# Mount Pernon Gazette HomeLifeStyle PAGE 19

Mount Vernon's Hometown Newspaper • A Connection Newspaper



### Volunteers Clean up Jeff Todd Way

Volunteers from the Mount Vernon-Lee Chamber of Commerce board, Mount Vernon Paint Co., Mount Vernon High School football team, The Church of Jesus Christ of Latter-day Saints and friends and family of Jeff Todd came together on Nov. 7 to clean up trash on Jeff Todd Way. Jason Hunt, owner of the Roy Rogers at 8860 Richmond Highway — where Jeff Todd Way meets Route 1 — brought his two daughters to help and provided free warm drinks for the volunteers. Officers from the Mount Vernon Police Station provided safety support along with Fort Belvoir Police.

# Helping People Who Lost Everything

# Pinnacle Academy students help launch third Annual Blanket and Coat Drive for Syrian refugees.

BY ANDREA WORKER THE GAZETTE

n Thursday, Nov. 5, a group of seventh graders from Pinnacle Academy in Oakton, joined local and national officials at Fairfax County Government Center to launch the third annual blanket and winter coat drive for Syrian Refugees, bringing with them an impressive number of blankets and winter wear to start the collection.

The charitable enterprise was founded after several local politicians visited the refugee camp in Adana, Turkey during a 2013 trade and cultural exchange trip to the country as guests of the Fairfaxbased American Turkish Friendship Association. "We saw thirty thousand people, half of them children, living in tents," said Mark Gibb, executive director of the Northern Virginia Regional Commission (NVRC), which will coordinate the efforts of the numerous government jurisdictions, non-profits, businesses, faith communities, schools and private citizens who will join forces during the 2015 campaign. When the American visitors asked some of

SEE BLANKETS, COATS, PAGE 3



Mark Gibb, executive director of the Northern Virginia Regional Commission, opens the press conference to launch the 2015 Blanket and Coat Drive for Syrian Refugees by making the first personal donation. "This was my son's jacket. We thought we were saving it for a future grandson, but my wife handed it to me this morning and said to bring it here. This is what it's for."

# Where to Cut?

### Garza presents task force report, but methodology questioned.

"The School

**Budget Task** 

Force missed

**District Supervisor** 

- Springfield

**Pat Herrity** 

the mark."

By Tim Peterson The Gazette

airfax County Public Schools Superintendent Karen Garza is attempting to scale a towering projected budget shortfall for Fiscal Year 2017. On Nov. 9, she presented School Board members the report of budget cuts recommended by a 36member task force she summoned earlier this year.

A dozen of the task force members were appointed by the School Board, the rest are representatives

from civic associations, teachers associations and other county staff.

Garza instructed the team to make recommendations specifically for the 2017 budget with six criteria in mind: the number of students impacted, effect on employees and students.

disruption to the system, permanent cuts instead of "one-time" cuts, magnitude of the cut and student outcomes especially on the core instruction.

"No one — including the Task Force members — wants to enact significant budget reductions that will impact classroom and student programs," Garza said in a statement. "Their involvement in the process guarantees that a wide variety of voices and suggestions were heard and seriously consid-

**THE REPORT** from the task force includes dozens of ideas for cuts and how those were supported by task force members, as well as employees, students and the community, based on input from the "UserVoice" program, outreach meetings, budget meetings with School Board members and the

online Budget Proposal Tool.

The sets of cuts are divided into two groups — one set that would cut \$50 million from the projected budget and one that would cut \$75 million — and cover a wide area: Some examples are increasing facility use fees and student parking fees, increasing class sizes, eliminating foreign language immersion programs and eliminating Level IV Advanced Academic Program centers in favor of offering that advanced curriculum at each local school to reduce student transportation costs.

> Garza admitted though the recommendations are just that, and far from final decisions, inevitable cuts would negatively impact essentially everyone involved with Fairfax County Schools.

> "Reductions will be unavoidable unless

we receive sufficient revenue to meet our expenditure requirements," Garza said in her statement. "As I've said all along, we cannot cut our way to excellence."

The recommendations were ranked by the percent of agreement among voting members of the task force. Two members of the task force abstained during voting on the recommendations: George Becerra, appointed by At-Large School Board member Ilryong Moon, and Mindy Carlin, representing the Fairfax County Chamber of Commerce.

A representative from the chamber said Carlin would not be available to comment personally.

Becerra, who currently serves on the Board of Supervisors and School Board joint Successful Children and Youth Policy team, said he wished the task force had con

SEE GARZA, PAGE 5

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### News



Don Francisco and Dan Storck in the Patriotic room.

# **Story Time**

ov. 5 marked the third annual Story Time Night at Stratford Landing Elementary. This free, literacy building event put on by the PTA draws local celebrities as story tellers. The newly elected Mount Vernon District Supervisor Dan Storck and resident Mount Vernon Fifer Don Francisco, who was recently featured in People Magazine, read in the Patriotic room. The children enjoy rotating through themed story rooms and listening to different kinds of story telling from traditional book reading to performance and song.



Local author Anna Fitch Courie of "Sally the Comet" reading in the Space room.



Local Music Together owner Cheryl Sabo performs her Western story as a song.



Vice Principals Christine Prahl and Shirley Shannon as the fortune tellers.



Advance Academic Program teacher Lori Luster reads in the Ocean room.

# Blanket, Coat Collection for Syrian Refugees

From Page 1

the camp residents what they could do to help, "the answer was such a simple request. These people, who were left with virtually none of their possessions, told us it was getting cold and could we please send them some blankets."

UPON THEIR RETURN, the group immediately went to work. Sixty thousand blankets were soon on their way to Turkey. "I know it sounds great," said Gibb, praising how quickly the citizens of Northern Virginia rallied to the humanitarian cause, "but there are 1.7 million refugees just in Turkey. We have a long way to go." Since its inception, the drive has grown in scope. In addition to collecting new or gently used blankets, the drive now requests donations of jackets and coats, particularly for children -"and money. Money is always good," acknowledged Scott York, chairman of the Loudoun County Board of Supervisors and one of the contingent who saw the need first hand during the visit to Turkey and the refugee camp. "Last

year," said York, "we raised about \$100k and were able to purchase even more items to add to the shipment."

The number of organizations participating in the effort has also grown. In addition to the Turkish American Friendship Association as a founding partner, and the fourteen jurisdictions that comprise the NVRC, the United Muslim Relief, Embrace Relief, the Fairfax Clergy and Leadership Council, the Church of Jesus Christ of Latter-day Saints, the Adams Center and the Paxton Companies are all part of the working charitable coalition. Dr. Abed Ayoub, president and CEO of United Muslim Relief reported that partnerships have now been developed outside the region, as well.

Ayoub, who was born in a refugee camp in Palestine and grew up in others in Jordan until he left for school at the age of eighteen, announced that a school project was also on the agenda going forward. The goal would be to hire teachers from among the refugee population and provide the educational basics. "Some of these children have not been to any kind of school since they arrived four years ago."

Other speakers at the press conference included Sharon Bulova, chairman of the Fairfax County Board of Supervisors, Scott Silverthorne, mayor of the City of Fairfax, and Martin Nohe, supervisor Coles District, Prince William County. All three officials have visited the Syrian refugee camps in Turkey. Silverthorne and Nohe both personally participated in the distribution of donations to the refugees.

"You meet people who left comfortable homes, jobs, cars, a good life and now they tell you how grateful they are to sleep on the ground in another country and have a daily water ration. It's incomprehensible to most people in our region. You have to do something to help," said Nohe. Nohe suggested that to make the largest individual impact, people interested in donating should visit a local thrift shop. "You can usually get coats and blankets for just a few dollars. Imagine how many we can collect that way." When all the speakers had taken their turns at the podium, including principal Mustafa Akpinar from the Pinnacle Academy, the students came forward with the donations they had already collected at school. Akpinar, who is on the Advisory Board of the American Turkish Friendship Association, said it did not take much to get the children interested and then motivated to help. "This is our third year, too," said Ezo Karaca, a Pinnacle student who helped make the official presentation of their collection. "It's a good thing to do."

**DONATION DROP-OFF SITES** will be available throughout Northern Virginia. Collection in Fairfax County runs Monday through Friday, from 9 a.m. to 4:30 p.m. at a number of Board of Supervisors district offices or at the Northern Virginia Regional Commission office at 3040 Williams Drive, 2nd floor, in Fairfax. There will also be a one-day only collection event on the last day of the campaign, Saturday, Dec. 5 from 9 a.m.-3:00 p.m. at specified locations throughout the county. More information and the list and addresses of the drop-off locations are available on the county's website www.fairfaxcounty.gov/ncs/ blanketdrive.



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# News



Members of the Fairfax County School Board meet at the school system headquarters where superintendent Karen Garza presented a report from the FY 2017 Budget Task Force.

# Garza Presents Budget Report

From Page

ducted its meetings publicly rather than in private, and that they had been provided with more comprehensive program evaluation information on which to base their decisions.

According to the task force report, "Due to time constraints, the Budget Task Force was unable to review programmatic evaluations for every potential item and option."

"How good that program is to a child, it's not up to me, it's up to the system to quantify it," Becerra said. "Right now, I don't have that information in front of me. If you're going to cut your own family budget like this, I think there'd be a divorce in my family real quick."

Springfield District Supervisor Pat Herrity sent out a statement on the day of Garza's presentation, also critical the task force failed to review the school's supplemental retirement system, outsourcing or the "functions of the many 'teachers' that do not spend time in the classroom."

"The School Budget Task Force missed the mark," Herrity said in the statement.

The task force report did explain that employee compensation, health insurance and retirement are among items being reviewed and studied, so they weren't included in the online budget tool.

Kimberly Adams, president and task force representative for the Fairfax Education Association, did vote, and said her organization is "not supportive of the majority of the recommendations as they stand now."

Adams said the whole task force objective being focused on what to cut rather than where else to make up revenue was "hard to hear" from the perspective of educators.

"But you have to cut \$50 million out of the system, they have to find it somewhere," Adams said. "We have to pick the best bad choices out of that list.

Nothing very palatable. Raising fees for students is not something I want to see happen, but is it a less impactful way to cut money out of the budget?"

Matt Haley, who was appointed to the task force by School Board member Jane Strauss (Dranesville) and chosen to chair the group by Garza, said the meetings were kept private to encourage more open discussion by task force members.

"We felt it was important for them to be able to share how they felt and what was feasible, possible, without being questioned on every statement by their constituents," said Haley, a retired strategy consultant with Accenture.

Haley said that no program evaluation information in existence was withheld from the task force. "There was no less data available to us than is available to the School Board or Board of Supervisors," he said.

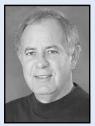
"We looked at everything that's been studied. We had hundreds of questions fed through a staff answered for us.

We have a lot more detailed information than just about any group has had in the past, though it is possible more analysis could be done."

Adams agreed she would like to see more evaluative data in the future. "We had to assume every program is doing what it's supposed to do, meeting their goals," she said.

Garza will make her formal budget presentation to the School Board in January 2016. The School Board is scheduled to make their final decision on the proposed budget and vote at the May 26, 2016 meeting.

**FOR GARZA'S PRESENTATION** and the full report from the task force, visit the Fairfax County Public Schools online document-sharing program at www.boarddocs.com/vsba/fairfax/Board.nsf/goto?open&id=A3KSVY653B27.



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rm, game rm, full bath & 500 sq.ft. of storage (can use RR as 5th bedrm). Spectacular land-scaped lot w/beautiful stone patio & private hot tub. 5 minutes to Fort Belvoir – A 10!!!

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# VETERANS DAY

# Fairfax County To End Veteran

By Mary Kimm
The Gazette

ameel Mubaarik of Reston is a 63-year-old Army veteran and mechanical engineer, a former Reston homeowner. He served in the Army in Europe during the Cold War, and among many positions since, worked for Bechtel on the Silver Line and for NASA at the Goddard Space Center.

But a layoff, divorce and a short-sale on his home left Mubaarik homeless, for a time living in a hotel.

Then last May he had a stroke.

"I never thought I would be homeless, but you never know," he said.

Vincent Jenkins, director of the Embry Rucker Shelter in Reston calls Mubaarik "the Historian," for his recall of Northern Virginia events, and professorial narrative.

Mubaarik is ready to move out of the homeless shelter and into housing, and as part of a national effort to end veteran homelessness, he'll be looking at possible apartments next week.

In December 2014, Fairfax County joined the Mayors Challenge to End Veteran Homelessness, a nationwide effort with a tight deadline — the end of this year. In Fairfax County, it's an effort that will in all likelihood be successful.

"At the end of the calendar year, will we have functionally ended veteran homelessness in Fairfax County?" said Tom Barnett, program manager with the Fairfax County Office to Prevent and End Homelessness. While some veterans here will still experience housing crisis, there will be systems in place designed to get them into housing quickly.

Functionally ending veteran homelessness, according to the Mayors

"At the task force meetings,

we celebrated a lot this year.

veterans who were housed."

- Vincent Jenkins, director,

**Embry Rucker Shelter, Reston** 

Each time we met, there

were another four to five

Challenge, means that every community has a sustainable, systematic response in place that ensures homelessness is prevented whenever possible, or is otherwise a rare, brief, and non-recurring experience. That's the mantra for ending

and preventing homeless for all: Homelessness should be rare, brief and non-recurring.

Veterans made up 46 of the 1,204 people who were homeless on Jan. 28, 2015 in the 2015 Point-in-Time Count of People Experiencing Homelessness. A dozen to 15 veterans become homeless every month, but because of ongoing collaboration, most are "rapidly rehoused." While 96 veterans came

#### **Details**

Find out more at www.fairfaxcounty.gov/homeless/opeh.htm



In February 2013, volunteers looking to interview chronically homeless people found encampments like this scattered around the area, usually near major shopping areas, but sometimes in isolated fields. Not all encampments had tents for people to sleep, often found were old couches and sleeping bags, or temporary shelter made of cardboard, plastic and scrap pieces of wood.

into hypothermia shelters last winter season, at the end of October, Barnet reported that there were 17 homeless veterans in the county, and that all 17 were in the process of being housed.

"We owe something to veterans. to the people who have made that sacrifice for us," said Sharon Bulova, chairman of the Fairfax County Board of Supervisors, who signed onto the Mayors Challenge. She notes that the sacrifice veterans make is measures in time, and in uncertainty.

"When you look at the issue of veterans, the sacrifice is spending time away from the

community and from their families," she said. "With that time away comes the potential for coming back changed; that could be p h y s i c a l l y changed and harmed, and some of the harm might not be physical. Psycho-

logical changes might not be visible. We can't turn our backs on people who have been affected that way."

Of the 46 veterans identified in the Point in Time count in January, 15 were chronically homeless. Housing people who have been chronically homeless is not a quick transition; it requires supportive housing and ongoing services. Someone is identified as chronically homeless if they have been continuously homeless for a year or more and have experienced three or more episodes of homelessness in the last four years, a sequence of events that often comes with untreated illnesses, mental health is

sues and/or substance abuse.

A task force consisting of representatives from nonprofits like FACETS, New Hope Housing, Northern Virginia Family Service and Corner-

stones, plus the Office to Prevent and End Homelessness, the Department of Veterans Affairs, the Community Service Board, the health department and other partners has been meeting every other week since the county joined the challenge. At the meetings, the partners discuss the individual veterans they are seeking to house by name, and focus attention and resources on overcoming challenges.

"At the task force meetings, we celebrated a lot this year," said Vincent Jenkins of Cornerstones, director of the Embry Rucker Shelter in Reston. "Each time we met, there were another four to five veterans who were housed. ... Fairfax plays really well together. We are really trying to make a major dent in homelessness, and we are doing that."

The "tremendously impactful" tool of choice is the VASH voucher, said Barnett. The Veterans Affairs Supportive Housing program combines rental assistance for homeless veterans with case management and clinical services provided by the Department of Veterans Affairs. Once a veteran has been approved for a housing voucher and gets into housing, Veterans Affairs deploys a team to help with transition from the shelter to housing, one of the benefits of the nationwide challenge.

The effort to end homelessness for veterans comes with a different level of community support, too.

"In the community, there is so much en-

ergy and interest to end homelessness for veterans who have served our country," said Dean Kline, director of the Office to Prevent and End Homelessness. Partners and community groups are engaged "because of their passion for helping veterans who have served our country."

**NOT ALL VETERANS** who are experiencing homelessness are ready to accept housing, but ongoing outreach by local nonprofits ensures continuing progress. Sometimes it takes years simply to identify that someone is a veteran if that individual is resistant to sharing information.

One man now in line for housing hovered for eight years at the Eleanor Kennedy Shelter on Richmond Highway by Fort Belvoir. While he would seem pleasant, when anyone tried to engage him or ask questions, he became verbally aggressive and expressed anti-government sentiments, said Tonya Golden, director of Programs for Single Adults at New Hope Housing. He was part of the overflow shelter program, operated in a trailer outside the main building, coming for food and shelter.

"He was resistant to service," Golden said.

"In my heart, I feel like

was living at the Kennedy Shelter

— Richard Davis, single dad,

by Fort Belvoir

I have a lot to give."

"We never knew he was a veteran."

But with ongoing efforts, the man, now "up in age," developed a rapport with one outreach person, and agreed to sign up for housing. As they filled out the information

needed, he made reference to his service. New Hope Housing submitted his name to Veterans Affairs, discovering that he served 14 years including in Vietnam, was honorably discharged and entitled to benefits.

Now he's qualified for a VASH voucher, is working with housing case managers and will move into an apartment with supportive services soon.

Most veterans who arrive at a shelter do not have the critical documentation they need.

New Hope Housing opened Veterans House, a home with case management services for four veterans, where the veteran doesn't have to sign a lease.

"We take veterans who have challenges leasing up, so it's in our name," Golden said. "These are the clients that we work with, they are ready to move forward. ... There's no judgment."

Clients who have criminal records or other issues that might prevent them from being approved for a lease still need housing.

Golden is a military spouse, her husband is career army, a lieutenant colonel. They lived for a time on Fort Belvoir. "We've been doing this for a long time," she said. "It's personal for me that our soldiers are connected to the services they are entitled to."

**THE DAILY ROUTINE** for Richard Davis, a veteran and a single dad: Davis sleeps at

# Homelessness



Richard Davis, a single dad and veteran who has been chronically homeless, moved into a threebedroom home with his children last week with supports from New Hope Housing.

the Eleanor Kennedy Shelter for the Homeless on Richmond Highway by Fort Belvoir, while his two young children sleep at a nearby friend's house. In the morning, Davis gets his children ready for the day, drives his son, 4, to a program that addresses the son's intellectual disabilities and then Davis cares for his daughter, 2, who has health issues. He picks his son up in the afternoon, and later, after he gets his children dinner and puts them to bed, he heads back to the shelter to sleep.

At least that was the routine until last Thursday, when New Hope Housing was able to place him in permanent supportive housing with three bedrooms for him and his two children.

Davis served in the Navy. Then he served 25 years in prison, and was released in 2008.

"With a 25-year gap, no one is going to give you the kind of job you need to take care of yourself," Davis said. He worked three jobs at one time, but still didn't earn enough to support his family. And now the full time care of his children presents other challenges.

"So many people just

deposit and a few

need help with a security

months rent. But some

— Barbara Schultheiss, FACETS

need more support."

Davis trained as a paralegal in prison. "I have five habeas corpus briefs under my belt," he said. But when he applied for jobs at law firms when he was released, his prison record kept him from employment.

Davis speaks in a

deep voice that reflects the sense that he wasn't for the FACETS program I'd be dead." expected more of himself. He describes himplishment since being released in 2008. He's it just got old," he said. educated and well-spoken, It's clear that his children bring him joy, and that now getting this part right means the world to him.

you're younger. You have goals. And you're not really achieving them. I'm dealing with my mortality now," he said. "I have 10-11 more years. I'm living for my children. It's my responsibility to turn out good human beings. ... I want them to be able to go to Dad and to know they will answer to Dad. They are the love of my life."

"In my heart, I feel like I have a lot to give," Davis said.

#### NOT ALL VETERANS in need of housing are men.

One woman veteran who had served in the Army for three years, emerged struggling with mental illness. She stopped taking her medication, and got into trouble with law. She was receiving services from Northern Virginia Family Services, and was one of the homeless veterans discussed by name at the task force meetings, said Barbara Schultheiss, program director of Services for Single Adults at FACETS in Fairfax.

"So many people just need help with a security deposit and a few months rent," Schultheiss said. "But some need more support."

FACETS operates permanent supportive housing, and when a vacancy opened up there, Schultheiss coordinated her move into a new apartment.

"She's very independent, and she loves her apartment," Schultheiss said. But she also talks about Vladimir Putin as her husband, and dances around her living room with his photo. In her new home, she'll get case management services to help keep her in housing.

There is evidence of long-term success,

One Navy veteran lived 17 years in the woods, and has now lived in FACETS hous-

> ing for seven years with support after serving in the Navy with awards.

"He comes with his own slew of medical problems." said Schultheiss, who was his case manager in 2008, and helped track down his service record.

He told her, "If it

Schultheiss asked him why he left the self as "disheartened" by his lack of accom- Navy. "Being on a ship with a bunch of guys,

> But after that, he couldn't get a job that would pay the bills.

"You know you have aspirations when **VETERANS WHO HAVE** recently been in service have been in an environment where they have had one important job, protecting the country, and their basic needs like

### Each homeless veteran has a story, and a path to housing.



housing, food, schedule and health, have been cared for in a very structured way, said Barnett. "They find themselves on the street without any of that. They've had a job to focus on, but now they have to

worry about how to take

ter for the Homeless on

Richmond Highway.

care of themselves," he said, and their frustration in the new circumstances can be extreme.

Veterans can also be among the most vulnerable of people experiencing homelessness, chronically homeless and living in the woods.

"Their basic training has prepared them to be out there, to withstand some things that most people cannot," said Vincent Jenkins of Cornerstones of challenges of even getting some veterans who have lived outdoor for a long time into the shelter. "It's not always a good fit for them here in the

Reaching out to the most vulnerable homeless is helped in part by work done in 2013 when nonprofit volunteers, county employees and others went out into the woods and other areas, creating an inventory and conducting interviews. Fairfax County participated in the national 100,000 Homes campaign, ranking chronically homeless people on the vulnerability index that indicates who is a greatest risk of death. Of more 462 people surveyed, 10 percent were veterans.

Veterans who have lived outside for an extended period are also more likely to be resistant to services.

At the Embry Rucker Shelter, staff uses the "BOLO" protocol as part of their outreach efforts. That's "be on the lookout." They know which veterans they need to reach, and when one of them comes in the door for a bagged lunch or anything else, outreach staff is alerted so someone can come to interact.

While Vietnam-era vets who are homeless are more likely to be among those that are extra resistant to coming indoors, their advancing age sometimes makes them more willing. Homeless veterans of any of the Gulf Wars are more likely to be dealing with PTSD, but also are more likely to be able to jump right back into

housing after a crisis with some financial help, said several homeless advocates.

"Their symptoms are related to the trauma they experienced in war," said Greg White, chief operating officer Cornerstones. "Their coping mechanisms include alcohol, sub-

stance abuse.

The overflow services trailer

on the grounds of the

Kennedy Shelter. "One guy who had been living out in the woods told me about the adjustment he had to make to living in a house," White said. Sometimes people who have moved into housing still come back to the shelter, or even the woods, to visit. "Those social connections mean a lot to them."

Outreach during the very cold months when chronically homeless are more likely to come to the shelters, and also the Health Care for the Homeless programs offer opportunities for outreach that can eventually lead to enough trust for veterans to give information that will help get them into housing.

While some veterans are chronically homeless, living with physical disabilities or mental health issues that can be barriers to moving into new homes, it's a shortage of affordable housing that is still the biggest barrier to ending homelessness, for veterans and others. Many veterans are severely rent burdened, said White and others. Even when they can find a job, it's rare they can find employment that will pay enough to cover their needs.

# Neighborhood Health Offers Healthcare Safety Net

Community health center provides comprehensive primary care, dental care, and behavioral health services.

By Eden Brown
The Gazette

r. Basim Khan walks toward the door of the Casey Clinic of Neighborhood Health in Alexandria's West End, stopping to greet two of his patients by name: "Hey, how is your foot?" he addresses, in Spanish, one man on crutches. His patient smiles. "Better, Doctor, Gracias." He tells both patients to get on his schedule that week. Khan wears three hats at Neighborhood Health: Executive director, medical director, and doctor. Khan knows everyone who works in the nine offices of Neighborhood Health (NH), and all his patients, by first name.

And therein lies the story of the organization: it's not just for poor, underserved or uninsured residents of the area. There are middle class patients who depend on Neighborhood Health for their family care because it's a neighborhood health clinic, where doctors follow families for 20 years, give them more than five minutes a visit, and know their names, their children's names, and their situations.

Many people see Neighborhood Health as a clinic just for patients who are unable to pay or for urgent care needs such as a fever or cough. This is not the case with Neighborhood Health, which sees 15,000 patients annually — all of whom are registered, long-term patients with electronic files and records. It is not the clinic of last resort, but for many young families, the first place



Karina Herrera at work at the newly renovated offices at 2 East Glebe Road. Herrera is a pharm tech who has been with Neighborhood Health for about 15 years. She works in the Medication Assistance Program.

they want to take their young child, because they know he will be looked after for the next 10 years by the same office.

Neighborhood Health is not a walk-in clinic. Patients need to register and come in regularly. Neighborhood Health does have a clientele which is sometimes undocumented (no questions asked), most are 200 percent below the poverty level, and more than half are uninsured. There is a sliding fee scale which determines how much each patient will have to pay. Often that amount is \$10, for equivalent treatment that might cost hundreds elsewhere.

The community health center concept was an idea started by Lyndon B. Johnson during the "War on Poverty" campaign. In 1965, there were two centers serving a handful of Americans who could not afford health care. There are now 25 million Americans served by health centers.

Neighborhood Health, which in 2004 became the area's first Federally Qualified Health Center (FQHC), has grown to nine separate buildings from a one-bedroom clinic in public housing on Executive Avenue in Arlandria. Its doctors do more than serve the poor of Alexandria and surrounding areas: they catch people falling ill be-



Basim Khan, executive director, medical director, and doctor.

fore their illness defines their lives. "Our goal," said Khan, "is to find the person with chronic illness, like diabetes, which affects 20 percent of the adult patients at Neighborhood Health, before the patient needs dialysis or amputation."

Without Neighborhood Health, many of these patients go undetected and by the time they get health care, it's too late. Accessibility is a major part of the community health center concept, said Khan. That means having multilingual staff, and, if needed, finding that Bangla or Amharic speaker to translate; having locations patients can reach by foot or bus; and getting appointments within one week, or less. Another major benefit of Khan's organization is the computerization of every medical record, so that an individual who doesn't track his own health has his medication and medical history on file.

Dr. Martha Welman joined Neighborhood Health in 2000 as its first pediatrician, and has led its pediatric expansion program at Casey. To her, it's all about the relationships she has with her patients. What makes her long days at the center worth doing? "It's the fact that you are really appreciated," she said. "I have patients I have cared for since they were born, and they are now going to college."

At the same time, working at the center is a commitment. "You don't work in neighborhood clinics without that commitment to long days and spending the extra minutes with patients," said Khan. "There is a burn out rate. We do a lot with very few doctors. The need is well beyond the supply, and we are having trouble adding a doctor to the center because of the lack of money".

Mental health and dental care are part of Neighborhood Health's effort: these two aspects of health are often overlooked or overpriced. The psychologist at the East Glebe Road Health Center said she spends a lot of time managing mental health issues like past trauma and family reunification. Most of the people she treats, many of them immigrants, have been through some very rough times before reaching the U.S. and have never spoken about it. Since mental and behavioral health issues often cause

### Neighborhood Health Sites

To schedule or cancel an appointment, call 703-535-5568.

#### **SOUTH FAIRFAX COUNTY**

6677 Richmond Highway, Alexandria, VA 22306

#### Services:

Adult Medicine and Women's Health; Behavioral Health and Family Support; Health Insurance Enrollment Assistance Hours of Operations:

Monday: 8 a.m.-4:30 p.m. Tuesday: 8 a.m.-6:30 p.m. Wednesday: 8 a.m.-4:30 p.m. Thursday 8 a.m.-4:30 p.m. Friday: 8 a.m.-4:30 p.m.

 8119 Holland Road, Alexandria, VA 22306

#### Services:

Primary Care for Adults at Gartlan Center; Medication Assistance and Lab Services; Health Insurance Enrollment Assistance

Hours of Operations: Tuesday: 8-11:30 a.m. Friday: 1-4:30 p.m.



Dr. Marti Welman treats a baby at a Neighborhood Health clinic.

chronic homelessness and substance abuse, it makes sense to catch these issues early.

Khan says among the biggest health threats to low-income residents of Alexandria are chronic diseases like diabetes or hypertension, but he is equally perturbed by the failure of many uninsured residents to get specialized care. Neighborhood Health can take care of a variety of sick people, but for serious cases involving neurology, oncology, or major surgery, it is hard to find places to send the poor. Jennifer Sims, a nurse practitioner who has been at East Glebe Road for four years, said many of her female patients have chronic bleeding. For years, they've been shunted off to the Emergency Room, where the bleeding

SEE NEIGHBORHOOD, PAGE 18
www.ConnectionNewspapers.com

#### Basim Khan

Dr. Basim Khan spent much of his childhood abroad, moving often and acclimating to each new international city. It still sometimes surprises him that he chose to focus on improving health care in this area instead of returning overseas to work in global health. Khan drives an older Acura sedan littered with the signs of a man who is always on the move, a cup of coffee in one hand, a smartphone in the other, and his mind on his to-do list.

He has known he wanted to be a community health doctor ever since he went to medical school. His goal is to improve access to basic health care in Northern Virginia, but his dream is that health care can be more affordable and more personal for many more Americans, of all income levels.

Khan has a longstanding interest in global health and HIV/AIDS; he has volunteered abroad in developing countries. He speaks Spanish, Urdu, and Pashto. He is Board Certified in Internal Medicine and a Fellow of the American College of Physicians.

Khan joined Neighborhood Health in 2011 as an internal medicine physician. He became

medical director in 2013 and executive director in 2015. He received his medical degree from the University of California, Los Angeles, and residency training from the University of California, San Francisco, in an urban underserved primary care program based at San Francisco General Hospital. He also has a Master's degree in public administration from Harvard University's Kennedy School of Government, where he was a Center for Public Leadership Zuckerman Fellow.

He has served on the board of directors of multiple organizations, including the National Physicians Alliance, a group that advocates for improving access to healthcare. He has appeared in multiple media outlets including the Los Angeles Times, PBS News, and NBC News. Despite this schedule, Khan continues to see patients, using part of his day to "keep his hand in" and because good doctors are still in great demand at the Neighborhood Health centers. Those interactions with patients give Khan perspective and keep him aware of issues, as well as acting as the daily reminder of why he does this: the reward is the healthy person, often uninsured, smiling back at him at the end of a

### News

### Arcadia Veterans Program Seeks Applicants

he Arcadia Center for Sustainable Food and Agriculture is a nonprofit organization based on Woodlawn Estate operating a farm, mobile market, food hub and farm-to-school programs.

On Nov. 6, Arcadia executive director Pamela Hess announced another initiative — a farmer training program for veterans is now accepting applications.

Beginning in January 2016, the tuitionbased "reserve" program would bring together ten members one weekend each month for an entire year to learn cultivation skills and how to successfully operate a farm as a business.

They would work an additional full weekend during the growing season on Arcadia

A mixture of classroom lessons, guest lec-

turers, practical work on existing farms and other instruction is intended to help prospective veteran farmers prepare to start their own growing business.

"We face a crisis in agriculture: The USDA estimates that the nation needs 100,000 new farmers over the next decade to replace the aging population of farmers," Hess said in a statement.

"Veterans are among the rare demographic with the grit, leadership and entrepreneurial skills to succeed in the challenging but meaningful work of farming. With the right training and opportunity, our nation's veterans are going to ride to our rescue yet again."

more information, www.arcadiafood.org.

TIM PETERSON

CRIME REPORT

The following incidents were reported by the Mount Vernon District Police Station.

ROBBERY: 3400 block of Audubon Ave. Nov. 6, 2:47 p.m. The victim and her two young sons were home when an unknown male entered the home through an unlocked front door, displayed a handgun and demanded money. The victim handed over an undisclosed amount of cash and the suspect fled. There were no injuries. The suspect was described as being black, 18-20 years old, 6 feet tall, skinny build, with short, black hair. He was wearing a ski mask, a plaid black and gray shirt and blue jeans.

AGGRESSIVE DRIVING: Shortly before 11 a.m., on Nov. 6, one of two vehicles, allegedly involved in a road rage incident, ended up striking the Travelers Motel at 5916 Richmond Hwy. Minor injuries were reported. A 50-year-old man from Alexandria was charged with aggressive driving. NOV 10:

#### **LARCENIES**

1600 block of Belle View Boulevard, property from residence.

7600 block of Richmond Highway, merchandise from business

8200 block of Russell Road, merchandise from

Rep. DON BEYER

Register Online at beyer.house.gov

## **REP. BEYER HOSTS** A DISCUSSION ABOUT Climate Change THURSDAY, NOV. 19, 2015 | 7:00 PM **GEORGE MASON UNIVERSITY** 3351 Fairfax Drive, Arlington VA 22201 **PANELISTS: MEGAN CERONSKY** Senior Policy Advisor White House Office of Energy and Climate Change **SHAWN GARVIN** Regional Administrator **Environmental Protection Agency MONA SARFATY** Director of the Program on Climate and Health George Mason University **ALIYA HAQ** Climate Change Special Projects Director **Natural Resources Defense Council**

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#### **FAIRFAX ALEXANDRIA**

Comfort Inn University Center 11180 Fairfax Blvd. Mon., Nov. 16th ~ 10 to 11:15 am

#### RESTON

**Hidden Creek Country Club** 1711 Clubhouse Road Tues., Nov.  $17^{th} \sim 4$  to 5:15 pm

#### Holiday Inn Express & Suites 6055 Richmond Hwy. Tues., Nov. $17^{th} \sim 10$ to 11:15 am

**SPRINGFIELD** American Legion Post #176 6520 Amherst Ave. Wed., Nov. 18th ~ 1 to 2:15 pm

#### **McLEAN**

VFW Post #8241 1051 Spring Hill Road Tues.. Nov.  $17^{th} \sim 1 \text{ to } 2:15 \text{ pm}$ 

#### BURKE

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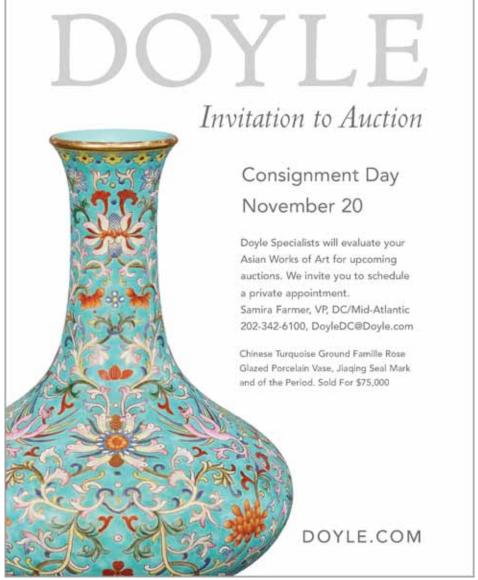
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# OPINION

# Veterans Day in Virginia

Fairfax County and other localities embrace effort to end veteran homelessness this year, while veterans contribute much to the economy.

irginia is home to about 690,000 veterans, more than 60 percent of them from the Gulf Wars. There are more than 12,000 veteran-owned businesses in Fairfax County alone, and more than a third of those businesses are categorized by the Fairfax County Economic Development Authority as professional science and technology. In 2014, according the the Census

Bureau, the median income of veter-EDITORIAL ans in Virginia was more than \$50,000, while for non-veterans, the median income was \$29,909. Only 5.5 percent of veterans in Virginia live in poverty while that number is 11.4 percent for non-veterans in 2014.

Clearly the location of the Pentagon in Arlington, and being adjacent to the nation's capital would mean more veterans, and higher attaining veterans would settle here. Veterans contribute significantly here in Northern Virginia.

At the same time, some veterans experience significant challenges; consider that half of all veterans under 35 experience a period of unemployment in the 15 months after leaving service.

At the last Point in Time Count of people who are literally homeless in January 2015, there were 46 homeless veterans in Fairfax County, 12 in Alexandria and 19 in Arlington (with 408

> literally homeless veterans in the District of Columbia). Forty-five percent of these homeless veterans were employed.

Coordinated efforts from local, state and federal levels have reduced the number of veterans experiencing homelessness in the region. Between 2011 and 2015, the region counted 138 fewer homeless veterans (19 percent reduction), using access to additional dedicated housing resources, such as **HUD-VASH** vouchers.

Now there is a nationwide effort, called the Mayor's Challenge, to end homelessness for veterans this year. Arlington, Alexandria and Fairfax have all signed onto this challenge.

Elsewhere in this paper, we report on Fairfax County's coordinated efforts to end homelessness for veterans by the end of next month. This effort will likely be judged successful by the fact that, even though more veterans will experience housing crises, the systems will be in place to get any newly homeless veterans back into housing quickly.

A task force has been meeting every other week in Fairfax County, identifying veterans by name and coordinating efforts to get them the services they need to get them into housing. Sometimes that is help with a security deposit and a few months rent. In other cases, chronically homeless veterans need significant support to to successfully move into permanent housing. But this year, every effort is being made to meet those needs.

"We celebrated a lot this year," said Vincent Jenkins, director of the Embry Rucker Shelter in Reston. "Each time we met, there were another four to five veterans who were housed."

— Mary Kimm

MKIMM@CONNECTIONNEWSPAPERS.COM

Email announcements to gazette@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event

receive at least one toy from "Santa'

THROUGH DEC. 11

The Mount Vernon Evening Lions

Club will be taking orders for oranges and grapefruit. Order deadline is Friday, Dec. 11; delivery on Dec. 19. Call Andrea Corsillo 703-960-4973.

#### THURSDAY/NOV. 12

Business Breakfast. 8-9:30 a.m.

at Belle Haven Country Club, 6023 Fort Hunt Road. Springfield Town Center marketing director Kimberly Baldy will give an overview of holiday events and programs. Admission is \$25. Visit www.mtvernon-leechamber.org.

#### SATURDAY/NOV. 14

Goodwill Grand Opening. At 6220 Richmond Highway. As part of Goodwill of Greater Washington's regional expansion, the nonprofit social enterprise will be opening up its 16th retail store and donation center. Visit www.dcgoodwill.org.

Office Hours. Fairfax County School Board Member Dan Storck will host Saturday office hours. Members of the community are invited to stop by to ask questions or to discuss concerns, no appointment necessary. Contact Dan Storck at Dan.Storck@fcps.edu or his assistant Mary Ellen Hook at mehook@fcps.edu

- ❖ 10 a.m.-12 p.m. at Lorton Library, 9520 Richmond Highway, Lorton, in the Conference Room.
- ❖ 12:30-2:20 p.m. at the Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria, in Conference Room 3.

#### MONDAY/NOV. 16

**Medicare Open Enrollment Scams Program.** 1 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Virginia Senior Medicare Program will present a program to alert the public to current Medicare scams related to genetic testing and Open Enrollment. Free. Call 703-765-

2015. 9 a.m. at Fairfax South

County Government Building, 8350 Richmond Highway

SEE BULLETIN, PAGE 12

### Mount Vernon Gazette

www.MountVernonGazette.com

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A Connection Newspaper



Accepting Donations. At Christian Relief Services, 8301 Richmond Highway. Christian Relief Services provides more than 2,700 frozen turkeys to its grassroots partners in Georgia, Kentucky, Tennessee and West Virginia during the Christmas season. This year, they are asking for

THROUGH DEC. 4

BULLETIN BOARD

support to help ensure children will

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Citrus Sale Deadline for Orders.

**Chamber of Commerce November** 



**Annual Quilt Raffle** 

PHOTO CONTRIBUTED

For about 54 years, the Mt. Vernon Unitarian Church Quilters have produced a showpiece quilt for auction at the annual at the annual Holiday Shop, held this year Saturday, Nov. 21 9:30 a.m. - 4 p.m. at 1909 Windmill Lane. Covering two large buildings and the church grounds, it is the largest holiday shop in the area. This year's quilt "Anything Goes" will be raffled at the end of the day. Tickets are \$1 and on sale all day.

**Speaker Up for Children Training** 



Ever since she was a little girl, Kathy from Falls Church has loved taking long car rides with her dad, especially when he came home from serving in Korea and Vietnam. Now that she is older, Kathy is the one driving her dad around and she still takes him on a weekly adventure. She loves that no matter where they go, she says she can always count on the Express Lanes to get to her dad's house in 30 minutes. Kathy knows that she'll never be stuck in traffic — instead, she'll get to spend her precious time with her dad.

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Kathy's story was one of our winning entries in our "Express Lanes Love Story" promotion.







**Brigid Schulte visited Burgundy Farm Country Day School for** Time Pressure the 2015 Lois and Eric Sevareid Forum Nov. 3 to discuss time

pressure on parents and the research she did in this area for her bestselling book "Overwhelmed: Work, Love & Play when No One has the Time." Burgundy's Sevareid Forum was established in 1994 in memory of two of the school's founders. Schulte is the founding director of The Good Life Initiative at the New America Foundation as well as a former award-winning journalist, bestselling author, and a self-described recovering helicopter parent. She lives with her family in Alexandria.

#### BULLETIN BOARD

From Page 10

Caregiving Workshop. 10 a.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Carol Downs from AARP presents a workshop on

support for family caregivers. Participants will learn what AARP is doing to support caregivers nationally and in Virginia. Free. Call 703-765-4573 for more.

**Mount Vernon Evening Lions** 

Dinner Meeting. 6:30 p.m. social, 7 p.m. dinner at Pema's Restaurant. 8430 Richmond Highway. The Speaker will be Barbara Sullivan from Mount Vernon at Home. Visitors are welcome. Call 703-960-4973.

#### TUESDAY/DEC. 1

#### "Guiding the College-Bound

**Athlete."** 7:30 p.m. at Mount Vernon High School, 8515 Old Mount Vernon Road. This seminar is to prepare parents and athletes with information and topics for every student-athlete in middle and high school and their parents to educate and prepare them for opportunities and careers after graduation. Free.

MountVernonHS.KeepInTouch@fcps.edu.

#### SATURDAY/DEC. 5

School Open House. 2-4 p.m. at Burgundy Farm Country Day School. 3700 Burgundy Road. School serves pre-kindergarten to 8th grade. Childcare available. Call 703-329-6968 to RSVP or schedule a personal tour. Visit www.burgundyfarm.org



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# The 53rd **Holiday Shop** Saturday, Nov. 21 9:30 am - 4 pm **Mount Vernon Unitarian Church**

1909 Windmill Lane, Alexandria

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**Open House Sunday 2-4pm Belle Rive** 3900 Picardy Court, Alexandria VA Spacious colonial overlooking the woods with a winter river view. Custom-built 5 BR, 3.5 BA with deck, media room, home gym & stunning master suite. Steps to pier and beach. \$1,095,000 Jeanne Atkins MLS # FX8773280



**Crosspointe** 8519 Oak Chase Circle, Fairfax Station VA Just Listed! Beautiful expanded colonial updated w/spacious gourmet kitchen, 2-story foyer, Great Rm & Sun Rm. Lux Master Suite. No-thru St backing to trees. 4 BR, 4.5 BA, 3-Car GAR. \$849,900 Susan Gray Chambers MLS # FX9504141



Fort Williams Park 3605 Trinity Drive, Alexandria VA Meticulously maintained 3 BR + 2 BA brick home with lovely woodland views. Sparkling hardwood floors, fp & beautifully renovated kitchen & baths. This is a gem! \$625,000



**Open House Sunday 2-4pm Glebewood Village**2109 N Brandywine Street, Arlington VA Architecturally gorgeous & totally updated English Cottage townhome! Amazing location in N Arlington! 2 bed/2 bath, hardwoods, brick hardscaping patio/fully fenced yard w/deck. \$499,000 Lyssa Seward MLS # AR9503228



**Manors At Mount Vernon** 

8307 Centerbrook Place, Alexandria VA Major Price Reduction is your gain! Beautiful center hall colonial w/4 br, 4.5 ba, 2-car garage, cathedral ceilings, gourmet kitchen and more. Great value! \$939,000 Bonnie Rivkin MLS # FX8760765

# Why Coldwell Banker?

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### Virginia Pre-Licensing Class

Start Date: Monday, December 7-December 18 Monday-Friday 9:30 A.M. to 4:00 P.M.

Alexandria Sales Office 310 King Street, VA 22314 1-800-992-4794

www.cbrbschool.com Instructor: Lisa Stull Cost: \$199.00

\*Coldwell Banker University is ranked #1 among all real estate company training programs nationwide and #9 among companies from all industries in Training Magazine's 2012 Top 125 Training Organizations, February, 2012.



Open House Sunday 2-4pm Independence

11905 Bethany Springs Mews, Manassas VA Former Model Home. 4 bed, 3.5 bath. Lower den/5th Bed. 2-car gar. 3 fin. Ivl. Gourmet Kit. Wood floors. Lg master suite w/walk-in, lux bath. Spacious family rm w/built-ins/gas fp. \$399,990 Fred Marcellus MLS # PW8760160



**Open House Sunday 2-4pm Mason Hill** 1907 Windmill Lane, Alexandria VA Beautiful French Country House is a Gardener's Delight! Gourmet Kitchen with SS, Quartz, 2 Sinks, Kitchen Island. 5 Large Bedrooms with 4 Full Baths. 2 Patios and 2-Car Garage. \$859,000 Greg Doherty MLS # FX8751957



**Shirlington Village** 2720 Arlington Mill Drive #416, Arlington VA 2 BR + Den / 2 BA, features a large patio, indoor parking & great amenities. Hot Shirlington location steps from Harris Teeter & all the fun shops/restaurants, just off I-395. \$669,000 Mark Souder MLS # AR9511790



**Just Listed Belle Haven Terrace** 2201 Yale Drive, Alexandria VA Well maintained and beautifully upgraded 3 Bdrm rambler on a 1/4 acre corner lot. This pretty home features a new gourmet kitchen, game/family room, new baths and large treehouse! **Open Acres of the Professional Acres (New York)** 



**River Towers** 6631 Wakefield Drive #517, Alexandria VA 2 BR/1.5 BA corner unit boasts brand-new stove & refrigerator, newer kitchen cabinets, beautiful original hardwood floors, fresh paint & great storage! Just south of Old Town. \$198,000 Heidi Burkhardt MLS # FX8634597

**Alexandria** 310 King St. | Alexandria, VA 22314 | 703.518.8300









# Entertainment

Email announcements to gazette@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

#### **ONGOING**

"Safari." Through Nov. 15, 10 a.m.-5 p.m. at The Potomac Fiber Arts Gallery, 105 N. Union St. Resident fiber artists display work inspired by the wild. Free. Visit

www.potomacfiberartsgallery.com.

Mount Vernon in 3-D: Then & Now. Through Nov. 20 during regular operating hours at George Washington's Mount Vernon, 3200 Mount Vernon Highway. Visitors will have the chance to travel back in time, and in 3-D, to see how the estate appeared more than 100 years ago through a special photography exhibition. The exhibition is included in the regular admission fee of \$17 for adults, \$16 for seniors, \$9 for youth and free for children younger than 5. To view the historic stereoview images as well as the modern 3-D anaglyphs, visit www.mountvernon.org/3D.

www.mountvernon.org/3D.

Young at Art Juried Art Show.

Through Nov. 20, Monday-Friday, 510 p.m. at Durant Arts Center, 1605
Cameron St. Artists 55 and older can
contribute their artwork for the
exhibition. Visit

www.seniorservicesalex.org or by calling Mary Lee Anderson at 703-836.4414 extension 111

836-4414, extension 111.

"Under \$100: Affordable
Masterpieces." Through Nov. 26,
during gallery hours at Del Ray
Artisans Gallery, 2704 Mount Vernon
Ave. Del Ray Artisans showcases
artwork for \$100 or less. Patrons can
own and take home art when
purchased. Free admission. Visit

www.TheDelRayArtisans.org.

Torpedo Factory's Post-Graduate
Studio. Through Nov. 29, during
gallery hours at the Torpedo Factory
Art Center, 105 N. Union St. To wrap
up the inaugural year of the Torpedo
Factory Art Center's post-graduate inhouse residency program, the Target
Gallery will feature the work of the
four participating artists in a group
exhibition. Free. Visit

www.torpedofactory.org for more. **PHOTO '15 .**Through Nov. 29, gallery hours at Multiple Exposures Gallery, 155 N. Union St. Senior Curator and Head of the Department of Photographs at The National Gallery of Art Sarah Greenough will jury the "PHOTO '15" exhibit. Thirty-one fine art photographers will display their work. Admission to the gallery is free. Visit

www.multipleexposuresgallery.com

for more.

Green Spring Gardens Art Show.

Through Dec. 27, gallery hours at Green Spring Gardens, 4603 Green Spring Road. Artist Carol Higgs works in batik, oil, watercolor, and collage. Painter Joan Wolfe works with acrylic and Erik and Caroline Hottenstein use watercolors. Free. Call 703-642-5173 for more.

Mike McConnell: "Flip Side."

Through Dec. 13, during gallery hours at The Athenaeum, 201 Prince St. Mike McConnell was a commercial illustrator who recently dedicated himself to fine art. Free.

Visit www.nvfaa.org for more.

"Not-So-Modern" Jazz Quartet
Performance. Thursdays through
Dec. 31, 7:30-10 p.m. at St. Elmo's
Coffee Pub, 2300 Mount Vernon Ave.
Not So Modern Jazz Music plays
music from the glory days of
traditional jazz, including tunes from
traditional Dixieland and the Swing
era. Free. Visit
www.stelmoscoffeepub.com for

more

"Nature's Journey." Through Jan. 2, at American Horticultural Society, 7931 East Boulevard Drive. Darlene Kaplan will exhibit more than 60 of her original oriental brush paintings in a oneperson art exhibition. Free. Visit www.darlenekaplan.com

for more.

"George Washington's
Thanksgiving
Proclamation." Through

Proclamation." Through Jan. 6, 9 a.m.-5 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. This exhibit will detail the history of Thanksgiving at Mount Vernon. On October 3, 1789, Washington issued his Thanksgiving proclamation, designating for "the People of the United States a day of public thanks-giving." Admission to the exhibit is included in Mount Vernon ticket prices. Tickets are \$17 for adults, \$9 for children, and free for children ages 5 and younger. Visit www.mountvernon.org/thanksgiving.

thanksgiving.

VCA Alexandria Animal

Hospital Art Show. Through Jan. 31 at VCA Alexandria Animal Hospital, 2660 Duke St. The artwork is on display in waiting areas and examination rooms as a part of Del Ray Artisans' Gallery Without Walls program. Free. Visit www.TheDelRayArtisans.org for more.

"Ancient Art of Movement."

1 p.m. at Hollin Hall Senior
Center 1500 Shenandoah Ro

Center, 1500 Shenandoah Road.
Carmen Shippy, retired professional dancer, teaches a series designed for ages 50 and above. Movements are designed to strengthen core muscles and increase flexibility. Adjustments will be made for those with physical limitations. First lesson in the series is free for non-center members. To continue lessons, a yearly membership to all Senior Center programs is \$48. Call 703-765-4573 to sign up.

to sign up.

Flamenco Show. Wednesdays and Thursdays, 7:30-8:30 p.m. at La Tasca, 607 King St. Watch dancers and guitarists perform traditional flamenco. Free to attend. Call 703-299-9810 or visit www.latascausa.com.

French Movie Night. Every Thursday, 7 p.m. in the back room of Fontaine Caffe & Creperie, 119 S. Royal St. View a French film. Free, no reservation necessary. Call 703-535-8151 or visit www.fontainecaffe.com/reviews.html.

Journey to Be Free: Alexandria

Freedmen's Cemetery. Through March, Tuesday-Saturday, 10 a.m.-4 p.m. Alexandria Black History Museum, 902 Wythe St. A new exhibit tracing the 150-year history of the long-forgotten Freedmen's Cemetery, its rediscovery and how the new Contrabands and Freedmen's Cemetery Memorial was created at the site. Call 703-746-4356.

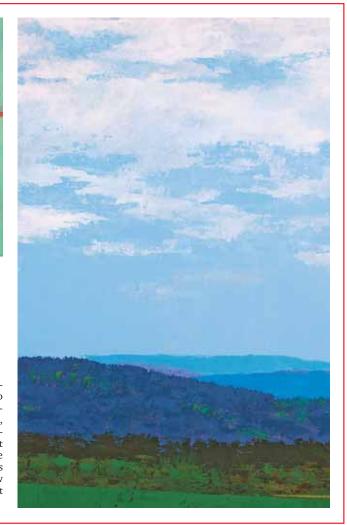
Their Fates Intertwined: The Lees of Alexandria in the War of 1812. Wednesday- Saturday, 10 a.m.-4 p.m. Sunday, 1-4 p.m. Lee-Fendall House and Gardens, 614 Oronoco St. A new exhibit on the experiences of the Lee family in Alexandria during the War of 1812 examines the contributions of Alexandria's citizens during the conflict that led to the writing of our national anthem through the lives of this iconic Virginia family. Visit www.leefendallhouse.org or call 703-



"Windy Winter Afternoon," Barbara Muth and "Two Mountains, Wyoming," Ellen Delaney.

### Torpedo Factory Launches New Space

The Associates' Gallery is re-opening in a newly renovated space on the Torpedo Factory's third floor, studio 311. Gallery 311's inaugural exhibit, opening Thursday, Nov. 19, will feature the work of 17 artists, including painters, photographers and ceramic and fiber artists. The exhibit will honor the late Robert Rosselle, a well-known sculptor who died in July. He occupied Studio 311 for many years, and two of his sculptures will take center stage in the group's new show. The exhibit will run through Dec. 31. Free. Visit www.torpedofactory.org.



548-1789

Alexandria Cars and Coffee invites car enthusiasts to meet for coffee at Hollin Hall Shopping Center in front of Roseina's, 1307 Shenandoah Road. Owners of classic cars, hot rods, exotic cars, motorcycles and more meet to share car stories and drink coffee. Group meets the first Sunday of every month. 8:30-11 a.m.

Fifty Years of Collecting. Tuesday-Saturday 10 a.m.-5 p.m., Sundays 12-5 p.m. Fort Ward Museum, 4301 W. Braddock Road. An anniversary exhibit of objects from the Fort Ward collection. Free. Visit www.fortward.org or call 703-746-

National Inventors Hall of Fame Exhibit. Through November 2016 at The National Inventors Hall of Fame-USPTO campus, 600 Dulany St. The exhibit features the stories of Inductees of the National Inventors Hall of Fame who served their country during World War II and returned home to help build the nation with their innovations. Free. Visit www.inventnow.org.

Dinner for the Washingtons. 12 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. A walking tour that goes behind the scenes to find out how food was prepared and served before the era of microwaves and TV dinners. \$5 in addition to estate admission. Visit www.mountvernon.org for more.

Second Thursday Music.
Athenaeum, 201 Prince St. 7 pm.
Second Thursday of every month.
Visit nvfaa.org to view concert
calendar and listen to upcoming
Second Thursday Music artists.

The Monday Morning Birdwalk takes place weekly, rain or shine (except during electrical storms, strong winds, or icy trails), at 7 a.m. (8 a.m. November through March), is free, requires no reservation and is open to all. Birders meet in the parking lot at the park's entrance at

3701 Lockheed Blvd. Direct questions to Park staff during normal business hours at 703-768-2525.

Art for Life. Third Thursday of every month. 4:30-7:30 p.m. at Torpedo Factory, 105 N. Union St. Hyatt Regency Crystal City has partnered will the National Kidney Foundation for a program highlighting a different artist each month for a year.

Civil War Sundays. 1-5 p.m. at Alexandria Archaeology Museum, 105 North Union St., #327. Learn more about the Civil War as it occurred in Alexandria. Find dioramas, newspaper articles and more. Free. Visit www.alexandriaarchaeology.org.

#### CAMPS, CLASSES & WORKSHOPS

Photography Workshop. 10:30 a.m.-12 p.m. at Multiple Exposures Gallery on 105 N. Union St. Photographers 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.

Community Dance. 7:30-9:30 p.m. every third Friday at Hollin Hall Senior Center, 1500 Shenandoah Road. Live music. Tickets are \$4. Call 703-765-4573.

Life Drawing. Del Ray Artisans offers a range of open life drawing sessions for anyone to develop life-drawing skills further. Drop-in for the session and bring 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.

Community Yoga. Wednesdays 9:30-10:30 a.m. and Sundays 7:30-8:45 p.m. at 532YOGA, 532 N. Washington St. Suite 100. No experience required to participate in weekly community class. Suggested \$10 donation. Visit

www.532yoga.com.

#### THURSDAY/NOV. 12

Volunteer Awards Celebration. 6
p.m at U.S. Patent and Trademark
Office, 600 Dulany St. The 21st
annual Volunteers are the Heart of
Alexandria celebration will honor
Gene Steuerle, for The Marian Van
Landingham Lifetime Achievement
Award; and Isabella Lovain, for The
Youth Volunteer Service Award.
Tickets are \$20. Visit
www.volunteeralexandria.org for
more.

Sass Brown Book Launch Party. 6-9 p.m. at Torpedo Factory Art Center, 105 N. Union St. "USA-1000" author Sass Brown and "USA-1000" cover designer and sculptor Lisa Schumaier have teamed up for a book launch party in Studio #16. The event includes a brief reading, book signing, open art studios, and refreshments. Free. Visit www.torpedofactory.org.

Second Thursday Live: Russkie
Musikante. 7 p.m. at The
Athenaeum, 201 Prince St. Russkie
Musikante is an ensemble of the
Washington Balalaika Society. They
perform on authentic Russian folk
instruments. Tickets are \$15. Visit

www.nvfaa.org for more.
On Tap's 3rd Annual Cider

Sampling. 7-10 p.m. at Blackwall Hitch, 5 Cameron St. Sample more than 20 different hard ciders from around the world and the region, complimentary appetizers from our Blackwall Hitch and live music. Cider makers include Woodchuck, Wyder's, Blackthorn, Magners, Castle Hill, Bold Rock, Cobbler Mountain, Crispin, Original Sin, Winchester Cider Works and more. Proceeds benefit Stop Child Abuse Now (SCAN). Tickets are \$25. Visit www.tickets.ontaponline.com.

The United States Air Force Band-Chamber Players Series. 7:30

# Entertainment

p.m. at The Lyceum, 201 S. Washington St. Members of the Airmen of Note, led by Technical Sgt. Grant Langford perform "Music for Jazz Combo." Free. Visit www.usafband.af.mil.

#### THURSDAY-FRIDAY/NOV. 12-13

Colin Hay. 7:30 p.m. at The Birchmere Music Hall, 3701 Mount Vernon Ave. Former Men at Work band member Colin Hay will celebrate his new album "Next Year People" with a stop on his tour. Tickets are \$39.50. Visit www.birchmere.com.

#### THURSDAY-SUNDAY/NOV. 12-15

Fall Book Sale. 4-8:30 p.m. members preview on Thursday; 10 a.m.-5:30 p.m. on Friday; 10 a.m.-4:30 p.m. on Saturday; 1-4:30 p.m. on Sunday at Beatley Central Library, 5005 Duke St. All books are \$3 or less, unless specially marked. Books will be discounted further on Sunday. Call 703-746-1702 for more.

#### FRIDAY/NOV. 13

NetGiving. 6:30-8:30 p.m. at P.I.E.S. Fitness Yoga, 33 S. Pickett St., Suite 200. Take an hour-long yoga class followed by networking. Tickets are \$30. Contact Marsha at piesfitness@aol.com.

NOVA Orchestra Concert. 8-10 p.m. at Rachel M. Schlesinger Concert Hall & Arts Center, 4915 E. Campus Drive. Program highlights will include "Afro-American" Symphony No. 1 by William Grant Still, The Testament of Freedom by Randall Thompson and The Battle Hymn of the Republic by Julia Ward Howe. Tickets are \$20. Call 703-569-0973.

#### FRIDAY-SATURDAY/NOV. 13-14

"The 39 Steps." 7:30 p.m. at St. Stephen's & St. Agnes School-Chapel/Performing Arts Center, 1000 St. Stephen's Road. St. Stephen's & St Agnes School will present a comedic version of "The 39 Steps," adapted from the 1915 novel by John Buchan and the 1935 film thriller by Alfred Hitchcock. Tickets are \$5. Visit www.sssas.org/arts.

#### SATURDAY/NOV. 14

Leatrice Boyd Playground
Dedication Ceremony. 8:30 a.m.
at Buchanan Park, 1501 Cameron St.
Free. Visit www.alexandriava.gov.
Straight from the HeART Craft

Fair. 9 a.m.-3 p.m. at First Christian Church, 2723 King St. The Craft Fair will feature local artists and craft

makers, and accompany a pancake breakfast. Donations accepted, but free to attend. Visit www.fccalexandria.com for more.

Vendor Village Holiday Shopping Extravaganza. 10 a.m.-2 p.m. at Edison High School, 5801 Franconia Road. The event will feature more than 40 direct sales vendors to include Avon, Scentsy, Tastefully Simple, Tupperware, Thirty-One, Dogs in Style, and Mary Kay. Free.

www.alexandriajayceesfoundation.org. Thanksgiving From 1621 to the Present. 1 p.m. at the Lee Fendall House, 614 Oronoco St. Attendees will learn how Thanksgiving has transformed itself over time from the celebration of Harvest Home as practiced by the Plimoth Plantation settlers in 1621, and discover how the holiday has been influenced by ient figures such as George Washington, women's magazine editor Sarah Josepha Hale, and Franklin D. Roosevelt. The PowerPoint presentation will be followed by samples of Thanksgiving food from four centuries: a 17th century Native American stew, 18th century Thanksgiving cakes, 19th



The Mount Vernon Theatre Arts program will present C.S. Lewis' classic "The Lion, The Witch, and the Wardrobe" Friday, Nov. 20 at 7 p.m. and Saturday, Nov. 21 at 3 p.m. and 7 p.m. Tickets are \$7-10. Visit www.mvhstheatrearts.com.

century Cranberry Tarts, and 20th century Pumpkin Tarts. Tickets are \$15. Visit www.leefendallhouse.org. **"What a Place I Have Found."** 1:30

p.m. at Kate Barrett Library, 717
Queen St. In 1862, Julia Wilbur came
to Alexandria as a relief worker on
behalf of the Rochester Ladies AntiSlavery Society. Paula Tarnapol
Whitacre coordinated the 2013-2014
transcription of Wilbur's diaries by
Alexandria Archaeology volunteers.
Her presentation will focus on
Wilbur's time in Alexandria. Free.
Call 703-746-1703 for more.

Cooking Up the Past. 3:30 p.m. at the Lee Fendall House, 614 Oronoco St. Attend an interactive cooking class. Guests will learn how to read recipes from the 19th century and earlier and to recreate them. Historical equipment will be used to churn and wash butter, grind spices, whip eggs, and flavor foods. Tickets are \$25. Visit

www.leefendallhouse.org for more. "Horses & Hounds." 4 p.m. at at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. Watch a simulated fox hunt demonstration on the estate. Learn about the sport of foxhunting and why Washington was known as the greatest horseman of his age. Observe a cavalry demonstration before meeting the horse and hound breeds that Washington loved most. Visit the estate's modern livestock facilities for a chance to meet the horses, dogs, chickens, sheep, pigs, and cattle that call Mount Vernon home. Close the day by watching The Washington Cup, where horses and riders compete in series of judged skill competitions. Admission is \$17 for adults, \$16 for seniors, \$9 for youth ages 6-11, and free for children 5 and under. Visit www.mountvernon.org for more.

Maryanne Pollock: "Refuge"
Opening Reception. 4-6 p.m. at
Rachel M. Schlesinger Concert Hall
and Art Center, 4915 E. Campus
Drive. Celebrate artist Maryanne
Pollock's display of large-scale
printed, painted, and stenciled
canvases. Free. Visit
www.maryannepollock.com.

#### NOV. 14-JAN. 14

Maryanne Pollock: "Refuge."

During gallery hours at Rachel M.
Schlesinger Concert Hall and Art

Center, 4915 E. Campus Drive. Artist Maryanne Pollock will display largescale printed, painted, and stenciled canvases. Free. Visit www.maryannepollock.com for

#### SATURDAY-SUNDAY/NOV. 14-15

"See Between the Lines." 8 p.m. on Saturday, 4 p.m. on Sunday at Dance Place, 3225 8th St. NE, Washington, D.C. Alexandria's Jane Franklin Dance Company will perform work inspired by artwork. Tickets are \$15-30. Visit www.danceplace.org or www.janefranklin.com for more.

#### SUNDAY/NOV. 15 Dining in Style Tea Program. 1-

3:30 p.m. at Green Spring Gardens, 4603 Green Spring Road. Victorianera specialists Linda Lau and Terry Hooper exhibit a collection of 19th century dining accourtements and explain how their uses, from practical to whimsical to downright bizarre, reflect the Victorians dining culture. Afterward, enjoy a traditional English afternoon tea served in the 1784 historic house. Adults only. Tickets are \$15 for the program only and

#### TUESDAY/NOV. 17

Dough Ornament Making. 10 a.m.-3 p.m. at the Alexandria Archaeology Museum, 105 N. Union St. Roll and cut out dough ornaments into the shapes of artifacts in the museum. Once baked, families will decorate them in a later Ornament Decorating Workshop on Dec. 5. Free. Visit www.torpedofactory.org.

STEM Homeschool Program:

\$45 for the program and tea. Call 703-941-7987.

STEM Homeschool Program: Pharmacies Then and Now. 1-

Pharmacies Then and Now. 1-2:30 p.m. at Stabler-Leadbeater Apothecary Museum, 105-107 S. Fairfax St. Homeschool students and their families are invited to explore science, technology, engineering, and math (STEM) with a monthly program sponsored by the City of Alexandria. Compare the job in the 1800s to today and the learn about some of the chemistry that makes their work possible. Children attend free, adult tickets are \$8. Visit

shop.alexandriava.gov for more. **Researching Your WWI Ancestor.** 



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Where American is made."



# ENTERTAINMENT

1-3 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Craig Roberts Scott explains how to do research on individuals who served in "The Great War" in Europe. Free. Visit www.mvgenealogy.org or call 703-768-4101.

"Proper Cider and its Celtic Origins." 7-9 p.m. at The Lyceum, 201 S. Washington St. "Proper Cider and its Celtic Origins: From Gaul, Galicia, and Great Britain to America" presented by Albemarle Cider Works Co-Founder and Operating Manager Charlotte Shelton. Cider and cheese reception to follow featuring Albemarle Ĉider. \$5 suggested donation at the door. RSVP by visit propercider.eventbrite.com.

#### WEDNESDAY/NOV. 18

Santa Claus in Civil War Times.

9:30-11 a.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Kevin Rawlings will be in costume as he portrays Santa Claus during the Civil War years of the 1860s. Free. Call 703-765-4573.

Lecture: "Alexandria as a Major **Hospital Center."** 7:30 p.m. at Church of St. Andrew and St. Margaret, 402 E. Monroe St. Doug Coleman, a native Alexandrian, local lawyer and columnist, will focus on what happened at The Mansion House Hospital, Seminary and L'Ouverture, Washington Street United Methodist Church and convalescent camps. The talk will also touch on Civil War medicine and nursing. Free. Call 703-963-9616 for more.

The United States Air Force Band-**Chamber Players Series.** 7:30 p.m. at The Lyceum–Alexandria's History Museum, 201 S. Washington St. The U.S. Air Force Woodwind Quintet and Chamber Trio perform "Music for Chamber Winds." Free. Visit www.usafband.af.mil.

#### NOV. 18- JAN. 3

Potomac Fiber Arts Gallery: "Winter Wonderland." Gallery hours at The Torpedo Factory Art Center-Studio 18, 105 N. Union St. Artists working in textile focus on "sparkle and shine, clean and white."

Free. Visit www.potomacfiberartsgallery.com.

#### NOV. 19-DEC. 31

Tag on 3rd: Gallery 311 Opening Exhibit. 11 a.m.-6 p.m. at The Associates Gallery at the Torpedo Factory, 105 N. Union St. The Associates' Gallery is re-opening in a newly renovated space on the Torpedo Factory's third floor, studio 311. The exhibit will honor the late Robert Rosselle, a well-known sculptor who died in July. He occupied Studio 311 for many years, and two of his sculptures will take center stage in the group's new show. Free. Visit www.torpedofactory.org.

#### THURSDAY/NOV. 19

"Holiday Cheer: Innovative Ideas and Tips for Decorating in the **Garden Style."** 10 a.m. at Plymouth Haven Baptist Church-Fellowship Hall, 8532 Fort Hunt Road. Laura Dowling, former White House floral designer, is presenting a program on home holiday decorations. Admission is free for members of the Garden Club of Wavnewood, \$10 for nonmembers. Contact Dorothy Raduazo at

dmraduazo@cox.net or 703-360-2316. Pohick Church Christmas Mart. 10 a.m.-2 p.m. at Pohick Church, 9301 Richmond Highway, Lorton. Find arts and crafts, a consignment shop, and a pantry shelf. The Docent Guild will be leading tours of the church, and a

### 'Refuge' Opening at Schlesinger Center

Artist Maryanne Pollock's display of large-scale printed, painted, and stenciled canvases titled "Refuge" are meant to reference the hanging gardens of Babylon and "a cradle for our collective human civilization." "Refuge" is meant to build awareness of global refugeeism, and it's many causes. The exhibit will be on display at Rachel M. Schlesinger Concert Hall and Art Center, 4915 E. Campus Drive, through Jan. 14. The opening reception will be held Saturday, Nov. 14. Admission to both the gallery and the reception is free. Visit www.maryannepollock.com for more.



luncheon will be served by women dressed in colonial costumes. Free to

attend. Visit www.pohick.org. **AAUW Meeting.** 7 p.m. at Mount Vernon Government Center, 2511 Parkers Lane. Guest speaker is Lisa Maatz, Vice President of Government Relations at American Association of University Women (AAUW), on AAUW public policy. Open to the public. Free. Call 703-360-8678 or visit www.mtvernon-va.aauw.net.

 $\textbf{Holiday Container Gardening.} \ 7 -$ 8:30 p.m. at Mount Vernon Recreation Center, 2701 Commonwealth Ave. Cynthia Brown of the Smithsonian Gardens will be presenting on how to use container gardens to decorate for the holidays.

Free. Email AlexandriaBeautification@gmail.com. Beaujolais Nouveaus Celebration.

7-9 p.m. at DelRay Tower, 3110 Mount Vernon Ave. This semi-guided wine tour will showcase three wine flights by sommeliers, accompanied by light fare. This event is also a formal introduction to the Living Legends of Alexandria's newly elected board members. Tickets are \$50 in advance, and \$65 at the door. VIsit www.alexandrialegends.com for

#### FRIDAY/NOV. 20

**"Drumming Through the Neighborhoods."** 7 p.m. at The
Athenaeum, 201 Prince St. Inspired by the diverse population of Alexandria, percussionist Tom Teasley will present a new work combining the rhythmic languages of Africa, The Middle East, The Far East, India and South America with American jazz and funk. Tickets are \$10. Visit www.nvfaa.org for more.

#### FRIDAY-SATURDAY/NOV. 20-21

**"The Lion, The Witch, and The Wardrobe."** 3 p.m. on Saturday, 7 p.m. on Friday and Saturday at Mount Vernon High School, 8515 Old Mount Vernon Road. MVHS Theatre Arts presents C.S. Lewis' classic. Tickets are \$7 for students, \$8 for seniors, military, and MVHS staff, and \$10 for everyone else. Visit www.mvhstheatrearts.com

#### SATURDAY/NOV. 21

**Mount Vernon High School Turkey** 

Trot. 8 a.m. at Mount Vernon High School, 8515 Old Mount Vernon Road. Mount Vernon High School Cares is a non-profit organization that helps the neediest children of the Mount Vernon/Route 1 Corridor. The race has been established for the last five years and has raised over

\$20,000. The registration fee is \$20. Visit www.facebook.com/ MVCaresTurkeyTrot/.

Holiday Shop at MVUC. 9:30 a.m.-4 p.m. at Mount Vernon Unitarian Church, 1909 Windmill Lane. Buy gifts from 50 artisans in fiber arts, photography, wood, paper, metal, glass, and clay. Also find orchids, estate jewelry, and more. Free. Visit www.mvuc.org.

Garden Sprouts: Zucchini Zoo. 10-11 a.m. at Green Spring Gardens, 4603 Green Spring Road. Children ages 3-5 are invited to select a vegetable from the garden and turn it into a turkey or another animal. Also, read a veggie story and munch some healthful harvest treats. Tickets are \$6 per child. Register online at www.fairfaxcounty.gov/parks/

greenspring using code 290 481 4201 **Handmade Holiday Craft Fair.** 10
a.m.-4 p.m. at T.C. Williams High
School, 3330 King St. The 6th annual T.C. Williams Charity Craft Fair will host more than 45 local vendors selling handmade goods such as jewelry, soaps, fabric items and more. All profits from this event are donated to an organization that promotes economic and social improvements in Kenya and Tanzania. Visit www.facebook.com/

TcWilliamsHandmadeHolidayCraftFair?fref=ts General's Tour. 1 p.m. at the Lee-Fendall House, 614 Oronoco St. The Lee-Fendall House will offer "The General's Tour,' a guided walking tour of Robert E. Lee sites in Alexandria's Historic Old Town. The tour will highlight locations and stories associated with the general's life in Alexandria, his hometown from the age of 5 and residence of his "earliest and oldest friends." Tickets are \$10. Visit

www.leefendallhouse.org for more. Family Fun: Turkey Hunt. 1-2 p.m. at Green Spring Gardens, 4603 Green Spring Road. Learn the history of the wild turkey and importance to early Americans. Track the bird through the gardens and natural spaces of Green Spring Gardens, then create a turkey-inspired decoration for your Thanksgiving table. Tickets are \$6 per person. Register online at www.fairfaxcounty.gov/parks/ greenspring using code 290 487

**Workshop: Thanksgiving Table** Arrangement. 2-4 p.m. at Green Spring Gardens, 4603 Green Spring Road. Make a Thanksgiving centerpiece in a fresh pumpkin. Use seasonal flowers, dried materials and fresh fruit to create a table decoration to take home. The fee is \$38 per person, plus tax and a \$25 supply fee. Register online at www.fairfaxcounty.gov/parks/

greenspring using code 290 484 6701 for the program and code 290 484 6702 for the supply fee.

Country-Western Dance. 6:30-7:30 p.m. lessons and 7:30-10 p.m. open dancing at Hollin Hall Senior Center, 1500 Shenandoah Road. A DJ provides music. Couples and singles welcome. Admission for Northern Virginia Country-Western Dance Association members is free, \$12 for non-members, and \$5 for children with accompanying adult. See www.nvcwda.org or call 703-860-

Cider Tasting. 7-9:30 p.m. at Gadsby's Tavern Museum, 134 N. Royal St. This event is hosted by the Museum in partnership with the Alexandria-Caen Sister Cities Committee and includes cider tastings, music, and light refreshments. During the course of the evening, learn more about the growing Virginia cider industry and its connection to the historic tavern and the Caen region of France, all while enjoying ciders from Albemarle, Blue Bee Cider, Cobbler Mountain Cellars, Corcoran, and Foggy Ridge Cideries. Tickets are \$45 per person. Call 703-74604242 or

visit www.shop.alexandriava.gov. Burning Bridget Cleary and Ian Foster. 7 p.m. at Focus Mount Vernon/St. Aidan's Episcopal Church, 8531 Riverside Road. Celtic and folk music group Burning Bridget Cleary is joined by Ian Foster, a Newfoundland-based songwriter. Tickets are \$15 in advance and \$18 at the door. Visit www.focusmusic.org for more.

"Concerts at Saint Luke's:" Geoff Gallante Quartet. 7:30 p.m. at St. Luke's Episcopal Church, 8009 Ft. Hunt Road. Geoff Gallante, a 15year-old trumpet prodigy will perform songs from the American Songbook. Tickets are \$20, \$15 for seniors, and free for children 18 and under. Visit www.geoffgallante.com.

#### SUNDAY/NOV. 22

Run for Shelter. 8 a.m. at USPTO Madison Building, 600 Dulany St. Support the homeless by registering for the 5k, 10k or Fun Run that will raise money for Carpenter's Shelter. Registration is \$20-40. Contact Rebecca Hightower at 703-548-7500 or rebeccahightower@ carpentersshelter.org, or visit www.carpentersshelter.org

#### MONDAY/NOV. 23

**Dance Class: The Art of Ballroom** Dance. 7-7:45 p.m. class and 7:45-8:30 p.m. dancing at The

Athenaeum, 201 Prince St. Ballroom dance professional Gary Stephans teaches the Fox Trot, Waltz, Tango,

Swing, Salsa, Meringue, Rumba, Cha-Cha, and Samba. Tickets are \$15. Contact garystephans@me.com or 703-505-5998.

#### NOV. 25-DEC. 27

"A Broadway Christmas Carol."

Various times at MetroStage, 1201 N. Royal St. Created by Kathy Feininger and directed by Michael Sharp, this MetroStage holiday tradition is a cross between the classic Dickens' tale and Broadway parodies. Tickets are \$50. Visit www.metrostage.org.

#### FRIDAY/NOV. 27

BlackFriday Alexandria and

Festivities. 6 a.m. and all day at boutiques in Alexandria. More than 50 local boutiques will open early, offering once-a-year deals. Free. Visit www.visitalexandriava.com/ blackfriday.

Tea With Santa Claus. 3-5 p.m. at Union Street Public House, 121 S. Union St. Tea, cocoa, and other sweets will be served alongside storytelling and magic tricks. At the end of the tea, Santa and Mrs. Claus will lead a parade to Old Town's tree lighting ceremony. Tickets are \$10 for children under 12 and \$20 for adult or child 12 and older. Visit www.unionstreetpublichouse.com

City of Alexandria Tree Lighting **Ceremony.** 6-8 p.m. at Market Square in front of City Hall, 301 King St. The mayor and Santa Claus will the city tree. Mr. and Mrs. Claus visit, and more. Freee. Visit www.alexandriava.gov for more.

#### NOV. 27-JAN. 6

Christmas at Mount Vernon. 9

a.m.-4 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. Visit George Washington's estate and see Aladdin the camel on the grounds, in honor of the camel that Washington paid to visit Mount Vernon in 1787. Stroll through Mount Vernon's modern buildings and view sparkling holiday decorations, featuring 12 dazzling Christmas trees, and historical chocolate-making demonstrations Also visit the rarely-open third floor of the Mansion. All is included in the general admission price which is \$17 for adults, \$16 for seniors, \$9 for youth ages 6-11, and free for children 5 and under. Visit www.mountvernon.org/christmas.

#### NOV. 27-28, DEC. 4-5, DEC. 20

**Mount Vernon by Candlelight.** 5-8

p.m. on Saturdays and Sundays, at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. Take character-guided tours, listen to caroling, watch 18thcentury dancing, and see a reproduction of Martha Washington's 'Great Cake" recipe. "Mrs. Washington" and Aladdin the Christmas camel will also be on site. Tickets are \$22 for adults and \$15 for youth. Visit www.mountvernon.org/christmas.

#### SATURDAY/NOV. 28

Pete Kennedy. 7:30 p.m. at The Birchmere, 3701 Mount Vernon Ave. Pete Kennedy performs with his wife Maura and Seldom Scene, Tickets are \$35. Visit www.birchmere.com.

#### WEDNESDAY/DEC. 2

Holiday Children's Magic Show. 7-

8:15 p.m. at Bishop Ireton High School, 201 Cambridge Road. Four children's magicians perform. Children and attending adults can bring a toy (preferred) or canned food item to be donated to the Alexandria Citadel of the Salvation

# Entertainment

Army. Free. Contact Danny Selnick at 703-347-5540 or daniel.selnick@yahoo.com.

#### **DEC.3-5, DEC. 7-8**

"Snow Day." 10:30 a.m. on Dec. 3, 4, 7, and 8; 10 a.m. and 11:30 a.m. on Dec. 5 at The Lab Theatre at Convergence, 1819 N. Quaker Lane. Arts on the Horizon will present "Snow Day" about a young girl's first snow. This play is nonverbal and will feature live music. Tickets are \$9. Visit www.artsonthehorizon.org.

#### FRIDAY-SUNDAY/DEC. 4-6

Artfête. Various times at The Art League's Madison Annex, 305 Madison St. The Art League hosts an annual art celebration and open house featuring exhibits, live music, artist demonstrations, and refreshments, as well as a weekendlong ceramics and jewelry sale of handmade wares by Art League students and associates. Free. Visit www.theartleague.org.

Scottish Christmas Walk Weekend & Parade. Various times throughout Old Town. In 1749, the City of Alexandria was officially established by three Scottish merchants and named after its original founder, John Alexander, also of Scottish descent. The weekend celebrates Alexandria's heritage with a parade, a taste of Scotland event, holiday marketplace and more. Visit www.campagnacenter.org/scottishwalkweekend.

#### **DEC. 4-19**

"A Christmas Carol." 8 p.m.

Thursday-Friday, 3 p.m. and 6 p.m.
Saturday-Sunday. The Little Theatre
of Alexandria performs the classic
Victorian tale of Ebenezer Scrooge
who travels with ghostly guides
through Christmas past, present and
future to find the true meaning of the
holidays. Tickets are \$15. Visit
www.thelittletheatre.com.

#### DEC. 4-20

Del Ray Artisans Holiday Market.

Various times at Del Ray Artisans, 2704 Mount Vernon Ave. Del Ray's annual Holiday Market offers handmade fine arts and crafts from local artists (including pottery/ceramics, photography, jewelry, fiber, paper crafts and glass). Find different artists each weekend. Free to attend. Visit www.thedelrayartisans.org/holidaymarket.

#### DEC. 4-23

Alexandria's Holiday Market.

Various Times at John Carlyle Square, 300 John Carlyle St. Visitors can enjoy live entertainment, traditional European food and sweets, wine and beer, while shopping for arts and crafts. Free. Visit www.alexandriaholidaymarket.com.

#### SATURDAY/DEC. 5

A Soldiers' Christmas at Carlyle

House. 1-4 p.m. at Carlyle House, 121 N. Fairfax St. The "Soldiers' Christmas" event will feature renactors from the First Virginia Regiment, who will highlight colonial life in Alexandria during the holidays at the time of the American Revolution. Free, \$1 suggested donations. Visit www.carlylehouse.org.

Ornament Decorating Workshop.

1-4 p.m. at the Alexandria Archaeology Museum, 105 N. Union St. Decorate and take home artifactshaped ornaments. Free. Visit www.torpedofactory.org.

Holiday Festival: "Take a Walk in

www.ConnectionNewspapers.com



The "Visionary Veterans" exhibit at The National **Inventors Hall of** Fame-USPTO campus, 600 **Dulany St. features** the stories of Inductees of the **National Inventors** Hall of Fame who served their country during World War II and returned home to help build the nation with their innovations. Free. Visit www.invent now.org.

the Woods." 4-9 p.m. at the Torpedo Factory Art Center, 105 N. Union St. More than 140 artists will keep their studios open late for patrons to shop. The Alexandria Choral Society and the Braddock Brass Quintet will perform. Santa Claus will visit. Free. Visit www.torpedofactory.org.

16th Annual Alexandria Holiday
Boat Parade of Lights. 5:30 p.m. at Alexandria's waterfront at the foot of Cameron Street near the Torpedo Factory Art Center, 105 N. Union St. Dozens of illuminated boats cruise the Potomac River at the historic waterfront, led by Alexandria's fireboat The Vigilant and Washington, D.C.'s fireboat John Glenn. DC media personality Tommy McFly of 94.7 Fresh FM will be the parade announcer. At the marina before and after the parade, visit the "Holiday Festival: Take a Walk in the Woods" at the Torpedo Factory Art Center to find live music and holiday shopping at open studios. Free. Visit www.visitalexandriava.com/holidays.

Holiday on the Avenue. 6 p.m. at Del Ray Farmers Market. Take a stroll down Mount Vernon Avenue and see the "luminarias." Free. Visit www.visitdelray.com.

John Gorka. 7:30 p.m. at The Birchmere, 3701 Mount Vernon Ave. Folk musician John Gorka is touring in support of his 12th studio album "Bright Side of Down." Tickets are \$35, \$10 for students. Visit www.birchmere.com for more.

#### MONDAY/DEC. 7

Dance Class: The Art of Ballroom

Dance. 7-7:45 p.m. class and 7:45-8:30 p.m. dancing at The Athenaeum, 201 Prince St. Ballroom dance professional Gary Stephans teaches the Fox Trot, Waltz, Tango, Swing, Salsa, Meringue, Rumba, Cha-Cha, and Samba. Tickets are \$15. Contact garystephans@me.com.

#### TUESDAY/DEC. 8

Handmade Holiday Card Making.

7-8:30 p.m. at Beatley Central Library, 5005 Duke St. Learn cardmaking techniques. Free. Call 703-746-1754.

Bell's Beer Dinner. 7-10 p.m. at Union Street Public House, 121 S Union St. Find a special menu paired with beer from Bell's Brewery. Tickets are \$65. Visit www.unionstreetpublichouse.com for more.

#### THURSDAY/DEC. 10-13

"A Stable Christmas." Various times at First Baptist Church Alexandria, 2932 King St. Join the cast, chorus, and orchestra of First Baptist Church of Alexandria's 2015 production of the Living Christmas Tree, "A Stable Christmas." The production features traditional and contemporary holiday music, a 25-foot Christmas tree filled with 110+ singers and 50,000+ synchronized lights and the story of Jim and Dot, as they begin their lives together. Tickets are \$7 each plus a \$1 service charge per transaction. Visit www.fbcalexandria.org.

#### FRIDAY/DEC. 11

All That Glows. 7-10 p.m. at Woodlawn & Pope-Leighey House, 9000 Richmond Highway. Find cocktails, and 19th century recipes at the holiday open house. Tickets are \$200 plus service fee. Visit www.woodlawnpopeleighey.org.

#### SATURDAY/DEC. 12

Breakfast with Santa. 8:30 a.m.-10:30 a.m. at Mount Vernon High School, 8515 Old Mount Vernon Road. Eat a pancake breakfast, make crafts, and play games. \$5 per person, families of 5 or more pay a flat \$25 family rate. Visit www.facebook.com/ MVHSClassof2019.

Civil War Christmas in Camp at
Fort Ward. 12-4 p.m. at Fort Ward
Museum & Historic Site, 4301 W.
Braddock Road. Visitors meet a Civil
War-era Santa at this holiday event
exploring how Christmas was
observed during the Civil War. The
program features living-history
interpreters, a Victorian Christmas
tree, refreshments, readings of The
Night Before Christmas and a
patriotic Santa Claus inspired by a
Thomas Nast illustration for Harper's
Weekly newspaper. Suggested
donation is \$2 for adults, \$1 for
children. Call 703-746-4848 or
www.fortward.org.

#### Christmas Candlelight Service

5:45-8 p.m. at Alexandria Presbyterian Church, 2405 Russell Road. This service of lessons and carols will feature APC choirs, brass quintet and carol singing. Reception to follow. Free. Visit www.alexandriapres.org for more.







# 'Mercy Street'

# Film Festival debuts PBS series.

By Jeanne Theismann The Gazette

ctresses and producers from the Alexandria-based PBS series "Mercy Street" walked the red carpet prior to a screening of the Civil War-era drama to kick off the Alexandria Film Festival Nov. 5 at the AMC Hoffman Theaters.

U.S. Rep. Don Beyer joined city officials and invited guests for a preview of the sixpart miniseries, which will make its nationwide debut Jan. 17 following the international hit series Downton Abbey.

The brainchild of Ridley Scott, David W. Zucker, Lisa Q. Wolfinger and David Zabel, the "Mercy Street" cast includes Mary Elizabeth Winstead (The Returned), Josh Radnor (How I Met Your Mother), Gary Cole (Veep), Norbert Leo Butz (Bloodline), McKinley Belcher III (Show Me a Hero), Jack Falahee (How to Get Away with Murder), AnnaSophia Robb (The Carrie Diaries), Tara Summers (Hitchcock) and newcomer Hannah James, who is a native of Virginia.

The drama follows the lives of two volunteer nurses on opposing sides of the war — New England abolitionist Mary Phinney (Winstead) and Confederate supporter Emma Green (James) — and is inspired by memoirs and letters from real doctors and nurses from that time. It takes place in a luxury hotel-turned-hospital in Alexandria, the longest occupied Confederate town



**Actress Tara Summers**, fourth from left, talks about her experience during the filming of **Mercy Street following** a screening of the Alexandria-based Civil War drama Nov. 5 at the AMC Hoffman **Theaters. Summers** was joined by other cast members, PBS producers and Historic Alexandria staff during the Q&A session following the premier, which kicked off the Alexandria Film Festi-

> Photos by Jeanne Theismann The Gazette

during the war.

"What a wonderful, historic town," said Summers after touring some of the Alexandria locations featured in the series, which was filmed in Richmond and Petersburg. "I am from Britain so much of this Civil War history is new to me. But I am glad to experience for myself the city where 'Mercy Street' takes place. It is an exciting project and I am thrilled to be a part of it."

Craig Fifer, left, director of communications for the City of Alexandria, poses for a photo with a Civil War reenactor at the premier of Mercy Street Nov. 5 at the AMC Hoffman Theaters.



# Neighborhood Health Offers Safety Net

From Page 8

may be stopped, but it's not a solution to the underlying problem. Sims says many of these women need a hysterectomy, but affording one is almost impossible. They have to go to Charlottesville to the UVA Medical Center to get treated, and many find it hard to get there.

Khan would like more of his patients to be covered by health insurance, because the paying patients help make it possible to take care of those who cannot pay. In 2014, 68 percent of Neighborhood Health's patients had incomes below poverty levels. Sixty-three percent of their patients were uninsured. Given the ratio at Neighborhood Health of uninsured to insured patients, Khan cannot afford to hire the extra doctor he needs. That is one of the reasons he continues to spend as much as 20 percent of his time as a working physician in the clinics: not only does it energize him to keep

giving his best when he meets with patients, but it's also part of the balance of running a busy health center which is understaffed: double duty is a given.

For those who do not understand why supporting Neighborhood Health is important to them and their community, Khan points out his clinics served more than 15,000 patients in 2014 — 4,111 children and 10,981 adults - and provided 46,647 health care visits. That is up from 10,000 patients five years ago. This is care that would have overburdened the hospitals, or gone undone, putting at jeopardy a swathe of Alexandria's population that works for a living but does not make enough money to pay for insurance. Taxpayers benefit from organizations like Neighborhood Health, they just don't see the benefits as clearly as when potholes get filled in, or schools get refurbished. All residents pay the financial price when the uninsured and underserved use the emergency room as their primary source of care because this drives up the costs of all healthcare services.

Khan is hoping to see more community support of Neighborhood Health. He says in any given week he gets far more requests for health care than he can accommodate. As a member of the Mayor's Special Advisory Panel on the Health Care Needs of the Uninsured, he appreciates the plan to hold a health fair on Nov. 14, and hopes it will assist those who might otherwise go undiagnosed; he also views the problem as a much larger one which is outpacing the growth of his own organization. Neighborhood Health welcomes AmeriCorps volunteers and has opportunities for other volunteers. A primary need, however, is financial support. The larger, more permanent facility in the new Richmond Highway building is a comprehensive facility, owned versus rented, that will allow Neighborhood Health to serve more people, with the addition of 15 medical exam rooms, eight den-

### Neighborhood Health's Track Record

Neighborhood health's childhood immunization rate is 96 percent compared to 43 percent at all Federally Qualified Health Centers nationally. In November 2014, it was designated as a National Quality Leader, an award given to only 57 out of 1,200 (top 5 percent) health centers for exceeding national benchmarks for chronic disease management and preventative care.

Access to care barriers and poverty is ever present within this region. There are more than 170,000 uninsured individuals in Northern Virginia. In south Fairfax County, almost half of the residents are considered "the working poor" — for a family of four that means an income of \$47,700 or less.

tal chairs and five counseling areas. To pay for that facility, Neighborhood Health needs community support. For more information, to become a patient, or to donate, see www.neighborhoodhealthva.org and campaigndirector@neighborhoodhealthva.org.

# Home LifeStyle

# Getting Guest-Ready Local designers offer solutions for easy, pre-holiday updates.

BY MARILYN CAMPBELL THE GAZETTE

etting ready for the holidays means more than simply hanging decorations and ordering a turkey with trimmings. For many, the holidays usher in an abundance of house guests. While there might not be time to complete a remodeling project or build an addition, local designers offer suggestions for minor tweaks that can breathe new life into a living space so that it is guestready when the holidays arrive.

Starting with a home's exterior, outdoor lighting that highlights the walkway and facade of the house is a simple update, according to Kai Tong, director of architecture at Hopkins and Porter. "Low voltage lighting can also accentuate the steps leading to the front door, as well as [line voltage] lighting illuminating ... [plants] and trees.'

Tong also recommends upgrading a home's interior lighting fixtures, such as sconces and dining room chandeliers. In fact, he said dimmer switches create ambiance. "Low voltage lighting, including cablemounted lighting, can bring new brilliance to spaces.'

A coat of paint can also brighten a home in time for the holidays. "You don't need to paint the entire home at once to make a great impression for your guests," said Marty Cornish, CEO of EasyPaint. "Think about rooms you'll be using the most and then devise a plan."

Rooms where most of the holiday décor will be displayed as well as the dining room where meals will be served are good starting points, said Cornish.



A kitchen is often a hub of activity during the holidays. Small touches like new cabinet hardware can add polish to the space.

"Consider selecting a wall in perhaps a guest room and painting it an exquisite accent color," adds Tong. "The same goes with public spaces such as the kitchen."

Painting a home's main entry door or trim is another simple way to welcome guests in style. "The front door makes an immediate first impression," said Tracy Morris, color consultant and principal of Tracy Morris Design.

Morris suggests using Benjamin Moore's Soot for the front door. "The rich color is festive and fun and makes the perfect backdrop for holiday décor, as well as provides a lasting first impression."

Replacing the front door or updating the hardware on an existing door, updating

lighting fixtures at the door or on a porch enhances a home's curb appeal, says Ken Hurdle, Hopkins and Porter project coordi-

The kitchen, powder room and guest bathroom are usually hubs of hospitality during the holidays, and a polished appearance can be accomplished with a few mi-

In a guest bathroom, simple fixes include new vanity or sink hardware, new medicine cabinets and vanity lighting. "Check and see if accessories such as towel bars [and] paper holders could also use an easy recharge," said Tong.

Kohler's Moxi shower head holds a wireless speaker, "so you can enjoy your music while showering," said Nancy Knickerbocker, designer, Nicely Done Kitchens and Baths in Springfield.

In the kitchen, minor touches can yield a major impact. "Kitchen 'lite' projects are a great way to spruce up your space if you're redesigning on a small budget and have great existing cabinets in your kitchen," said Stephanie Brick, designer at Nicely.

This can include new hardware on kitchen cabinets and new faucets, according to Hurdle.

These projects include upgrading counter tops with quartz granite and adding a coordinating tile back splash or other kitchen accents like crown molding to the ceiling or chair rail molding. "These seemingly small details, when put together in a design package," said Brick, "can have a great impact on the overall look of your kitchen."

"You don't need to paint the entire home at once to make a great impression for your guests. Think about rooms you"ll be using the most and then devise a plan."

- Marty Cornish, **CEO of EasyPaint** 

# Preparing a Home for the Holidays

Suggestions for getting the house guest-ready.

> BY MARILYN CAMPBELL THE GAZETTE

ith only two weeks until Thanksgiving and the start of the holiday season, it might be time to take stock of your home's guest-readiness. Local designers explain how to reduce stress and make guests feel at home this holiday

"Walk into your home as if you are a guest in your own home," said Dana Kaminsky with Glickman Design Build in Potomac. "Look at the entryway. Your front door should have a festive feel."

A new doormat and large urns filled with evergreen foliage that will last until the end of winter are two accessories that Kaminsky suggests to help ring in the season.

Reorganizing and decluttering a home's interior can decrease stress during holiday hosting and entertaining. The first place to start, suggests Kaminsky is a foyer closet. "This is a great time to donate any winter clothing that your family doesn't use anymore," she said. "This will make way for guests' coats so you don't have to throw them over furniture and take up valuable seating real estate.'

This is also the time to declutter one of the most often-used rooms during the holidays: the kitchen. "Go through your pantry so you can have an accurate inventory when getting ready to prepare holiday meals," she said. "Also get rid of any unnecessary products that are not useful anymore."

This process, says Kaminsky, makes room for needed storage and eliminates the unnecessary use of counter space.

Simple and low-cost ways to brighten a kitchen include purchasing new hand tow-



Clean, crisp sheets and soft, plush towels make guests feel special, advises Kelley Pr Interior Design.

els and fragrant, sink-side, hand soaps and lotions in elegant dispensers. "William Sonoma has a clean line of fragrances, as well as cleaning supplies and candles that will for sure make you and your guests

### Must-Haves for an **Inviting Guest Room**

Kelley Proxmire of Kelley Interior Design in Bethesda, Md., offers tips:

Save sample creams and lotions and display them in an attractive container for guests to try. Make Internet passwords available and visible

so guests have easy access while visiting. Consider placing a sound machine in the guest room, particularly if you have an active household,

so guests may choose the background noise Provide magazines that may interest your

\* Make sure there are enough hangers, preferably "pretty hangers," in the closet for your guests.

\* Be sure to place a water carafe (or bottled water) and a glass in the guest room.

Clean, crisp sheets and soft, plush towels make guests feel special.

happy," said Kaminsky. "Pink grapefruit is always a perfect year-round standby."

When it comes to a guest bedroom, Marika Meyer of Marika Meyer Interiors in Bethesda believes that stocking a room with books and magazines makes overnight visitors feel at home. She also makes sure the room has a tray of bottled water and cups.

"Guests welcome the chance to catch up on reading," she said.

# West Potomac to Face West Springfield in Playoffs

## Wolverines lost to Spartans during regular season.

By Jon Roetman THE GAZETTE

he West Potomac football team throttled rival Mount Vernon 40-6 on Nov. 6, improving the Wolverines' record to 7-3 while giving the program its best regular-season finish since 2011.

As West Potomac enters the postseason, the Wolverines will have a chance to eliminate an opponent responsible for one of their three losses.

West Potomac is the No. 9 seed in the 6A North region playoffs and will travel to face No. 8 West Springfield (6-4) at 7:30 p.m. on Friday, Nov. 13. The Conference 7 foes met on Oct. 9, with the Spartans winning 28-9 at West Potomac High School.

The Wolverines averaged 36.7 points per contest this season, and West Springfield was the only team to hold West Potomac to fewer than 20 points in a game.

"They just did a lot of good things," West Potomac head coach Jeremiah Ross said. "Credit to them. It was probably [our] worst-played game of the year."

West Springfield held West Potomac to 236 yards from scrimmage, and Wolverines quarterbacks combined to throw four interceptions. The Spartans led 22-0 at halftime following a weather delay of more than 2

"Offensively, we've got to get into rhythm," Ross said about Friday's playoff



West Potomac running back Daiimon Cleveland carried 13 times for 96 yards and two touchdowns during a 40-6 win over Mount Vernon on Nov. 6.

contest. "They did a good job getting us out

One thing that should help the West

Potomac offense is the return of senior re-

ceiver CJ Burch, who suffered a broken col-

lar bone against T.C. Williams on Oct. 24.

Burch, a first-team all-conference selection,

missed games against South County and

Mount Vernon, but is expected to return for

"Physically, I feel as if nothing happened,"

Burch wrote in an email. "I feel like I did at

the beginning of the season, so no doubt

I'll keep it rolling when I return. ... I'm as

excited as I can be. I feel like a kid in a

candy shop ready for every opportunity

Burch caught seven passes for 68 yards

and a touchdown against West Springfield

during the regular season. After the game,

Burch was taken from West Potomac High

School in an ambulance with a possible

the playoffs.

coming my way."

of rhythm" during the regular season.

concussion, but said via Twitter direct message he was cleared to play the following week.

Burch had five receptions for 73 yards and a touchdown against Annandale, but suffered a broken collar bone against T.C. Williams after catching one pass for 37 yards. "Missing the last few games kind of hit

me hard because I felt I could've made a difference as a leader on the team," Burch wrote. "[I] felt like I let people down."

Burch caught 43 passes for 829 yards and six touchdowns in eight regular-season

"Of course, if you have him out there on the field," Ross said, "he's a guy who can score at any point in time."

After beating West Potomac, West Springfield defeated T.C. Williams 14-12 on Oct. 16 to improve to 5-2. However, the Spartans dropped two of their final three regu-

West Potomac tight end Grant Monson caught a

touchdown pass against Mount Vernon on Nov. 6.

West Potomac and West Springfield finished tied for eighth in the VHSL 6A North power rankings with a rating of 29.1, but the Spartans won the tiebreaker - and received a first-round home game — due to beating the Wolverines during the regular

Ross said while the Wolverines are looking for a win against the Spartans, desire for revenge fades once the game starts.

"Sure, it would be nice to be able to get a win against them, but we just want to keep playing," Ross said. "... Once you get hit in the mouth, it's not about revenge; it's about playing the next play."

The winner West Springfield/West Potomac will face the winner of No. 1 South County and No. 16 Annandale.

"I think [a playoff win] would mean a lot to the guys," Ross said.

"They've worked extremely hard and I want that for them."

# Dance Team Rises Up to Foundation's Challenge

he West Potomac High School Dance Team, led by coach Gennifer Difilippo, answered a challenge on Sunday, Nov. 8 from the Travis Manion Foundation (TMF) (www.travismanion.org) to "Honor the Fallen By Challenging The Living" and complete a service project in the community.

Travis Manion lived in the Fort Hunt area until age 10. He was a Marine Corps 1st Lt. in 2007 when he was killed in Iraq by a sniper while pulling two fellow Marines to safety during an ambush. His family founded TMF to honor his sacrifice and those of all military members in the wars since Sept. 11, 2001.

TMF ambassadors and military veterans Jim O'Farrell and Wayne Chesley met with the dance team in October as part of TMF's Character Does Matter Program. The program focuses on connecting today's veterans with tomorrow's leaders to promote the ideals of courage, integrity, leadership and Service. O'Farrell and Chesley challenged the team to answer Travis Manion's motto, "If Not Me, Then Who..." and engage in a service project as a way to build "Character



**Members of the West Potomac High School Dance** Team prepare food at Aldersgate United Methodist Church.

cal muscle memory as dancers.

To meet the challenge, the dance team selected a service project with the Sunday organization Suppers (www.sundaysuppers.org), a nonprofit that provides food and fellowship to those in need. Dancers and volunteer parents met first at Aldersgate United Methodist Church

Muscle Memory," just as they build physi- to prepare food provided by Aldersgate, with this man they just met a minute ago then travelled to two locations in Washing- and that was dance and music. As a dance ton, D.C. to distribute the meals to the

> "The best part of the evening was when a man pulled out some music and all of the girls gathered around him and they were singing and dancing," said Difilippo. "The dancers realized they shared a common love

As part of a service project encouraged by the Travis

Manion Foundation, the West Potomac High School Dance Team distributes food in Washington D.C.

coach it confirmed to me how important the arts can be to touching lives and inspiring everyone.

I am so happy that The Travis Manion Foundation challenged the WPDT for Sunday Suppers. The girls are already asking me when can we do it again."

Zone 3: • Alexandria Mount Vernon

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St, Alexandria, VA 22314. The above establishment is apply-ing to the VIRGINIA DEPART-MENT OF ALCOHOLIC BEV-ERAGE CONTROL (ABC) for a Wine and Beer on Premises, Mixed Beverages on Premises license to sell or manufacture alcoholic beverages. Jeffrey Yates, member

21 Announcements

30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov

# ABC LICENSE Yates Table Talk Restaurant, LLC trading as Yates Table Talk Restaurant, 1623 Duke

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 800-552-3200.

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Public Hearing will be held by the City Council of the City of Alexandria, Virginia, in the Council Chambers, City Hall, City of For general inquiries contact Darryl K. Jackson, CPPB, Alexandria, Virginia, on Saturday, November 14, 2015, at 9:30 Contract Specialist II at 703.746.4298. a.m., or as soon as may be heard on the hereinafter described

AN ORDINANCE of the City Council of the City of Alexandria, CON Virginia authorizing the Issuance of a Tax Revenue Bond in the ERS. estimated maximum amount of \$58,000,000; and providing for reimbursement to the City of Alexandria from bond proceeds

The proposed ordinance authorized the issuance of a tax revenue bond for partial financing the Potomac Yard Met Project in the estimated maximum amount of \$58,000,000.

AN ORDINANCE to amend and reordain the Master Plan of RFP Closing Date and Time: December 9, 2015, 4 p.m., the City of Alexandria, Virginia, by adopting and incorporating prevailing local time therein the amendment approved by City Council on October 17, 2015 to the Potomac West Small Area Plan chapter of Pre-Proposal Conference: November 24, 2015 at 9 at such master plan as Master Plan Amendment No. 2015-0004 to incorporated the Oakville Triangle/Route 1 Corridor Vision Plan and Urban Design Standards and Guidelines into such For general inquiries contact Michel F. Hauer, CPPO, CPPB, Small Area Plan and no other amendments, and to repeal all Acting Purchasing Agent at 703.746.4295. provisions of the said master plan as may be inconsistent with

Design Standards and Guidelines dated October 1, 2015 as amended by City Council into the Potomac West Small Area Plan Chapter of the Master Plan as approved by the City Council on October 17, 2015.

AN ORDINANCE to amend and reordain the Master Plan of the City of Alexandria, Virginia, by adopting and incorporating therein the amendment approved by City Council on October 17, 2015 to the land use map in the Braddock Road Metro Small Area Plan chapter of such master plan as Master Plan Amendment No. 2015-0002 and no other amendments, and to repeal all provisions of the said master plan as may be inconsistent with such amendment. (Park Residences)

The proposed ordinance accomplishes the final adoption of Master Plan Amendment No. 2015-0002 to amend the land use map of the Braddock Road Metro Small Area Plan Chapter Street from CSL to CRMU-L for the Park Residences project approved by City Council on October 17, 2015.

AN ORDINANCE to amend and reordain Sheet No. 054.03 of the "Official Zoning Map, Alexandria, Virginia," adopted by Section 1-300 (OFFICIAL ZONING MAP AND DISTRICT BOUN-DARIES), of the City of Alexandria Zoning Ordinance, by rezoning the property at 601, 607, and 611 North Henry Street from, CSL/Commercial Service Low to CRMU-L/Commercial Residential Mixed Use Low in accordance with the said zoning map amendment approved by City Council on October 17, 2015 as Rezoning No. 2015-0002.

The proposed ordinance accomplishes the final adoption of Rezoning No. 2015-0002 to rezone the property at 601,607, and 611 North Henry Street from CSL to CRMU-L for the project known as Park Residences approved by City Council on October 17, 2015.

PUBLIC HEARING on the proposal to name the gazebo and surrounding fountain at the Cameron Street entrance to the Alexandria Waterfront in honor of former Planning Director Engin Artemel.

PUBLIC HEARING on the Proposed City Legislative Package for the 2016 General Assembly Session

NANCES OBTAIN FREE FULL-TEXT COPIES FROM THE CITY CLERK AT CITY HALL. JACKIE M. HENDERSON, MMC, CITY CLERK AT CITY HALL. JACKIE M. HENDERSON, Worked for Smith & Harroff, Inc., a public relations and events

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

Title: ITB No. 00000550 - Edsall Road & South Pickett Street

ITB Due Date and Time: January 5, 2016, 3 p.m., prevailing

Non-mandatory Pre-bid Conference: November 24, 2015, pm; prevailing local time at Purchasing Division, 100 N. Pitt Street, Suite 301, Alexandria, VA 22314.

The City of Alexandria reserves the right to reject any and all proposals, cancel this solicitation, and to waive any informalities or irregularities in procedure. THE CITY REQUIRES ITS CONTRACTORS TO BE EQUAL OPPORTUNITY EMPLOYERS.

Notice is hereby given to members of the NY, nonprofit, American Society of Clinical Oncology, Inc., that eligible ASCO members may vote by proxy ballot from Nov. 3 to Dec. 3, 2015 to elect the President-Elect, four seats on the Board of Direct Computation of Computa The City of Alexandria reserves the right to reject any and all

#### 21 Announcements 21 Announcements

LEGAL NOTICE
RFP No. 00000563 - Standard Construction Specifications Development for Capital Infrastructure Projects

Pre-Proposal Conference: November 24, 2015 at 9 a.m., at 100 N Pitt Street, Suite 301, Alexandria VA 22314

The proposed ordinance accomplishes the final adoption of the Master Plan Amendment No. 2015-0004 to incorporate the Oakville Triangle/Route 1 Corridor Vision Plan and Urban Design Standards and Guidelines dated Oather 4 Oather 1 Corridor Vision Plan and Urban Design Standards and Guidelines dated Oather 4 Oather 1 Corridor Vision Plan and Urban Design Standards and Guidelines dated Oather 4 Oather 1 Corridor Vision Plan No. 2015-004 The Vision Pl The City of Alexandria reserves the right to reject any and all

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#### 21 Announcements

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OBITUARY

Virginia Lee Gray, age 69, died peacefully at her home in Alexandria, VA on November 9, 2015, after a courageous battle with cancer. She is the daughter of the late Samuel Nelson Gray, of Gloucester, Virginia, who practiced dentistry in Alexandria for fifty years. She leaves behind her mother, Virginia Clarke Gray Backus, a resident at Goodwin House in Alexandria. Her mother's second marriage was to the late Judge Franklin Perkins Backus of Alexandria. The marriage ended in divorce.

She is suprised Evitable.

was married to Bruce A. McEirresh of Alexandria. The marriage ended in divorce.

She is survived by her brother, S. Nelson Gray, Jr., and her sister-in-law, Margaret I. Gray of Manhattan Beach, California. Her niece, Margaret Lee Gray, is a resident of Rolling Hills Estates, California and her nephew, Nelson Taylor Gray, lives in Orlando, Florida. She leaves behind three goddaughters: Katharine Hudall, and Lee Rollandi. Virginia arine Chaffins Katharine Hudnall and Lee Bolandi Virginia THE PUBLIC IS ADVISED THAT AMENDMENTS OR ADDITIONS MAY BE MADE TO PROPOSED ORDINANCES IN 1964, Greensboro College in North Carolina in 1968, and WITHOUT FURTHER PUBLICATION. IT IS RECOMMENDED THAT PERSONS INTERESTED IN ANY OF THESE ORDINANCES ORTAIN FIRES FEEL THAT ORDINANCES O

worked for Smith & Harroff, Inc., a public relations and events management firm. A life-time resident of Alexandria, Gray was a member of the Junior League of Washington, D.C., the Alexandria Freder of the Vice-time resident of the Vice-time resident of the Vice-time residence of the Vice-t andria Friends of the Y (Campagna Center), the Republican City Committee, a board member of the Friends of

Torpedo Factory Art Center, and a member of the Alexandria Committee for Stratford Hall Plantation.

Virginia will be remember for her indomitable spirit, great laughter, and love for life. A memorial service will be held at St. Pauls' Episcopal Church in Alexandria on Friday, November 13, 2015 at 11a.m. A reception will follow at Norton Hall. In lieu of flowers, donations can be made to the Historic Alexandria Foundation, Alexandria, Virginia, or Stratford Hall Plantation, Stratford, Virginia. Interment will be in Gloucester, Virginia

#### 26 Antiques 26 Antiques

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#### **LEGAL NOTICE**

to elect the President-Elect, four seats on the Board of Directors, and three seats on the Nominating Committee for service beginning on June 6, 2016. Eligible ASCO members may also vote on a proposed ASCO Bylaws amendment by proxy ballot from Nov. 3 to Dec. 3, 2015. Information about proxy ballots is available at www.asco.org/election. Completed proxy ballots will be delivered to the ASCO President or her designee for casting at a meeting to be held on Dec. 8, 2015, 9:30 AM – 10:00 AM at ASCO Headquarters, 2318 Mill Road, Suite 800. Alexandria WA 22314. Mambers with questions can Suite 800, Alexandria, VA 22314. Members with questions can email ascoelection@asco.org or call 571-483-1316.

#### 21 Announcements

#### **ABC LICENSE**

Burtons Grill of Alexandria, LLC trading as Burtons Grill, 6450 Old Beulah Street, Alex-andria, VA 22315. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On & Mixed Beverage (seating capacity 151 seats or more) license to sell or manufacture alcoholic beverages.Kevin P. Harron,

President
NOTE: Objections to the issuance of this license must be submitted to ABC no later that 30 days from the publishing date of the first of two required newspaper legal notices. objections should be regis-tered at www.abc.virginia.gov or 800-552-3200.

#### 21 Announcements

District Taco, LLC trading as District Taco, 701 S. Washington St., Alexandria, VA 22314 The above establishment is applying to the VIRGINIA DE-PARTMENT OF ALCOHOLIC BEVERAGE CONTROL(ABC) for a Wine and Beer on premi

#### 21 Announcements

#### **LEGAL NOTICE**

Pursuant to the provision of section 4-1-16 of the code of the City of Alexandria, the Alexandria Police Department located at 3600 Wheeler Avenue, Alexandria, VA 22304 is now in possession of un-

claimed bicycles, mopeds, lawn equipment, money, scooters, and other items. All persons having valid claim to the property should file a claim to the property with reasonable proof of ownership or the items will be sold, destroyed, converted or donated. For a complete listing go to

http://alexandriava.gov/police/ and contact the Police Property Section at (703) 746-6709.

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ALEXANDRIA CITY PUBLIC SCHOOLS REQUEST FOR PROPOSALS NUMBER 15-10-09

The Alexandria City School Board dba Alexandria City Public Schools is seeking competitive proposals from qualified Offerors to provide vending services.

NOTE: Objections to the issu-ance of this license must be Services will be received in the Central Procurement Office, submitted to ABC no later than 1340 Braddock Place, Suite 620, Alexandria, Virginia 22314, 30 days from the publishing on or before 3:00 pm, December 4, 2015. The time of receipt date of the first of two required shall be determined by the time clock stamp in the

ance of this and another than submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

1340 Diaucos.

1340 Diau

ACPS reserves the right to cancel this RFP and/or reject any or all offers and to waive any informalities in any proposal

Chris Guy Procurement Manager

21 Announcements

comes one day

at a time.

-Dean Acheson

21 Announcements

**ABC LICENSE** 

Osteria Marzano, LLC trading as Osteria Marzano, 6361

Walker Ln, Ste 140, Alexandria, VA 22310. The above es-

tablishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine

and Beer on and off Premises

license to sell or manufacture alcoholic beverages. Elena

Pouchelon, co-owner.

21 Announcements

21 Announcements



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#### 9408 Brambly Ln \$1,140,000 New Home Feel!

uilder's showcase ome by Wakefield lomes, the area's eading custom builder. Home has striking open floor plan accentuated by high

ceilings & large windows which bring light to every corner of the home. Fab features include 3 luxuriously finished levels, open kitchen-family room, spacious master suite. Treetop views from deck. 3 car garage. mpossible to duplicate at even close to this price



#### 1831 Stillwell Ave \$549,500 Absolutely Adorable!

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surrounded by country club grounds and parkland. Many features include 4 bedrooms, updated kitchen, hardwood floors, fireplace, thermal windows. Prime location offering quiet tranquil environment yet convenient to everything!



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#### 3232 Woodland Lane \$659,000 Stunning Floor Plan!

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chef's kitchen with extensive cabinetry, granite counters, Viking fridge & 6 burner gas stove; family room with glass walls & high ceilings. Bucolic atmosphere on large lot with neighborhood water access.



#### 8824 Stratford Lane \$949,000 **Best New Home** Value in Stratford

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42" cabinets and granite counters, full walk-out lower level & two car

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\$779,500

Victorian Classic-

9312 Heather Glen \$599,000 Stunning Opportunity!



4008 Roberson Blvd \$649,900 A True Gem!

8720 Plymouth Road \$1,599,000 **Brand New Home!** 





#### 703.283.9028 CHRIS WHITE

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