man throwing the switch for an execution feared the person being executed might burst into flames as well.

There have been problems acquiring the drugs needed for lethal injection for execution, so the Virginia House of Delegates passed the following: HB1052 Method of execution. ProCorrections certifies that lethal injection is not available as a method of execution, electrocution shall be used instead. House: VOTE: PASSAGE

(64-Y 32-N)

How local Northern Virginia delegates voted: YEAS: Albo, Comstock, Hugo, LeMunyon and Rust.

NAYS: Brink, Bulova, Filler-Corn, Herring, Hope, Keam, Kory, Krupicka, Lopez, Plum, Sickles, Simon, Surovell and Watts.

Please No Hunting **On Sundays**

For those who enjoy a hike or a ride through the Virginia countryside, it's good to know that on Sundays during hunting season, one can still enjoy the outdoors without worrying about being mistaken for a deer. On Saturdays, vigilance, bright colors, loud talking and sometimes even jingle bells hung on clothing or saddles helps provide a sense of safety. This bill already passed the House of Delegates, and will likely proceed in the Senate.

Send Photos for Pet Gazette

edition, will publish Feb. 26.

We invite you to send us stories about your pets, photos of you and/or your family with your cats, dogs, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your home or yard with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures. Can your dog catch a Frisbee 10 feet in the air, or devour an entire pizza when you turn your back for less than a minute?

Do you volunteer at an animal shelter or vides that if the Director of the Department of therapeutic riding center or take your pet to

he Pet Gazette, a bi-annual themed visit people in a nursing home? Tell us about your experience.

> Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Send photos and identify everyone in the photo including the pets and tell us what is happening in the photo, and include your address (we will only print the town name).

Submissions should arrive by Feb. 19.

Email editors@connectionnewspapers.com, or submit photos and stories directly on our website at www.connectionnewspapers.com/ pets/.

Bills Are Moving Forward in Richmond COMMENTARY

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

everal of my bills moved in the Virginia House of Delegates last week and we saw some political theater in Richmond

Several of my ethics bills are either passing or being incorporated into "omnibus" ethics legislation.

This week, we learned that taxpayers have spent over \$800,000 defending former Gov. Bob

Letter to the Editor

Why Not **Recycle Sand?**

To the Editor:

During this unusually harsh winter, the county and VDOT have spread on our streets an unusually large amount of sand to provide traction for vehicles being driven on icy, snowy roads. A few years ago, I suggested to the Board of Supervisors that they institute a program to collect the sand from the gutters of our streets every spring to reduce siltation into our streams, creeks and rivers. This suggestion was not acted upon. 10 & Mount Vernon Gazette & February 6-12, 2014

McDonnell before Attorney General Mark Herring terminated his taxpayer-funded outside counsel. My legislation proposed limiting attorneys' fees to the same rates that Virginia pays for court-appointed counsel for individuals charged with serious felonies -\$1,235 — but was modified to require the Attorney General to pay "reasonable" attorneys' fees.

I also introduced a budget amendment at the request of the Appropriations Committee Chair-

Last spring, in front of my drive-

way and within 20 feet to either

side of it, I was able to fill a 13-

gallon container with all of the

sand that had accumulated there

the previous winter and had not

yet been washed down the storm

drain and into Little Hunting

Creek. If the county wants to re-

cycle that sand, I have saved it.

Imagine if every homeowner liv-

ing near a storm drain did the

same thing. Not only would a se-

vere source of pollution and silt-

county and state could reduce the

expense of having to purchase

large quantities of sand each year.

man requiring the Attorney General to file a report every year detailing outside counsel and their costs so we can conduct closer budget oversight of this practice.

Two of my other bills are moving. One limits contributions and gifts to the governor while negotiating Governor's Opportunity Fund grants and a second bill prohibits the giving and receiving of gifts between the Attorney General and litigants during pending litigation. I call this my "No More

H. Jay Spiegel

Dog Fire Victims

On Jan. 27 at around 3 a.m. my ation be eliminated, but also, the husband, who is a Fairfax County firefighter, was dispatched to a townhouse fire in Alexandria. At See Letters, Page 20

Turkey Dinners" Bill because former Attorney General Cuccinelli accepted a \$1,500 Thanksgiving dinner and \$3,000 lake house stay from Johnnie Williams during pending tax litigation with his company.

SEE BILLS, PAGE 22

AMUSINGS-

Most everyone has heard the story about George Washington's feat of throwing a silver dollar across the Potomac River. But, anyone who has visited Mount Vernon knows that the river's width there is clearly too wide for such a throw. Some historians have noted that, and ponder where it might have been that the toss actually happened.

Was it miles upstream where the Potomac is narrow, or was it actually a smaller river, like the upper Rappahannock, or nearby Dogue creek, which is, say, four feet wide in spots? Nobody knows.

But I still stick with my own theory: that George did, indeed, pitch a silver dollar across the wide Potomac. And if he were alive today, The Washington Nationals would be smart to sign him.

- BART HEWITT

Hlount Vernon Gazette

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A Connection Newspaper



I urge our state and local officials to give serious consideration to starting programs intended to recycle the sand they spread on our roadways each winter.

Mount Vernon

Need Help for

To the Editor:

Coldwell Banker

WHERE HOME BEGINS

Coldwell Banker in Alexandria Welcomes our Newest Agents

We proudly welcome the following new agents to represent our Old Town Alexandria office. We have expanded our services to include experienced agents, commercial services, as well as new licensees. Please contact any of the following agents by phone or e-mail.



Dan & Marcia Crumbaugh rcrumbaugh@aol.com 703.362.9231 703.629.4534



Dylan Daly Commercial Sales & Leasing DylanWilliamDaly@gmail.com 703.772.8445



Christine Ricketts cricketts@christinericketts.com 703.626.3841



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310 King Street, Alexandria, VA 22314 — 703.518.8300 — Kathleen Kennedy, Branch Vice President Coldwell Banker Residential Brokerage and Previews International







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ST. SELE

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\$859,000

Large Home-

Totally Updated!

One of a kind compound

consisting of a luxurious

5645 sq ft home and a totally

remodeled and updated 2BR

4325 Adrienne Dr

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Southwood Gem!

9305 Allwood Ct

\$519,500

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Huge Potential!

Spacious home with two

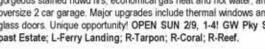
car garage on guiet cu-de

-sac in prime Mt Vernon

location! Features include

3 finished levels, open

sac in one of area's premier neighborhoods. Special features include: 3LVL, 4BR, 2.5BA, family room with FP off kitchen, gorgeous stained hdwd firs, economical gas heat and hot water, and oversize 2 car garage. Major upgrades include thermal windows and glass doors. Unique opportunity! OPEN SUN 2/9, 1-4! GW Pky S,



cottage. Ideal situation for home office or extended family. New

nome has everything including 6BR, 7BA, custom kitchen open to

family room, large living and dining rooms, main level study, stunning master suite, finished lower level and 3 car garage. Most

stainless appliances and large breakfast area. Other features ; hdwd

floors, family room with fireplace, thermal windows and two car

garage. Beautiful grounds with brick walk, stone patio & magnificent

floor plan with soaring cathedral ceilings, hdwd firs, updatd kitchen

and large bedrooms. Check the comps-nothing provides the

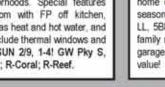
combination of house and lot size in this premier location for close to

andscaping. Nothing like it for under \$600,000!

uetar manat

this price!

fronting quiet cul-de-





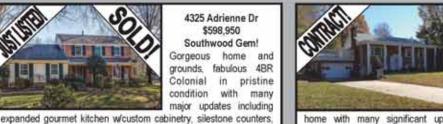
1503 River Farm Dr \$1,295,000 Grand Colonial Minutes from Old Town! Best price for estate caliber residence in highly sought after GW Pkwy area! Special

home custom designed to capitalize on its park like setting and seasonal River views. Special features include 3 finished levels, w/o LL, 5BR with dual master suites, library, sunroom, open kitchen to family room, expansive glass walls, multi-deck and amazing 4 car garage. Combo of size, features & location add up to a truly unique value! OPEN SUN 2/9, 1-4! GW Pky S; R-River Farm Dr.



9410 Coral Ln \$649,500 Yacht Haven-Near River! truly spectacular updated property! Personal residence of interior designer

provides custom detail and level of finishes rarely found in this price range. Features include open floor plan, chef's kit, 3 luxury baths, 4-5BR and the most amazing oversize 2 car garage you'll ever find! Easy walk to Mt. Vernon Yacht Club, Unique opportunity to acquire home with too of the line custom features



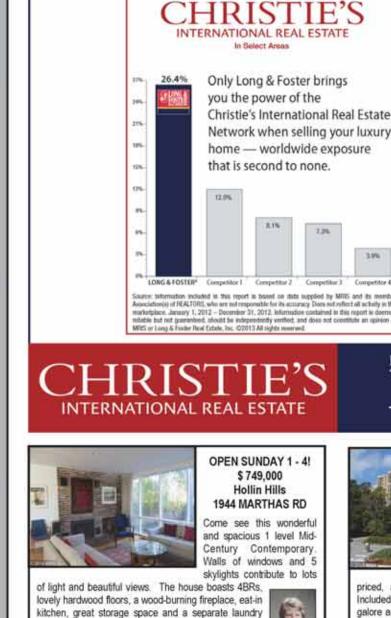
9009 Captains Row \$665,000 Great Opportunity! Stately columned residence n prime location on prestigious Captains Row at exceptionally competitive price! Large 58R, 38A

home with many significant updated items. Special features: updated kitchen with stainless appliances, granite counters, custom trim detail, stained hardwood floors, master with updated bath, 2 fireplaces, gas heat & hot water. Oversize 2 car garage and custom 2 level deck. Priced to sell!



1938 Shiver Dr \$625,000 Totally Updated! Totally updated! Truly stunning home in prime "close-in" location! Eah features include columned front portico, bright-open floor plan, gourmet kit with

custom white cabinets, SS appli, gas cooktop, soapstone countertop & large island. Other features include "Pella" replacement windows, hardwood floors, 2 FPs, 3 full baths, & gorgeous professionally landscaped grounds. All the work has been-just move in & enjoy!



room. Easy access to Old Town, airport and DC.

include crown molding, wood floors in living and ,

bedrooms, vaulted ceiling in master, ceramic tile in

baths and gas fireplace in family room. Lower level

bath rough-in. Wonderful deck plus a patio. 1 mile+ to

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12 S Mount Vernon Gazette S February 6-12, 2014

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ENTERTAINMENT

'Ella' Has Scatitude

MetroStage production runs through March 16.

By Jeanne Theismann The Gazette

t was 1934 when an orphaned 15-yearold girl won an amateur talent contest at the Apollo Theater in Harlem. That fateful night, Ella Fitzgerald made a lastminute decision to sing rather than dance when she took to the stage, launched a new era of jazz that is immortalized in the rousing musical "Ella: First Lady of Song," now playing at MetroStage.

Based on the book by Lee Summers and conceived and directed by Broadway roy-

alty Maurice Hines, "Ella" takes the audience on a musical journey through the celebrated singer's life.

Set in Nice, France, in 1966, the intimate theater has been magically transformed into a con-

cert hall where Ella is about to take the stage only days after the death of her half-sister Frances. The poignantly written script gives a glimpse into the private heartaches Ella endured on her road to stardom.

CALENDAR

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

ONGOING

- Art Exhibit. Artist John Gascot of Studio 4, 218 N. Lee St., suite 101, creates an art exhibit to honor the life journeys of transgender individuals. It will be on display through January. Gallery hours are Thursday-Saturday, noon-7 p.m. and Sunday from noon-5 p.m. or by appointment. Visit
- vww.studio4oldtown.com for more. Art Exhibit. See "Primary Colors" art exhibit from Jan. 3-Feb. 2 at The Del Ray Artisans, 2704 Mount Vernon Ave. Artists use the three primary colors without mixing them. Free. Visit www.TheDelRayArtisans.org
- Theater Performance. See "The Ballad of the Red Knight" by Red Knight Productions at Port City Playhouse, 1819 N. Quaker Lane. Runs Jan. 24 through Feb. 8. Performances are Friday at 8 p.m. and Saturdays at 2 p.m. and 8 p.m. For tickets visit www.portcityplay house.org
- Art Exhibit. The results of the latest art challenge issued by Artistic Artifacts, "Mixed Media Metallics," will be exhibited Jan. 18-Feb. 8. Many of the entries are included in a silent auction benefitting Food for Others. On display at Artistic Artifacts, 4750 Eisenhower Ave. Admission is one
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Wynonna Smith as a young Ella Fitzgerald performing at the Apollo at age 15.

Taking on the daunting role of Ella is recording artist Freda Payne, best known for her 1970s hits "Band of Gold" and "Bring the Boys Home." Payne is dazzling in her

portrayal of Ella in a toe-tapping, two-hour performance that brings the audience to its feet.

immense range of

some 29 songs, including "It Don't Mean a Thing If It Ain't Got That Swing," "The Man I Love," "Mr. Paganini," "Sweet Georgia Brown" and "A-Tisket, A-Tasket."

non-perishable food item, which will

be donated to Food for Others. Visit

www.ArtisticArtifacts.com/metallics

Art Exhibit. See a solo photographic exhibit "Darkness Visible" by Timothy

Hyde at Multiple Exposures Gallery

St. Runs Jan. 7 through Feb. 16.

Hyde's photography examines the

Canopy," a 20-minute interactive, nonverbal show for children up to

age 4. Performances are Feb. 12-14,

16, 17, 19-21, 23 at 10:30 a.m. at

The Athenaeum, 201 Prince St. \$5/

horizon.org for tickets. They can be

Vernon Estate. In observance of Black

History Month, George Washington's

Mount Vernon highlights the lives

built and operated the plantation

Washington. A wreathlaying and

of February. Black History Month

adults, \$18; senior citizens, \$17;

accompanied by an adult, \$9; and

www.mountvernon.org or 703-780-

children under age 5. free. Visit

children age 6-11, when

presentation occurs daily at the slave

memorial site throughout the month

activities are included in admission:

home of George and Martha

and contributions of the slaves who

Celebrate Black History Month. 9

a.m.-4 p.m. Feb. 1-28 at Mount

mysteries hidden in the shadows.

Visit www.torpedofactory.org.

Theater Performance. Arts on the

Horizon presents "Under the

person. Visit www.artsonthe

purchased at the door.

in the Torpedo Factory, 105 N. Union



Freda Payne stars as Ella Fitzgerald in "Ella, First Lady of Song," playing now through March 16 at MetroStage.

"There is only one woman who could do this role and that is Freda Pavne." Hines said following the Jan. 26 performance.

With a two-octave range, Payne also displays her astonishing talent for singing jazz more specifically her ability to scat through a song in a way that all but brings Ella back to life. Her lower range resonates with a deep, rich gospel sound while her high notes are succinct, clear and spirited.

With musical direction and arrangements by William Knowles, Payne's vocals are accompanied by a five-piece band that is more than up to the task of recreating the big orchestra sound of the era.

Comprised of Doug Pierce on trumpet, Greg Holloway on drums, Yusef Chisholm on bass, Grant Langford on saxophone and

William Knowles on piano, the gifted musicians also have brief double-duty stints voicing various men in Ella's life.

The talented Tom Wiggens, best known as Kirk Anderson in the daytime soap opera "As the World Turns," portrays jazz impresario Norman Granz, Ella's manager and friend for what would turn out to be a nearly 40-year collaboration between manager and artist.

The award-winning Roz White is Ella's cousin and lifelong companion Georgiana with Broadway veteran Wynonna Smith doing double duty as Frances and the young Ella. Both add their soaring vocals to lush orchestrations

by Frank Owens.

Adding to the transformation of the former lumber warehouse are sets designed by Carl Gudenius, lighting by Alexander Keen and costumes by Scotty Sherman.

Under the direction of Hines, MetroStage has perfectly combined the excitement of an Ella concert with the poignant tale of survival of the orphan from Harlem who would go on to win 13 Grammy Awards and sell more than 40 million records.

As Ira Gershwin famously said, "I never knew how good our songs were until I heard Ella Fitzgerald sing them."

"Ella: First Lady of Song" is playing now through March 16 at MetroStage, 1201 N. Royal St. For tickets or more information, call 703-5489044 or visit www.metrostage.org.

Art Exhibit. See "Reincarnations" art exhibit at Del Ray Artisans, 2704 Mount Vernon Ave. Features art from salvaged items, art from encyclopedias and more. Free. Runs

- Feb. 7 through March 2. Visit www.thedelrayartisans.org for more. Art Exhibit. See "Frances Gallardo: Meteorology" Jan. 18 through March 2 at the Target Gallery in the
- Torpedo Factory, 105 N. Union St. Free. Visit www.torpedofactory.org/ target for more. Art Exhibit. See "Songs of the Shore," archival inkjet prints by Chantilly
- resident Peter Toth in the Margaret W. and Joseph L. Fisher Art Gallery, of the Rachel M. Schlesinger Concert Hall & Arts Center, 3001 N. Beauregard St. Runs Feb. 7 through March 16. Visit www.nvcc.edu/ schlesingercenter/gallery.html.
- Art Exhibit. See Katie Runnerstrom's drawings and paintings through March 16 at the Athenaeum, 201 Prince St. The show reflects her exploration of several areas of science such as mycology and the study of jellyfish. Free. Visit nvfaa.org or 703-548-0035. Theater Performance. See "Ella
- Fitzgerald: First Lady of Song" at MetroStage, 1201 N. Royal St., from Jan. 23-March 16. Performances are Thursdays and Fridays at 8 p.m., Saturdays at 3 p.m. and 8 p.m., Sundays at 3 p.m. and 7 p.m. Tickets may be ordered by calling 1-800-494-8497 or online at boxofficetickets.com. For group sales

and information call the theatre at 703-548-9044. Visit www.metrostage.org for more.

- Art Exhibit. See "7th and H Streets, NW: The Hidden Refrain of Inner City DC" by Fred Zafran at Multiple Exposures Gallery, in the Torpedo Factory, 105 N. Union St. Runs Feb. 18-March 30. Visit www.multiple exposuresgallery.com/ for more. Art Exhibit. "Portraits of Pop Culture
- art exhibit will be on display at Del Ray Artisans, 2704 Mount Vernon Ave. Come see artists' interpretation of pop culture, featuring compelling cartoons, lampoons and caricatures of celebrities, politicians, pundits and other pop figures. Show runs March 7-30. Visit thedelrayartisans.org. **New Exhibit.** Mount Vernon invites
- visitors to explore George Washington's design for the grounds of his estate, through a new exhibition, "Gardens & Groves: George Washington's Landscape" at Mount Vernon opening Feb. 22 through Jan. 12, 2016. Gardens & Groves is the first museum exhibition to focus specifically on Washington's landmark achievements as a landscape. Included in admission \$18/adult: \$17/senior citizen: \$9/ child age 6-11; children under 5 are free. Visit www.mountvernon.org.

CLASSES & WORKSHOPS

Metro Club After-School Program. Through June, the Metropolitan School of Arts presents an after-

school program for grades 1-6. The program is located at both the Lorton studio at Workhouse Arts Center, 9517 Workhouse Way and in Alexandria at 5775 Barclay Drive. Programs will focus on the arts, including music, dance, theatre, yoga and academics, as well as designated homework time. The program will run Mondays, 1-6 p.m., and Tuesday Friday, 3-6 p.m. Tuition runs from \$130-150. Call 703-339-0444 or visit www.metropolitanarts.org.

- 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.
- 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.
- Dance Classes. Metropolitan School of the Arts, 5775 Barclay Drive, #4, will hold adult classes starting in February. Ten percent of the fees will be donated to American Heart

See Entertainment, Page 18

www.ConnectionNewspapers.com

both musical and dramatic talent, Payne tirelessly performs

"There's only one woman who could do this role and that is Freda Payne." Displaying an — 'Ella' director Maurice Hines



www.ConnectionNewspapers.com

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Entertainment

Association. Visit www.metropolitanarts.org or 703-339-0444 for a schedule.

CONTEST

Spotlight on Pet Adoptions. From Jan. 27 to Feb.14, ACTion Alexandria is holding a photo contest for animal lovers in Alexandria. Participants are asked to post a photo of their adopted pet on ACTion with a short description of their pet. All contest participants are encouraged to sign up to be a Social Media Animal Ambassador for an animal who has been in either King Street Cats or the Animal Welfare League of Alexandria for a longer period of time. To participate visit actionalexandria.org.

THURSDAY/FEB. 6

- Free Frozen Yogurt. From noon-9 p.m. at Menchie's Pinecrest Plaza, 6550 Little River Turnpike. Print off a coupon at facebook.com/mymenchies and bring it in for a free six-ounce cup of frozen yogurt. Valid only on that day. Visit www.menchies.com for more.
- Lecture. 7-8:30 p.m. at The Lyceum, 201 S. Washington St. "How France Embraced and Rejected American Values." Free, donations accepted Visit www.alexandriacaen.wordpress.com
- for more. Music Performance. 7:30 p.m. at The
- Birchmere Music Hall, 3701 Mount Vernon Ave. Vanessa Carlton with Patrick Sweany will perform. Rescheduled, all tickets from Oct. 17 will be honored. Visit www.birchmere.com or call 703-549-7500.

FRIDAY/FEB. 7

- Opening Reception. 7-10 p.m. see "Reincarnations" art exhibit at Del Ray Artisans, 2704 Mount Vernon Ave. Features art from salvaged items, art from encyclopedias and more. Free. Runs Feb. 7 through March 2. Visit
- www.thedelrayartisans.org for more. **Opening Reception.** 7-9 p.m. meet Chantilly resident Peter Toth, artist of "Songs of the Shore," archival inkjet prints in the Margaret W. and Joseph L. Fisher Art Gallery, of the Rachel M. Schlesinger Concert Hall & Arts Center, 3001 N. Beauregard St. Visit www.nvcc.edu/ schlesingercenter/gallery.html for more
- Music Performance. 7:30 p.m. at The Birchmere Music Hall, 3701 Mount Vernon Ave. Arlo Guthrie continues his tribute to Woody's 100th birthday. Visit www.birchmere.com or call 703-549-7500.

SATURDAY/FEB. 8



'Much Ado About Nothing'

Mount Vernon Community Children's Theatre presents the teen production of Shakespeare's "Much Ado about Nothing." Originally published in the 1600s with the main characters returning from war, director Heather Sanderson brings a fresh, updated version to the stage as she takes the MVCCT production into 1982 Italy as the characters return from the World Cup. Performances are Feb. 8, 14 and 15 at 7:30 p.m. and Feb. 9 and 16 at 3 p.m. at Heritage Presbyterian Church, 8503 Fort Hunt Road. Tickets are \$12 at the door. Visit www.mvcct.org.

- Barnes & Noble Bookfair. 10 a.m.-1 p.m. at Barnes & Noble Potomac Yard, 3651 Jefferson Davis Highway. Support Jefferson-Houston PTA while enjoying student performances, book readings and crafts. Visit bn.com/ bookfairs and enter ID #11271368 if you would like to support the school online.
- Talk. 10 a.m. at Alexandria Archaeology Museum, 105 N. Union St., #327. Former AAC chair, Jack Hranicky, will present an overview of the Arkfeld paleosite which offers an insight to the pre-Clovis time periods in Virginia and the eastern U.S. The discussion will include the toolmaking stations and the clayfired figurines found at this Pleistocene site. Free. 703-746-4399.
- Swordsmen's Rendezvous. Noon-4 p.m. at Gadsby's Tavern, 138 N. Royal St. Enjoy a re-enactment of 18th-century swordplay, displays, discussions and more. Includes audience participation. \$6/person.

Reservations required, shop.alexandriava.gov or 703-746-4242

- Civil War Recruiting Day. 1-4 p.m. at Fort Ward Museum, 4301 W. Braddock Road. Meet soldiers and civilians of the 3rd U.S. Regular Infantry, Company K. There will be demonstrations and information about how to become a re-enactor. Free. Snow day is Feb. 22. Visit www.fortward.org or 703-746-4848.
- **Closing Reception and Silent** Auction. 3-8 p.m. bid on some of the entries from "Mixed Media Metallics." Proceeds benefit Food for Others. On display at Artistic Artifacts, 4750 Eisenhower Ave. Admission is one non-perishable food item, which will be donated to Food
- for Others. Visit www.ArtisticArtifacts.com/metallics for more. Teen Production. 7:30 p.m. at
- Heritage Presbyterian Church, 8503 Fort Hunt Road. See MVCCT's

production of Shakespeare's "Much Ado About Nothing." \$12. Visit mvcct.org for more.

Music Performance. 7:30 p.m. at The Birchmere Music Hall, 3701 Mount Vernon Ave. Arlo Guthrie continues his tribute to Woody's 100th birthday. Visit www.birchmere.com or call 703-549-7500.

SUNDAY/FEB. 9

- Valentine Card-Making Party. Noon-4 p.m. at Del Ray Artisans in the Nicholas A. Colasanto Center, 2704 Mount Vernon Ave. Free, but a donation for a make-and-take card is requested. Visit www.thedelrayartisans.org for more. Book Launch. 1 p.m. at the
- Athenaeum, 201 Prince St. "Mark Twain in Washington: The Adventures of a Capital Correspondent" by John Muller. Free. Visit www.nvfaa.org or 703-548-

WEDNESDAY/FEB. 12



Monthly Networking Feb 13, 5:30-7:00 pm @ Hampton Inn Mt Vernon Mar 13, 5:30-7:00 pm @ Good Shepherd Housing

MOUNT VERNON-LEE CHAMBER OF COMMERCE 6821 Richmond Highway / Alexandria, VA 22306

0035. 出来の意思をなる また 日本の日本日の日本子の うちをのう 「「「「「「」」」を見たのうない **Good Shepherd** Catholic Church Weekday & Saturday Mornings: 9:00 am Mass, followed by Rosary (on First Friday, Mass followed by Eucharistic Adoration) Thursday & First Friday of the Month: (en Español): 6:30 pm 7:30 pm Mass en Español 8710 Mount Vernon Highway, Alexandria VA, 22309 Tel: 703-780-4055 Fax: 703-360-5385 www.gs-cc.org であ SAL AN Loving as Christ loves, serving as Christ serves To Advertise Your Faith Community, call Karen at 703-917-6468 10 The same a same a same a same a same a same a same

Connecting Business and Community

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Downton Abbey Tours. 2 p.m. at Lee-Fendall House, 614 Oronoco St. The current owner of Highclere Castle, the real world castle where Downton Abbey is filmed, is a direct descendent of the original owner of Lee-Fendall House. The tour will compare similarities between people and places within the world of the television series and those of Lee-Fendall House and also include the rarely seen servant's wing and kitchen area. \$5/advance; \$7/day of. Visit www.leefendallhouse.org or 703-548-1789 for tickets.

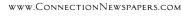
- Winter Warmer Tea. 3-4:30 p.m. at Gadsby's Tavern, 138 N. Royal St. Eat period-inspired delicacies while enjoying tea and American Heritage Chocolate. A historic guest will be visiting. \$35/person and is all inclusive. Reservations required. shop.alexandriava.gov or 703-746-4242.
- Teen Production. 3 p.m. at Heritage Presbyterian Church, 8503 Fort Hunt Road. See MVCCT's production of Shakespeare's "Much Ado About Nothing." \$12. Visit mvcct.org for more.
- Christie Dashiell. 6-9 p.m. at The Carlyle Club, 411 John Carlyle St. The Hoop Academy Project presents an Evening with Christie Dashiell, accompanied by the Vaughn Ambrose Quartet. Proceeds benefit the Alexandria African American Hall of Fame Project. \$35 per person. Cash bar and full dinner menu available. Contact Julian Haley at 571-217-9951 or aaahalloffame13@ gmail.com.
- Music Performance. 6 p.m. in the chapel of Mount Vernon Unitarian Church, 1909 Windmill Lane, Ars Nova Chamber Orchestra will perform. Free.
- Music Performance. 7:30 p.m. at The Birchmere Music Hall, 3701 Mount Vernon Ave. Jeffrey Osborne will perform. Visit www.birchmere.com or call 703-549-7500.

MONDAY/FEB. 10

Book Making Celebration. 6:30 p.m. at John Adams Elementary, 5651 Rayburn Ave. Parents and children can create their own family history book.

TUESDAY/FEB. 11

Animal Benefit. 6 p.m. at Lyles-Crouch Traditional Academy, 530 S. Saint Asaph St. Students will present piano, vocal and dance solos, Lego art displays and student-produced PowerPoints. Admission is a donation of cat/dog food, a pet care item or a monetary donation to the Animal Welfare League. Contact the school at 703-706-4430.



[♦] Mount Vernon Gazette ♦ February 6-12, 2014 16

ENTERTAINMENT

Music Performance. 7:30 p.m. Gino Vannelli will perform at Birchmere Music Hall, 3701 Mount Vernon Ave. \$59.50. Visit www.birchmere.com or call 703-549-7500.

THURSDAY/FEB. 13

- Reception. 6-8 p.m., curator talk with Laura Roulet at 7 p.m. at the Target Gallery in the Torpedo Factory, 105 N. Union St. Free. Visit www.torpedofactory.org/target.
- Book Making Celebration. 6 p.m. at Jefferson Houston School, 1501 Cameron St. Parents and children can
- Cameron St. Parents and children can create their own family history book. **Music Performance.** 7:30 p.m. at The Birchmere Music Hall, 3701 Mount Vernon Ave. Steve Earle will perform. Visit www.birchmere.com or call 703-549-7500.

FRIDAY/FEB. 14

- **Benefit.** 3-7 p.m. at Ten Thousand Villages, 915 King St. Browse chocolate, coffee, candles, jewelry and more. A percentage of sales will be donated to the Fair Trade Alexandria campaign. Visit www.fairtradecampaigns.org.
- Music Performance. 7:30 p.m. at Birchmere Music Hall, 3701 Mount Vernon Ave. Jake Armerding will open for Eddie from Ohio. Visit www.birchmere.com or call 703-549-7500.

SATURDAY/FEB. 15

- George Washington's Birthnight Banquet and Ball. 5:30-11 p.m., with the ball to open at 9 p.m. in the ballroom at Gadsby's Tavern, 138 N. Royal St. The re-creation celebrates the famous party held for Washington's birthday and includes dinner, dancing, desserts, character re-enactors and more. \$120/person or \$50/ball only. Ticket options for dining in a room or at the same table with the Washingtons. Visit www.gadsbystavern.org or shop.alexandriava.gov or 703-746-
- 4242. **Music Performance.** 7:30 p.m. at Birchmere Music Hall, 3701 Mount Vernon Ave. Jake Armerding will open for Eddie from Ohio. Visit www.birchmere.com or call 703-549-7500.
- Author Discussion. 10 a.m.-noon at Alexandria Archaeology, 105 N. Union St., #327. Meet authors Char McCargo Bah, Christa Watters, Audrey P. Davis, Gwendolyn Brown-Henderson and James E. Henson Sr. for a discussion of their new book. Experience the narratives of Alexandria's African Americans who helped to shape not only their hometown but also the world around them. Free.
- George Washington's Birthday Celebration. 9 a.m.-4 p.m. at Mount Vernon Estate, 3200 Mount Vernon Memorial Highway. There will be a hoecake judging contest and samples given out while supplies last, enjoy a dancing demonstration, stories, and more. Everything is included in admission \$18/adult; \$9/ children age 6-11; children under 5 are free. Visit mountvernon.org.
- Music Performance. 8 p.m. at Rachel M. Schlesinger Concert Hall, 3001 N. Beauregard St. Kim Allen Kluge presents "To Be Passionate," featuring works by Gershwin, Wagner, Debussy and more. \$5/18 and under; \$10/student; \$20+adult. Visit www.nvcc.edu/ schlesingercenter/ for tickets or 703-548-0885.

SUNDAY/FEB. 16

- George Washington Classic 10K or 2K Fun Run. 8 a.m. at Eisenhower Ave. \$40/10K; \$10/2K. Visit www.VisitAlexandriaVA.com/ GWbday to register.
- www.ConnectionNewspapers.com



Perry Conner, Ian Lloyd, Kent Jenkins, Luis Milburn, and Auggie Koch are nominated for a Best New Artist Wammie Award as Fuse Box, an Alexandriabased rock band.

Alexandria Teens Nominated For Best New Artist Wammie

Fuse Box, an Alexandria-based rock band made up of five area high school students, has been nominated for Best New Artist in Washington Area Music Association's annual Wammie Awards. The five members of Fuse Box, who include students at Alexandria's St. Stephen's & St. Agnes School and T.C. Williams High School, released their first recording in 2013, a self-titled collection of six original songs, and recently played Vienna's Jammin' Java. Fuse Box's members include three students at St. Stephen's & St. Agnes - senior Auggie Koch on bass, junior Ian Lloyd on lead guitar, and senior Luis Milburn on rhythm guitar and drums - and one student at T.C. Williams - junior Perry Connor on keyboards and rhythm guitar. The band also includes lead singer and drummer Kent Jenkins, a junior at Sidwell Friends School in the District. To hear Fuse Box's songs and catch videos of the band in concert, visit www.FuseBoxBand.net. Vote in the fan favorite award category atwww.wamadc.com/wama/fanform.htm by noon on Wednesday, Feb. 12.

George Washington's Birthday

- **Celebration.** 9 a.m.-4 p.m. at Mount Vernon Estate, 3200 Mount Vernon Memorial Highway. There will be a hoecake judging contest and samples given out while supplies last, enjoy a dancing demonstration, stories, and more. Everything is included in admission \$18/adult; \$9/ children age 6-11; children under 5 are free. Visit mountvernon.org.
- **Revolutionary War Re-enactment.** 10 a.m.-3 p.m. at Fort Ward Park. Historic camp and tactical demonstrations throughout the day including a Revolutionary War skirmish between the Redcoats and
- the Colonial Army. Free. Visit www.VisitAlexandriaVA.com/ GWbday for more. George Washington Goes to the Theatre. 2 p.m. at the Athenaeum, 201 Prince St. Enjoy a community play reading of "Cato" by Joseph Addison, George Washington's favorite play. Free. Visit www.VisitAlexandriaVA.com/
- GWbday for more. Downton Abbey Tours. 2 p.m. at Lee-Fendall House, 614 Oronoco St. The current owner of Highclere Castle, the real world castle where Downton Abbey is filmed, is a direct descendent of the original owner of Lee-Fendall House. The tour will compare similarities between people and places within the world of the television series and those of Lee-Fendall House and also include the rarely seen servant's wing and kitchen area. \$5/advance; \$7/day of. Visit www.leefendallhouse.org or 703-548-1789 for tickets.
- Madeira Tasting with President Washington. 3 p.m. at Gadsby's Tavern Museum, 134 N. Royal St. Taste four Madeira wines (George Washington's favorite drink) and get insight into their production plus food pairings. \$45. Visit www.VisitAlexandriaVA.com/ GWbday for more.

Music Performance. 3 p.m. at Rachel M. Schlesinger Concert Hall, 3001 N. Beauregard St. Kim Allen Kluge presents "To Be Passionate," featuring works by Gershwin, Wagner, Debussy and more. \$5/18 and under; \$10/student; \$20+adult. Visit www.pwcc.edu/

Visit www.nvcc.edu/ schlesingercenter/ for tickets or 703-548-0885. **Music Performance.** 3 p.m. at T.C. Williams High School 3330 King St.

- Williams High School, 3330 King St. The Washington Metropolitan Philharmonic will perform Rachmaninoff and more. Pre-concert discussion at 2:15 p.m. \$20/adult; free for children 18 and under. Visit www.wmpamusic.org or 703-799-8229.
- Documentary. 6:30 p.m. at Ten Thousand Villages, 915 King St. Watch a free documentary of "Dark Side of Chocolate." Visit www.tenthousandvillages.com or www.darksideofchocolate.org. Music Performance. 7 p.m. at
- Episcopal Church of the Resurrection, 2280 N. Beauregard St. Singersongwriters Julie Clark and Lara Herscovitch will perform. \$18/ general; \$15/advance or member. Visit www.focusmusic.org or 703-380-3151.
- Music Performance. 7:30 p.m. at Birchmere Music Hall, 3701 Mount Vernon Ave. Jake Armerding will open for Eddie from Ohio. Visit www.birchmere.com or call 703-549-7500.

MONDAY/FEB. 17

President's Day Celebration. Alexandria resident Bill Young will portray a gentleman named William from Virginia's colonial days and discuss life on the nearby Mount Vernon plantation. Located Spring Hills Mount Vernon Assisted Living Community, 3709 Shannons Green Way. Visit www.springhillsmount vernon.com or call 703-650-0779.



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Sports



Photo by Craig Sterbutzel/The Gazette

West Potomac senior Monica Thompson qualified for regionals with a score of 35.4 in the all-around competition at the Conference 7 gymnastics meet on Jan. 31.

Thompson Headed to Regionals

est Potomac senior Monica Thompson qualified for regionals in the all-around competition during the Conference 7 meet on Jan. 31 at Lake Braddock Secondary School.

Thompson placed fifth in the all-around with a score of 35.4. The top four automatically advance to regionals, but Thompson qualified by producing a score of at least 35.

West Potomac head coach Pete Novgrod described Thompson's performance as "excellent. Vault was the only thing that wasn't as good as usual."

Thompson placed fourth on floor (9.025), fifth on vault (9.15) and bars (8.725), and sixth on beam (8.5).

West Potomac finished fourth as a team, producing a score of 123.9. T.C. Williams won the conference title with a score of 143.45, followed by Woodson (132.9) and South County (131.55). The top two teams advance to regionals.

The 6A North region meet will be held Feb. 12 at Lake Braddock.

— Jon Roetman

Porter: 1,000 Career Points

uring her four seasons on the Mount Vernon varsity girls' bas ketball team, Samantha Porter has often played a supporting role when it comes to scoring.

While capable of producing points, Porter often took on the duties of defense and rebounding while deferring most of the scoring load to other college-bound athletes.

Now a senior, Porter has become more of an offensive threat. But while she wasn't looked at as a go-to scorer in the past, she recently reached a milestone that speaks highly of her career-long consistency.

Porter reached 1,000 career points during a 55-26 victory over Washington-Lee on Feb. 1. Mount Vernon head coach Courtney Coffer praised Porter for continuing to produce points despite playing with talented scorers.

"She had to defer a lot because she played with a lot of scorers," Coffer said. "That's one of the things she [should] get credit for. Despite playing with all those great offensive players that we've had, she's been so consistent. ... Every time she stepped on the floor, you knew what you're going to get out of her day in and day out. She leaves her heart and soul on the floor every night."

Porter, who will play collegiately at Christopher Newport, has been battling a back injury this season, but has continued to produce. She has helped the Majors to a 14-4 record with three regular-season games remaining.

"A kid like Samantha Porter, they don't



Mount Vernon's Samantha Porter, seen during her junior season, recently reached 1,000 career points.

come around often," Coffer said. "That's a kid you get once every 10 years. You rarely see kids who play hurt. You rarely see kids who get a tooth knocked out of their mouth and play a whole game. ... She refuses to let anything take her away from playing."

— Jon Roetman

School Notes

Email announcements to gazette@connection newspapers.com. Deadline is Thursday at noon. Photos are welcome.

Genesis Andia, a sophomore majoring in psychology, was named to the dean's list at Bridgewater College.

West Potomac High student **Pamela Molnar** was recently recognized with a Student Peace Award of Fairfax County. Molnar, who is an active participant in the Best Buddies program at West Potomac, was honored for making a substantial contribution to "understanding, peacemaking, and conflict resolution." She received a cash award and \$100 was donated to an organization or activity of her choice.

Suzanne Parrish, art teacher at Hybla Valley Elementary, was recently honored for her work with the Mount Vernon Community Children's Theatre, named the best organization of 2013 by the Mount Vernon-Lee Chamber of Commerce. The organization offers after-school programs in Fairfax County public schools. Parrish is a former board member of the Mount Vernon Community Children's Theatre.

Erin Ackerman and **Adelaide Plemmons** were among the 214 students from Emory & Henry College who made the fall dean's list.

Michael R. Andriani III of Alexandria, received a bachelor of arts degree in history from Virginia Military Institute. Graduating honors include Army Commission. Cadet Andriani's parents are Lt. Col. and Mrs. Michael R. Andriani Jr.

Emily Hauptle of Alexandria, has been named to the dean's list for the fall 2013 semester at Marquette University in Milwaukee, Wis. Hauptle is pursuing a bachelor of science degree in marketing. www.CONNECTIONNEWSPAPERS.COM

Wolverine Marksmen Win 3rd in a Row

he West Potomac Rifle Team won its third consecutive match on Saturday, to improve its record to 3-1. On Jan. 14, the team defeated The Landon School by a score of 1083 to 1074. The team scores were Lindsay Paul (285), Andy Knight (274), Jack Apperson and Grayson Wheeler with scores of 262.

On Jan. 18, the team surpassed Washington & Lee High School 1108 to 1060. The team of Lindsay Paul (286), Jack Apperson (282), Andy Knight (276) and Connor McPherson (264) exceeded the 1100 mark for the first time in school history and set a new school record with their score of 1108. Both Lindsay and Jack fired a perfect score of 100 in the prone phase of the match.

At the match on Jan. 25, the team outscored Lake Braddock 1086 to 1060. The team was led by Lindsay Paul (282), Jack Apperson (276), Chris Quinn (268) and Grayson Wheeler (260). Lindsay, a senior co-captain, was the overall high scorer in all three matches.

Additional team members participating in the matches were Dominic Mancini and Joey Africano.

According to Lindsay, "We are having the each of 18 & Mount Vernon Gazette & February 6-12, 2014



From left: Andy Knight, Lindsay Paul, Jack Apperson and Connor McPherson.

team's best season. Everybody is shooting very well, especially the new shooters."

The team competes in three position precision air rifle matches, firing 10 shots in each of the prone, standing and kneeling positions for a potential score of 300. During this period all team members have achieved new personal best scores. The team has five more matches prior to the regional championships.

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Serving Alexandria, Fort Belvoir, East Springfield, Lorton and Mount Vernon Areas

C-Ball, 12U and 18U Divisions

TO REGISTER, VISIT: www.woodlawnlittleleague.org or our previous Website at www.mvyaasoftball.org OR LIVE REGISTRATION sessions to be posted on our Websites SKILL EVALUATION: MVHS Field (or Woodley Hills ES Gym if bad weather) – SUNDAY, MARCH 9. 1:00-2:00 for coach-pitch, 2:00-3:30 for 12u, and 3:30-5:00 for 18u.

Join the fun! Learn the game! Live the dream!

Special thanks to Hount Vernon Gazette

Save the Date .
A Casino Night to Benefit the Boys & Girls Clubs of Greater Washington, Fairfax County Region

Save the Date! Friday, March 7th, 2014 6:30pm- 11:30pm The Ritz-Carlton, Tysons Corner

Tickets \$95 Per person \$175 Per Couple Special Overnight

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Includes: • Open Bar • Dinner Buffet • Casino • Dancing



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- For More Information Visit our Website www.bgcgw.org/fairfax/casino-night



From Page 10

the scene they found that the home was fully engulfed with one of the owners trapped inside the with his five dogs, four Bernese Mountain dogs and a Corgi.

While the other firefighters began fighting the fire, my husband, Rick Trudeau, and his crew from Truck 411 initiated the rescue of the trapped gentleman from the third floor bedroom. Rick actually carried the man down the 28-foot ladder on his head and shoulders.

After arriving on the ground, the rescued man's partner frantically let the firefighters know that he had five dogs still inside the blazing home. Now, being a dog owner himself, Rick was prepared to reenter the fire to search for the men's pets when he suddenly heard the words "Bernese Mountain Dogs." We have two Berners ourselves so this immediately hit home.

The crew ran back into the burning building and was able to bring all of the dogs out. Unfortunately, the oldest of the Berners was unable to be revived and passed away at the scene. After being given oxygen from the special pet masks that are now on the Fairfax County fire vehicles, the three remaining Berners and the Corgi were transported to a veterinary facility in Springfield.

While this makes for a very exciting story, and makes me very proud of my husband and his colleagues, it's what happens next that makes me write to you asking for your assistance. Today we stopped by the townhouse to trv to get information to reach the owners to see if they might need anything for their dogs. One of the gentlemen was at the burned-out shell of his home. Sadly, he informed us that his partner is still unconscious in the hospital, and one of his Berners is badly burned and is probably not going to survive. Needless to say, he is overwhelmed and devastated. On top of everything, his insurance does not cover the vet bills for the dogs. His costs have already topped \$6,000 and are climbing. He also has no place to take the other dogs after they get released from the vet as he is staying in a local hotel for the time being.

We have started a fundly account to help these gentlemen with their veterinary expenses and care for their remaining "babies."

care for their remaining "babies." This is the fundly link: www.fundly.com/bernese-moun-

tain-dog-house-fire-relief-fund. Laurie Eimers Trudeau



Business Honored

Sun Sew Vac in Alexandria has been selected as the Independent Dealer of the Month for March by the Vacuum & Sewing Dealers Trade Association. Sun Sew Vac, owned by Robert L. Hines Jr., was established Nov. 1, 1975. It is located at 7732 Richmond Hwy. Call 703-780-0400.

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Letters



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World traveler, long term resident of Old Town Alexandria, Va. and most recently of Sunrise Senior Living OF GEORGE MA-SON in Fairfax, Virginia, passed away peacefully on Friday, January 24, 2014.

Rebecca was a devoted Mother, Grandmother, Great Grandmother, and a friend to all she met. She is survived by her sons: William Braun Jones Jr. and wife Martina, Bradley Jones and wife Karen, daughters: Beverly Hogg, Julian Myers Benton and husband Jeff; Grandchildren: William Braun Jones III and wife Angela, William Charles Hogg III (Chad) and wife Christl Tucker Clay Hogg, Ashley Jones Sullivan and husband Paul Heather Jones, Ava and Madison Benton, Terra Picirilli and husband Jim; Great Grandchildren: William Braun Jones IV, Julia, Lexie, and Logan Jones, Caitlyn, Jamison, and Sofia Pi-cirilli, a sister Mary Lou Rolley and nephew Scott Rolley. A son There will be no formal service at this time. Instead the family is planning a Celebration of Life to be held locally in early spring.

http://www.everlywheatleyfuneralhome.com/obituaries.html

Invitations to the Celebration of Life will be sent from this guestbook. In lieu of flowers, donations may be made in Re-becca's name to Ms. Shannon Yunn, Executive Director, Sun-rise Assisted Living, 4300 George Mason Blvd., Fairfax, Va.



AT&T Mobility, LLC proposes to install new wireless telecom-munications equipment at 501 Slaters Lane, Alexandria, VA 22314. A new +/- 10-foot tall generator will be installed at grade on a 5-foot by 11-foot concrete pad. Any interested party wishing to submit comments regarding the potential effects the proposed facility may have on any historic property may do so by sending such comments to: Project 61140019-TC c/o EBI Consulting, 6876 Susquehanna Trail S., York, PA 17403 or

21 Announcements 21 Announcements

Title: Request for Proposals No. 00000403. Production and

Mailing of Business Tax and Combined Personal Property Tax Bills, Vehicle Decals, and Revenue Mass Mailing.



From Page 10

My bill to allow a 911 recording to be admitted in court without having the dispatcher in court is nearing passage. This will enable dispatchers to spend time doing their job instead of waiting around courtrooms to testify that a recording is authentic.

The House of Delegates approved two of my other bills last week. One would allow a locality to charge up to \$5 per traffic ticket to fund hardware and software so that police officers can use barcode readers and printers in their vehicles when issuing traffic citations and to purchase software to digitally transmit citation information to courts. Improving their digital capabilities will reduce typographical errors, speed up the ticket-writing process and get officers off the side of roads where they can be injured.

In Fairfax County, it will also get nine administrative professionals who hand-enter over 200,000 tickets per year off the computers and out into active law enforcement. I was able to move this legislation through with help from my Republican colleague, Del. Ron Villanueva from Virginia Beach.

The House also unanimously passed my bill to clarify who is preferred to run a real estate brokerage upon the death of its owner. This will not only provide stability and clarity to employees, it will also ensure that real estate listings continue to be managed by competent professionals and prevent listings from being caught up in family disputes. Mount Vernon trust and estates attorney Deborah Matthews suggested this bill to me after one of her clients was caught up in a family fight over a brokerage.

Last week, Attorney General Mark Herring announced that in his opinion, the U.S. Supreme Court's decision in United States v. Windsor nullified Virginia's constitutional and statutory bans on same sex marriage. Now, the House of Delegates is poised to pass legislation giving a single legislator legal standing to go to court to defend Virginia's gay marriage ban or enforce any law the Attorney General refuses to apply. This legislation will die in the Senate, but my House colleagues are pressing forward nonetheless. This week, we will also vote on legislation to call a new U.S. Constitutional Convention to rewrite our Constitution

My five Amundson Fellows visited Richmond this week with their chaperone Dr. Jane O'Hara, assistant principal at Fort Belvoir Elementary School. We had three students from West Potomac, two from Mount Vernon and one from Edison High Schools. They testified at a hearing on the need for computers and broadband connections for low-income students, met with their senators, cabinet members, government relations professionals, and toured historic state buildings.

Finally, I have received over 500 responses to my 2014 Constituent Survey. If you have not responded, please complete it at www.scottsurovell.org/survey. Encourage high school students to as well. It's a good civics lesson.

www.ConnectionNewspapers.com

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Alexandria's Leading Firm in Sales of Luxury Real Estate



Data obtained from the REALTORS MRIS computer data bank for all residential sales settled in the City of Alexandria in 2013.



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