

School Starts in Mount Vernon

The front of Waynewood Elementary School was the hub of activity on Monday, Aug. 28 as parents and their children filed in for the first day of school. Conversations dominated the line to the front door.



PHOTOS BY MIKE SALMON/THE GAZETTE



Many biked in from the surrounding neighborhood.



Buses lined up out front.



Laura and Kevin Catron dropped off Alex and Avery for their first day.

41,436 Votes

Keys-Gamarra overcomes Republican-advantage in low-turnout August.

BY MICHAEL LEE POPE
THE GAZETTE

Guardian ad litem and Fairfax County Planning Commission member Karen Keys-Gamarra swamped Republican Chris Grisafe and two other candidates in a special election this week, one that Democrats say is a sign of strength for their party heading into the fall. The seat was vacated by Republican-endorsed former School Board member Jeanette Hough in May, days before the deadline for the race to be on the ballot in November. Democrats cried foul, attacking the Republicans throughout the campaign for trying to rig the vote by engineer-

ing an August special election so the voters would be older and whiter and ostensibly more inclined to vote Republican than the much larger pool of voters in November.

"It backfired," said at-large School Board member Ryan McElveen, adding that the cost to taxpayers was about \$300,000 for the special election. "That became the narrative, and it's what people were talking about."

After it was clear that she had won more than 60 percent of the vote, Keys-Gamarra arrived to a raucous crowd of campaign volunteers and party faithful assembled at the Elks Lodge in Pine Ridge. Lt. Gov.

"Today is so much bigger than me. This sends a message that every student, every citizen, deserves a voice."

— Karen Keys-Gamarra

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PHOTO BY MICHAEL LEE POPE

Karen Keys-Gamarra celebrates during her victory party at the Elks Lodge in Pine Ridge.

Back to Waynewood

New principal started as student-teacher at school she now leads.

BY LOGAN BOTTS
THE GAZETTE

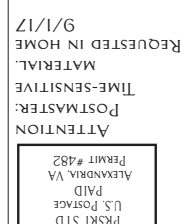
Katie Reynolds, the new principal of Waynewood Elementary School, has more than 15 years of experience which began in 2001 at Waynewood where she served as a student-teacher. Prior to her return to Waynewood, Reynolds was an assistant principal at Lane Elementary School and was a LEAD Fairfax intern.

She began her teaching career with Fairfax County Public Schools at Belvedere Elementary, where she was an advanced academic program teacher for three of the 10 years she worked there. Reynolds hopes to bring her experience with advanced education to Waynewood and help all students gain deep think



Katie Reynolds

SEE BACK, PAGE 8



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Shear Fun Back-to-School Community Day held at Gum Springs.

BY JEANNE THEISMANN
THE GAZETTE

Fairfax County organizations combined forces Aug. 23 for a Community Day at Gum Springs Community Center, providing free haircuts, backpacks and school supplies for boys and girls to prepare them for the upcoming school year.

"This was the largest event we have had at the center," said Battalion Chief Willie Bailey. "This year we made sure to invite families from the neighborhood and not just kids attending the community center. We gave away over 250 backpacks and nearly 100 free haircuts."

The event was sponsored by the following partners: Fairfax County Fire and Rescue Department; Progressive Firefighters of Fairfax County; Fairfax County Police Department; Fairfax County Sheriff's Office; Gum Springs Community Center Advisory Board; Communities of Trust; Apple Federal Credit Union; Mission BBQ; Firefighters and Friends to the Rescue; Local 2068, Supervisor Dan Storck's District Office; ICNA VA Islamic Center; Omega Psi Phi Fraternity, Psi Alpha Alpha Chapter; and Whole Foods.

"As always, not only were we preparing the kids for the upcoming school year but we made it a fun day for them," Bailey added. "We provided clowns, Mickey Mouse, McGruff the Crime Dog, face painting, and a police helicopter and public safety vehicles to view."

Participating local barbers that donated services to the event included: Marvin's Barbershop, Ladies & Gents Hair Studio, Pulse Hair Studio, Sport Clips and Spectrum Beauty Academy.

"We wanted to make sure the kids start off the school year looking good, feeling good and with the needed school supplies so that they will do good," Bailey said.



Volunteers gather for a group photo with attendees at the Gums Springs Community Day Aug. 23.



Fairfax County firefighters help youngsters select a new backpack for the school year at the Aug. 23 Gum Springs Community Day.



Fairfax County firefighter Cheryl McWilliams, who owned a beauty salon prior to joining the fire department, styles the hair of an attendee at the Gum Springs Community Day Aug. 23.

Dominion Undergrounding Some Power Lines

Overall reactions of residents positive.

BY MICHAEL K. BOHN
THE GAZETTE

Contract crews working for Dominion Energy descended on Conover Place in Fort Hunt's Waynewood neighborhood in June. Using special horizontal drilling equipment, they began tunneling under each resident's front yard. A curious passerby asked, "What's up?"

"We are shifting the electric power lines from the poles to underground service," one crewman replied. Just then, the questioner saw a resident climbing out of a nearby car and asked the woman what she knew about

the work. "Dominion obtained everyone's approval," she said. "We think it's great."

Dominion Energy, the electric utility serving the Mount Vernon area, is in the midst of what the company calls its Strategic Underground Project throughout Virginia. In a handout available at DominionEnergy.com/Underground, the company describes the project as "a system-wide initiative to shorten restoration times following major storms by placing certain outage-prone overhead electrical distribution lines and equipment underground." However, Dominion has no current plans to move overhead lines underground on any other Waynewood streets. The next planned target in the Mount Vernon area is the 5200 block of Mount Vernon Memorial Highway near Grist Mill Park.

Dominion is replicating underground the

pole-mounted power network. The 19,000 volt primary or "tap" line, usually at the top of the pole, feeds transformers on the pole. The stepped-down 120/240 volt lines run from pole to pole and to the houses. The underground distribution network replicates the pole-mount system.

The company explains that tap lines "typically sustain the most damage during storms and require the highest number of repairs." Using data from a 10-year period, Dominion has identified those streets with the highest incidence of tap-line outages. Company representatives contact each resident, explain the process of undergrounding the overhead lines and solicit the owner's permission in the form of easements. The need for an easement is based on the route of the new underground system.

The company declares that burying tap

lines will allow faster restoration after outages, but acknowledges it is not a cure-all. "During a major storm, large numbers of customers could still be affected," the handout states, "because most underground electric service connects to overhead lines and equipment that are exposed to weather, trees, animals and vehicle accidents."

Crews will remove the overhead power lines once underground service is connected to each house. But to the disappointment of most residents, the cable TV and telephone lines will remain on the poles on Conover Place. The existing pole-mounted streetlights will remain, powered by buried lines that emerge at the poles' base.

Regarding the consolidated undergrounding of all pole-mounted utili

SEE POWER LINES, PAGE 4

Moving Power Lines Underground

FROM PAGE 3

ties, Alison Kaufman, the communications manager of the Dominion project, said: "The focus of the Strategic Underground Program is to improve the electric service reliability for our customers. Similar to Dominion, the telecommunications and cable companies must also perform an independent evaluation to determine if existing facilities are candidates for conversion to underground. Where opportunities are identified to colocate underground facilities on future projects, we will work closely with the telecommunications and cable companies to coordinate those efforts."

On June 19, the first segment of the Conover Place project began and it involved the installation of the tap lines using horizontal drilling, versus trenching. Those cables serve seven ground-level transformers on the two-block stretch, which in turn feed power to multiple "pedestals" installed on grade. Those devices are connected to individual homes via buried service lines, which are installed also by horizontal drilling and connect to existing meters.

Nancy Murray, a Conover Place resident, said she was pleased with the project, because "we do lose power frequently." She received a postcard dated May 31 from Dominion that described the planned activities and a schedule.



Two men from Dominion contractor Will-Bros, Allister Pollard, left, and Mike Creed, connect a Conover Place residence to a new underground power distribution line at far left.

Don Hammond, a long-time resident on the street, generally approved of the project, but only reluctantly signed the easement document. He had concerns about a possible adverse impact of the power line emplacements might have on the sanitary sewer line from Waynewood School that runs between his house and his neighbor's.

Across Conover from Hammond, resident David Mason has encountered a problem that he warned Dominion about before the project's start. "I told them about the buried outflow line from my sump pump, but the crew

SEE DOMINION, PAGE 13



The single power line atop the pole, the transformer and the triple power lines will be removed in September. Phone and cable lines are below the power lines. The streetlight will be powered from below.

Good Shepherd Catholic Church International Festival - Three Days of Celebration

8710 Mount Vernon Highway, Alexandria VA 22309

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Sunday, September 3

- Join us for Multicultural Mass (see schedule at gs-cc.org)

Monday, September 4 Festival Day!

- 11 am – 5 pm food, music, games, bingo, raffle, entertainment & more!
- Free admission
- Food and some activities require ticket purchase
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Mount Vernon Gazette

News

West Potomac High School Principal Tangy Millard shared her vision, expectations and excitement with students on the first day pep rally.

PHOTOS BY
MELINDA HEDENBERG
WEST POTOMAC HIGH SCHOOL



A Memorable Beginning

First day at West Potomac High School.

BY MELINDA HEDENBERG
WEST POTOMAC HIGH SCHOOL

West Potomac High School faculty and staff members welcomed students back to school on the first day this year with pom poms, foam paws and smiles, setting the tone for a year of celebration.

"There's so much energy here and excitement," new Fairfax County Public Schools Superintendent Dr. Scott Brabrand said.

Brabrand formerly served as the Cluster 4 (Region 3) assistant superintendent, and recalled his previous time working in this area.

"This region holds a special place in my heart. It's one of the reasons I'm here," Brabrand said, "I'm thrilled to be back in the FCPS family and particularly the West Potomac family."

For the first time in the school's history, students — over 2,600 — and staff gathered in the main gymnasium for a back-to-school pep rally and celebrated a new school year and new possibilities, with music and dancing.

"This pep rally today is pretty cool," School Board Member-at-Large Ryan McElveen said. "Not many

schools do this."

"I thought it was really a fun way to start the year and make us excited about everything to come," Junior Samantha Ward said.

Many attribute the shift in school climate to the Millard, new school principal.

"The new energy around the place and making this a welcoming place for kids to be to learn and do great things," said Dean of Students Brian Valentine. "It's all a testament to the new school leadership."

Student Government Association Sponsor and Social Studies Teacher Nicole Borghard agreed.

"I think Ms. Millard has a lot of energy and from what I've seen she's very student first, so that's really exciting to see," Borghard said.

Millard left her position as principal of Bryant High School last June to make the move the West Potomac, but said she has wanted to join the Wolverine family for a while now.

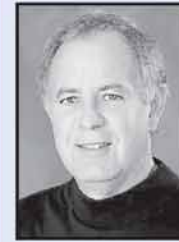
"I applied four years ago and I believe all things work out the way they are supposed to," Millard said. "In the interim, I have grown and developed as a leader ... I'm ready for the diversity, and most importantly for the academic outcomes for our kids."

Students took note of Millard's efforts and the changes already evident around their school.

"I'm feeling her vibe and I like this whole new the pep rally thing," junior Stephanie Owuseaa said. "Last year it was kind of boring and just knowing that she's trying new things is really nice."



School Board Member-at-Large Ryan McElveen (right) shows his school spirit participating in the first day festivities and greeting students arriving at school.



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OPEN SUNDAY 1-4



Alex/Riverside Estates \$644,900

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OPEN SUNDAY 1-4



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Alex/Mt. Vernon Manor \$549,900

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Alex/Loftridge \$2,400/Mo

4405 Churchman Court

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Wellington Heights \$929,900

7519 Ridgcrest Dr.

Beautiful 2 level Wellington Heights home with winter views of Potomac River, in fabulous location on sought after Ridgcrest Road. Stunning kitchen-5bed-rooms, 4 baths, 2 car garage, large, private .58 acre lot. Open floor plan with expansive windows overlooking the private backyard oasis with swimming pool and large patio, perfect for relaxing and entertaining. Waynewood Elementary. This house is a gem!

OPEN SUNDAY 1-4



Alex/Riverside Estates \$509,900

8519 Wagon Wheel Road

Great price on this lovely 4BR, 2.5BA Colonial in popular Riverside Estates. 3 finished levels with a large 2 car garage. Hardwood floors underneath carpet on main and upper levels. 5 minutes to Ft. Belvoir, 15 mins to Old Town, 25 mins to Ntl Airport, 30 mins to Pentagon/D.C. You won't get a much quality house for this price in Mount Vernon!



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OPINION

Helping After Harvey

Give locally in Texas; give money not stuff.

The scenes of devastation from Hurricane Harvey in Texas will prompt many generous people to contribute to immediate relief efforts.

First, a reminder to give money, not stuff. The organizations on the ground need money now to address particular needs.

As a local paper, it fair to say that if we had a similar disaster here in Northern Virginia, we would want donated money to go to local organizations that understand local needs, rules, supply chains, etc. Give locally.

Houston Food Bank

Displaced families and individuals will need to be fed for a long time.

Donate online www.houstonfoodbank.org
535 Portwall St.
Houston, TX 77029
713-223-3700

Greater Houston Community Foundation

Will coordinate the Hurricane Harvey Relief Fund to accept tax deductible flood relief donations for victims that have been affected by the recent floods.

Donate online ghcf.org
5120 Woodway Dr.
Suite 6000
Houston, TX 77056
713-333-2200

The Coalition for the Homeless of Houston/Harris County

Tens of thousands of people in and around Houston will be newly homeless as the floods recede.

Donate online www.homelesshouston.org
2000 Crawford Street, Suite 700
Houston, TX 77002
713-739-7514
www.homelesshouston.org/take-action/donate/

Houston Humane Society

Donate online at www.houstonhumane.org
[www.houstonhumane.org/\(Give\)/giving/general-donation](http://www.houstonhumane.org/(Give)/giving/general-donation)
14700 Almeda Road
Houston, TX 77053
713-433-6421

San Antonio Humane Society

Is housing pets of people displaced by Harvey who are taking shelter at the AT&T Center or other places in San Antonio.

Donate online at sahumane.org
4804 Fredericksburg Road
San Antonio, TX 78229
210-226-7461 or 210-518-9742.

Austin Pets Alive!

This rescue group partners with local rescues. Austin Pets Alive! has been helping shelters in the direct line of Hurricane Harvey. They've transported more than 330 animals to their shelter and are expecting hundreds more.

Donate online www.austinpetsalive.org/donate/donate-now/ or visit austinpetsalive.org/hurricane-harvey-evacuations/

#CallTextLive — A Hashtag to Remember

BY WENDY GRADISON
CEO, PRS, INC.

It's been a tough year in Northern Virginia as youth and young adult suicides bereaved families, communities and schools. Many adult family members, friends, neighbors and colleagues were lost to suicide as well. In the aftermath, lives were cut short and so much promise left unrealized.

Suicide, a serious issue locally and nationally that claims the lives of 44,000 people annually, is the 10th leading cause of death nationwide and second leading cause for people aged 15-24.

At PRS, Inc., a nonprofit that runs Northern Virginia's crisis hotline and textline, we are marking September's Suicide Prevention Month by launching the #CallTextLive Campaign. We've teamed up with Connection Newspapers for this third annual campaign to engage the community in discussing suicide and encouraging people to get help by calling or texting a hotline.

Using the hashtag #CallTextLive, the Campaign works to educate the community about resources available and actions they can take to bring awareness to suicide prevention and intervention. In fact, a simple call or text to a crisis hotline or textline often provides the empathetic, trained voice that someone in crisis needs to reduce his/her pain and provide alternatives and connections to care.

The #CallTextLive Campaign has a variety of events and actions to bring suicide prevention to the forefront. Throughout the month, we will post these on a web-based interactive calendar at www.prsinc.org/calltextlive. In addition, we will be sharing tips and resources via social media and asking people to share their stories and photos on PRS Facebook, Twitter and Instagram using #CallTextLive hashtag as well as posting Stories of Hope — video vignettes from survivors, family members, and hotline volunteers.

A highlight of the month is Selfie Day on Sept. 21 when friends, community, and clients show support by tagging themselves on selfies on our Facebook and other social media pages

using #CallTextLive. We have t-shirts available for purchase for PRS Selfie Day. We also encourage the community to join the PRS team (with #CallTextLive t-shirts) for the American Foundation for Suicide Prevention Fairfax Walk on Sept. 16 and the NAMI (National Alliance of Mental Illness) NOVA and Loudoun Walks, which are both taking place Sept. 23.

For every death, 278 people manage to move past thoughts of suicide and survive. PRS supports this through its CrisisLink program, which handled nearly 34,000 crisis calls and exchanged over 33,000 crisis text messages from the Northern Virginia region last year. Any time of the day or night, the PRS CrisisLink Hotline can be reached at 800-273-TALK [8255] and the textline by texting "CONNECT" to 85511.

Making a call or sending a text to PRS CrisisLink saves lives. Removing the stigma around reaching out, discussing issues that contribute to suicide and encouraging people to get help is key. By participating in #CallTextLive, we can turn up the volume, and make it OK to have a conversation, make a call or send a text.

American Values

To the Editor:

The following open letter was addressed to Republican gubernatorial candidate Ed Gillespie.

On Aug. 11 and 12, we saw violence and hate we hoped we would never again witness on American soil. In Charlottesville, Neo-Nazis and white supremacists took to the streets, marched with torches, gave Nazi salutes, shouted that Jews "will not replace them," chanted the Fascist slogan "Blood and Soil," proclaimed white supremacy, and murdered a

woman who was brave enough to stand up to them. Then, instead of clearly rejecting this evil, the President of the United States twice defended those marching with the very Neo-Nazis who unleashed this deadly violence on one of Virginia's greatest cities.

After President Trump's press conferences, we were left shocked and then deeply saddened. Let's be clear. "Very fine people" don't march with people who are holding Nazi flags and chanting anti-Semitic slogans. We were heartened to see, in the wake of Donald Trump's horrifying comments, that leaders in

both parties came together to reject hate and renew our nation's founding principles of equality and inclusiveness. But instead of joining these leaders — including many prominent Republicans — we understand you have refused to speak out against the President's reaction to Charlottesville.

As Jewish members of the Virginia General Assembly, we write you because, as Virginians and Jews, we find your failure to denounce the President's reaction to Nazism deeply dis

SEE LETTERS, PAGE 7

Mount Vernon Gazette

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A Connection Newspaper



LETTER

FROM PAGE 6

turbing. The events in Charlottesville recall the darkest moments in both the history of this country and the Jewish people. What we saw on Friday and Saturday was an assault on our democratic society and the very values this country was founded upon. Yet the President of the United States, the leader of our country, has not once but twice defended those who would march with the Neo-Nazis and their ilk.

Our country at its best has been a beacon of hope and safety for all peoples. Hundreds of thousands gave their lives so that the forces that destroyed Europe would never set foot on American soil. President Trump's reaction to Charlottesville represented a betrayal of that noble legacy and our core American values.

Donald Trump is the leader of your party. Your refusal to speak out against him is a colossal failure of leadership, a moral abdication, and deeply troubling to Virginia's Jewish community. We urge you to break your silence and immediately denounce Donald Trump's hateful and inadequate response to the Charlottesville attack.

We are living through a moral reckoning, a time when all citizens of our great commonwealth and nation are called to defend the most fundamental values of our democracy. We ask you to immediately stand up, loudly and clearly, against those who would condone violence and hatred.

As Americans, Jews, and Virginians, we urge you to join us and immediately condemn the President's dog-whistle defense of Nazism.

Senate Democratic Leader
Dick Saslaw, Sen. **Adam Ebbin**, Del. **Eileen Filler-Corn**, Del. **Marcus Simon**, and Del. **Mark Levine**

Protect State's Environment

To the Editor:

If you are on the fence regarding your opinion on the moral imperative to stop future development of fracked gas in our Commonwealth, the following information should put you over the edge.

Environmental racism is being perpetuated in the proposal to build the Atlantic Coast Pipeline. Many of the same folks who are outraged at the recent actions in Charlottesville are at the same time promoting a fracked-gas pipeline that would disproportionately harm people of color along its path. The single Virginia compressor station placement is to be located within a mile radius of an historically black community and the pipeline would be within 1,600 feet of the school and residences at the Yogaville Ashram in Buckingham County, Va. It will introduce serious health and safety risks to both of these communities in addition to lowering property values and quality of life.

The majority black community

SEE LETTERS, PAGE 14

Reflections On Charlottesville

The loudest sound is silence.
The brightest light is a total eclipse of the sun.
The sweetest taste is a cup of water in the desert.
The truest reflection of ourselves is not in the mirror, it is how we view others.

— LINDA HERBERT/
ALEXANDRIA

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Keys-Gamarra Wins Election

FROM PAGE 1

Ralph Northam introduced the victorious Democrat with a speech that some in the crowd compared to the kind of delivery popularized by professional wrestlers, a newfound sense of ebullience for the typically buttoned-down candidate for governor. Keys-Gamarra thanked those who worked on her campaign without the benefit of a list, which she said she said she had been too busy to write.

"Today is so much bigger than me," said Keys-Gamarra. "This sends a message that every student, every citizen, deserves a voice."

ON THE CAMPAIGN trail, Keys-Gamarra focused on a theme of leveling the playing field for students across the county. She would frequently say that all students deserve the same opportunities no matter what ZIP code they live in. That was a message that resonated with voters in Virginia's most populous county, which has pockets of poverty scattered around some of the wealthiest neighborhoods in the county. Supporters say that was the right message for an at-large seat on the School Board, which represents all parts of the county.

"Karen was really focused on this issue of equity," said Tamara Derenak Kaufax, who represents the Lee District on the School Board. "She understands that poverty brings challenges, and that was something she talked about at every campaign appearance."

Some Democrats were worried that the controversy surrounding the recent vote on renaming J.E.B. Stuart High School might undermine Keys-Gamarra,

Election Results

- ❖ Karen Keys-Gamarra: 41,436 votes, 64 percent
- ❖ Chris Grisafe: 21,315 votes, 33 percent
- ❖ Michael Owens: 1,408 votes, 2 percent
- ❖ Sandra Allen: 787 votes, 1 percent

who agreed with those wanting to change the name. But as the precinct numbers rolled in Tuesday night, it became clear that issue might not have been the flashpoint some had feared. Democrats were closely watching precincts like Belvedere and Barcroft for a sense that voters there might be pushing back against the move to strip the high school of its controversial Confederate name.

"If there was going to be a backlash, that's where you would have seen it," said U.S. Rep. Gerry Connolly (D-11). "But she won those precincts."

Campaign manager Peter Dougherty acknowledged that turnout for the August special election was low compared to November. But he said the numbers this week exceeded his expectations, which he assumed would be maybe 6 percent or 7 percent of registered voters. Instead turnout was closer to 10 percent. Keys-Gamarra ended up with more than 41,000 votes — 64 percent, almost doubling the turnout of her Republican-endorsed opponent. Dougherty said he was surprised to see his candidate win in precincts like Fairfax Station, which is traditionally GOP territory.

"I think this shows that Democrats are really excited right now," said Dougherty. "Voters wanted someone who would stand up to what we saw in Charlottesville, and I think Karen's message was the antidote to that."

Back to Waynewood

FROM PAGE 1

ing and problem solving strategies, all while making learning fun.

A graduate of James Madison University, Reynolds earned a bachelor's degree in psychology. She earned a master's in education, curriculum, and instruction, and master's in education, education leadership from George Mason University. She holds a Virginia preK-12 administration and supervision certificate. In addition to her education career being rooted in Virginia, Reynolds feels right at home in the Alexandria area and looks forward to getting to know the entire Waynewood community.

Reynolds worked with Eleanor Contreras of Lane Elementary school for five years as assistant principal. Contreras describes Reynolds as a "strategic leader who puts an emphasis on teamwork, with a tremendous capacity to build relationships with the entirety of the school community." Reynolds is known for her sense of humor and setting high stan-

dards. She manages to balance the two by incorporating fun into learning and the school culture.

Terry Dade, Region 3 superintendent, appointed Reynolds to lead Waynewood Elementary. Prior to Reynolds, Waynewood was led by Principal James Meier; staff and families wanted to make sure that the new principal would continue the tradition of building strong relationships with the entire community.

Dade describes Reynolds as "a people person," someone who could advance the academics across the board and manage the current construction project.

Reynolds has high hopes for the future of Waynewood Elementary. Reynolds wishes for the school to become a model of what the Fairfax County Portrait of a Graduate program guidelines look like on the elementary level. Her more immediate goals however include building relationships with students, parents, and faculty as a first year principal.

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ENTERTAINMENT

Pipeline Playwrights in Page-to-Stage Festival

Four Alexandria playwrights will have plays presented at The Kennedy Center on Sept. 4.

BY STEVE HIBBARD

Four Alexandria playwrights who are part of the Pipeline Playwrights will be doing readings of their new short plays at The Kennedy Center's 2017 Page-to-Stage New Play Festival scheduled for Monday, Sept. 4, at 3:30 p.m. The free event will be held in the North Tier Opera Lounge at The Kennedy Center.

"Each of the plays is different. They range in tone from comic to serious, light-hearted to dark. The plays will feature a company of eight fine actors, all veterans of the local theater scene, in overlapping roles: Hartley Erickson, Allison Frisch, Deborah Hensley, Carolyn Kashner, Peter Pereyra, Faith Potts, Lonny Smith, and Kanysha Williams," said Patricia Connelly of the Pipeline Playwrights.

Three plays will be directed by Jordan Friend, artistic director of 4615 Theatre in the District, and Playwright Ann Timmons will be directing the fourth play, her own "Hank & Gracelyn Go to New York."

The four plays that will be read at the festival include the following:

❖ "Hank & Gracelyn Go to New York" by Ann Timmons — a darkly comic, updated version of the 'Hansel and Gretel' story. To

escape poverty at home, Hank and Gracelyn catch a bus to New York. When they arrive at Port Authority bus terminal, they find themselves unexpectedly without resources. The plot thickens, as they fall prey to the mysterious Miss Pamela, who has her own plans for them.

❖ "I Love Desilu" by Nicole Burton is a love letter to Lucille Ball. Almost everyone knows Lucy was a comedic star, but who's aware that she and her husband and co-star, Desi Arnaz, were successful entrepreneurs, recasting the artistic and technical aspects of TV production, and that Lucy became the first woman head of a major studio?

❖ "Final Assignment" by Jean Koppen takes place in the future, when androids not only look like humans but can also be programmed with specific memories. In the play, Patricia is visited by her daughter Maggie, a daughter she never had. Maggie tries to learn from Patricia how she can be fully human.

❖ "The Holiest of Sacraments" by Patricia Connelly — 7-year-old Molly is the last in line to make her first confession. She must get through this in order to make her first Holy Communion the next day. It's getting very late and, after a day of first confessions, Father O'Hearn has little patience left.



From left: Pipeline Playwrights from Alexandria include Ann Timmons, Nicole Burton, Soo-Jin Lee, Patricia Connelly, and Jean Koppen.

Molly has been trained well, but she has trouble confessing. What sin has Molly committed? The play is a look at the Catholic sacrament of confession through the eyes of a 7-year-old.

Connelly said the annual Page-to-Stage festival is a tremendous opportunity for local theater companies to present their new work at The Kennedy Center.

"For Pipeline Playwrights, it is an opportunity to introduce ourselves and our work to a broader audience of theatergoers, people who may not have seen our work before, people who are there to sample the variety of work being developed locally," she said. "It is the one day a year when we can

present our work with other local theaters and see how our work fits within the larger theater community."

She continued: "We have all participated individually in Page-to-Stage in the past, but no matter how many times we've been part of it, we are always excited to be included in this annual theater event. The Kennedy Center staff works hard to present more than a hundred readings and performances each year; they essentially lay out the red carpet for the local theater community."

"Is it a big deal? Yes! Indeed, it is a great honor to be invited to participate and we look forward to seeing old friends and meeting new ones on Sept. 4," she added.

CALENDAR

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Costumes of Mercy Street. Through Sept. 1, at The Lyceum: Alexandria's History Museum, 201 S. Washington St. To learn more about The Lyceum, visit alexandriava.gov/Lyceum or call 703-746-4994.

Ceramics Exhibition. Various times through Sept. 3 at the Torpedo Factory Art Center, 105 N. Union St. Exhibit called "Flexibility in Clay: Gymnastics and Gyration." Call Scope Gallery at 703-548-6288, visit www.scopegallery.org.

Gadsby's Tavern Museum Relics. Various times through Labor Day at Gadsby's Tavern Museum, 134 N. Royal St. Learn the history of the museum, the purchase and see the original woodwork. Call 703-746-4242 or visit www.gadsbystavern.org.

Wizard of Hip. Various times through Sept. 17 at MetroStage, 1201 North Royal St. Featuring Thomas W Jones II as he journeys from adolescence to adulthood as Afro Jo with original music by William Knowles and two back-up singers. Call 703-548-9044 or visit www.metrostage.org.

Student Art Exhibit. Various times through Sept. 15 at the National Art Education Association (NAEA) gallery, 901 Prince St. NAEA is exhibiting artwork from across the country created by students who are members of the National Art Honor

Society (NAHS/high school students) and the National Junior Art Honor Society (NJAHS/middle school students). Call 800-299-8321 or 703-860-8000 or email info@arteducators.org.

Alexandrians Fight The Great War. Various times through Nov. 11 at The Lyceum, 201 S. Washington St. This exhibit shares some of the stories of Alexandrians during the war and their more active participation in the American war effort after April 1917. Visit www.alexandriava.gov/Lyceum or call 703-838-4994.

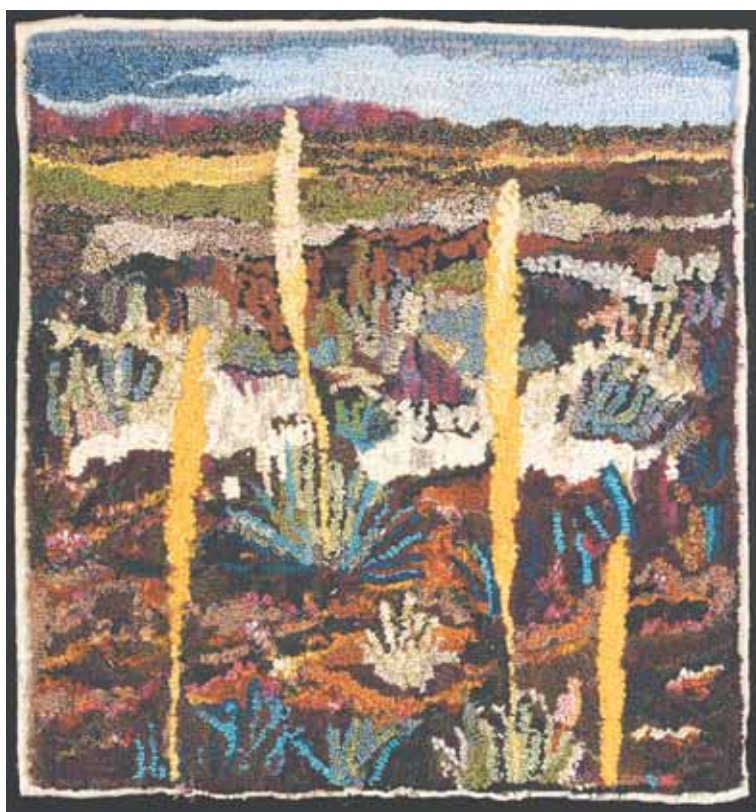
Mount Vernon Farmers Market. 8 a.m.-12 p.m., Wednesdays, through Dec. 14. Fresh local food, artisan crafts. Sherwood Library, 2501 Sherwood Hall Lane. Visit www.fairfaxcounty.gov/parks/farmersmarkets/mtvernonmkt.htm.

CAMPS, CLASSES & WORKSHOPS

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 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.

The Harmony Heritage Singers (Mount Vernon Chapter of Barbershop Harmony Society), a



Desert After Rain

From Sept. 6-Oct. 31, Dolly Rowe's hooked artworks called "Painting in Wool and Silk" will be on display in the Fireplace Alcove, Mount Vernon Unitarian Church, 1909 Windmill Lane. Contact dollyrowe73@yahoo.com.

daytime, a cappella, Chorus, rehearses on the 2nd and 4th Tuesdays, monthly, at Sherwood Hall Regional Library, 2501 Sherwood Hall Lane, 10 a.m.-1 p.m. Newcomers welcome for fun or to book for a performance. Visit HHSingers.org, or call Bruce at 703-352-5271.

SATURDAY/SEPT. 2

Celebrate Honeybee Day. 10 a.m.-noon at Green Spring Gardens, 4603 Green Spring Road. Meet a beekeeper, see inside a beehive, learn a bee dance, do a bee scavenger hunt, learn how bees are important to the food supply and get tips on how to help honeybees. Call 703-642-5173 or visit www.fairfaxcounty.gov/parks/greenspring.

Saturday Cinema at Carlyle. 7:36 p.m. on John Carlyle Square, 300 John Carlyle St. Billy Crystal and Meg Ryan in "When Harry Met Sally." Free. Visit www.AlexandriaVA.gov/CarlyleFun.

SUNDAY/SEPT. 3

Summer Chamber Music Series. 3 p.m. at The Lyceum, 201 S. Washington St. The Naval Academy Band Wind Trio playing the music of Mozart, Beethoven, and Jenni Brandon. Visit www.alexandriava.gov/Lyceum or call 703-838-4994.

SEPT. 6-OCT. 31

Artists Exhibit. Various times in the

SEE ENTERTAINMENT, PAGE 10

FROM PAGE 9

Fireplace Alcove, Mount Vernon Unitarian Church, 1909 Windmill Lane. Dolly Rowe's hooked artworks called "Painting in Wool and Silk" will be on display. Contact dollyrowe73@yahoo.com.

SEPT. 7-OCT. 1

"Aqueduct: Stone Ruins in Maryland & Virginia." Various times at The Art League 105 North Union St. Printmaker M. Alexander (Alex) Gray illuminates forgotten local history through the images in his exhibit, "Aqueduct: Stone Ruins in Maryland & Virginia." Gray, a lifelong Virginian, wants to bring these lesser-known, historic sites back into the public eye. Call 703-683-1780 or visit www.theartleague.org.

THURSDAY/SEPT. 7

Meet The Ballerina. 3:45 p.m. in The Athenaeum, 201 Prince St. Children of all ages have the opportunity to meet a ballerina from The Washington School of Ballet. Free. Visit www.nvfaa.org or call 703-548-0035.

FRIDAY/SEPT. 8

Patriot Day Golf Classic. 11:30 a.m.-6:30 p.m. at Belle Haven Country Club, 6023 Fort Hunt Road. 4th Annual Patriot Day Golf Classic to benefit two veteran and wounded warrior organizations. Visit www.bellehavencc.com/golf/patriotday.

Concert. 8 p.m. at Blessed Sacrament Catholic Church, 1427 W. Braddock Road. Violinist Sonya Hayes, cellist Igor Zubkovsky and pianist John McCrary will perform a program including the Vitebsk Trio of Aaron Copland, the Piano Trio of Leonard Bernstein and the First Piano Trio of Dvořák. Donations are encouraged to support the concerts given at Blessed Sacrament. Email jmccrary@blessedsacramentcc.org or call 703-998-6100, ext. 103.

SATURDAY/SEPT. 9

Fall Garden Day. 9 a.m.-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. Numerous local plant and garden craft vendors will have gardening materials, while a silent auction, bake sale, live music, food and kids' activity tent add to the festivities. Free. Call 703-642-5173.

Ethiopian New Year Celebration. Noon-5 p.m. at the Durant Arts Center, 1605 Cameron St. The Ethiopian music and rhythms performed by "Dankira," a troupe of Ethiopian musicians and the "Ethio-American Eskista Group" of dancers who will celebrate the Ethiopia's tradition. \$5. Call 703-746-5565 or email cheryllanne.colton@alexandriava.gov, or visit www.alexandriava.gov/arts.

SEPT. 9-20

Northern Virginia Senior Olympics. Various times and locations, more than 50 different events taking place at more than 25 venues across Northern Virginia. Call 703-403-5360 or visit www.nvso.us.

SUNDAY/SEPT. 10

Application Deadline. Post-Graduate Residency Studio at Torpedo Factory Art Center is now open at torpedofactory.org/artopps. Questions about the residency or applications can be directed to torpedofactory@alexandriava.gov or 703-746-4570.

4 Dates to Circle in September

BY HOPE NELSON

The summer may be coming to a close and back-to-school time looms large, but the calendar of food-and-drink events proceeds unabated. Here are some of the month's best bets.

Brake for Brunch at Osteria Marzano, Sept. 3

Combine your love of brunch and your love of Italian racing with this unique event at Osteria Marzano. Watch the Italian Grand Prix on the restaurant's five TVs while enjoying meals like smoked salmon eggs benedict, spaghetti carbonara, and pizza bianca al salmon – a breakfast pizza topped with smoked salmon, eggs mimosa, microgreens, and a touch of olive oil. Wash your meal down with some Italian coffee – and if you've got a hot rod of your own, bring it to park in front of the restaurant, where a professional photographer is poised to capture the moment. The festivities start at 7:30 a.m. 6361 Walker Lane.

Portner Brewhouse Oktoberfest, Sept. 16

Since its opening, Portner's has always skewed a bit into the German territory, so it's no surprise that the brewhouse and restaurant would take Oktoberfest very seriously. The festivities kick off promptly at noon and run through 10 p.m. – noon to 4 p.m. is all-ages, and 6-10 p.m. is 21+. Each session will begin with a keg-tapping of the

brewery's golden Festbier. Diners can feast on pretzels, schnitzel, and other German fare to get into the spirit of the season. Tickets are \$50 for adults, \$30 for designated drivers, and \$15 for children. 5770 Dow Ave.

Lena's Family Pizza-Making Class, Sept. 18

It's a family affair over at Lena's Wood-Fired Pizza and Tap, and the pizza purveyor is set to let kids in on all the chef secrets from the kitchen. On the heels of the restaurant's own Oktoberfest festivities Sept. 16, Lena's takes on a more child-friendly vibe once more with this pizza-making class. Adults and children alike will roll up their sleeves and become one with the dough – and taste the results of their hard work. Tickets are \$22 for adults and \$15 for kids. 401 E. Braddock Road.

Mansion House Whiskey Tasting at Carlyle House, Sept. 30

Cap the month off in style with the Carlyle House's food and whiskey pairings. Diners will taste four whiskeys paired with heavy hors d'oeuvres, each one reminiscent of the bygone era when the historic site was the home of the Mansion House Hotel. Take a tour of the Carlyle House while you sip, and confer with local historian Rich Gillespie to brush up on your facts. Tickets are \$100. 121 N. Fairfax St.

Hope Nelson owns and operates the Kitchen Recessionista blog, located at www.kitchenrecessionista.com. Email her any time at hope@kitchenrecessionista.com.

MONDAY/SEPT. 11

Yoga for Gardeners I. 9:30-10:30 a.m. at Green Spring Gardens, 4603 Green Spring Road. This class features a gentle introduction to the vinyasa method which helps participants increase the strength, flexibility and endurance necessary for gardening. Class held indoors. \$123/person for 11 lessons. Register online at www.fairfaxcounty.gov/parks/greenspring using code 290 426 2401 or call 703-642-5173.

Garden Sprouts: Nature Playgroup. 10-11:30 a.m. at Green Spring Gardens, 4603 Green Spring

Road. Preschoolers learn through nature-themed toys and puzzles while parents meet other playgroup parents one Monday a month. September's theme is "Pollinators Everywhere." Adult must accompany registered child. \$6/child. Register online at www.fairfaxcounty.gov/parks/greenspring using code 290 401 2701 or call 703-642-5173.

Using Native Plants. 7-8:30 p.m. at the Mount Vernon Recreation Center, 2701 Commonwealth Ave. Curious about tried and true garden performers? Want to attract birds to your yard? All this and more will be covered as we walk through different

native plants and how to use them to create beautiful and sustainable home landscaping. Free and open to the public. Registration is requested at ALXnativeplants.eventbrite.com. Email AlexandriaBeautification@gmail.com.

TUESDAY/SEPT. 12

Sidewalk Sale. 9 a.m.-5 p.m. at the Hollin Hall Shopping Center, 529 Hollin Hall. Call 703-765-4110 or email hhvs@vacoxmail.com.

WEDNESDAY/SEPT. 13

Museums Temporarily Closed. All

day, the Office of Historic Alexandria, the comprehensive public history agency of the City of Alexandria, will be holding a full-day retreat for all staff. Alexandria Archaeology Museum; Alexandria Black History Museum; Archives and Records Center; Fort Ward Museum; Friendship Firehouse Museum; Gadsby's Tavern Museum; Lloyd House Administrative Offices; Stabler-Leadbeater Apothecary Museum; and The Lyceum, Alexandria's History Museum will be closed. Carlyle House Historic Park and the Lee-Fendall House and Gardens, separate Alexandria historic house museums not operated by OHA, will be open during their regular hours. Visit www.alexandriava.gov/historic or call 703-746-4554.

THURSDAY/SEPT. 14

Gardening Excursion. 7 a.m.-7 p.m., at Green Spring Gardens, 4603 Green Spring Road. Chanticleer Garden in Wayne, Pennsylvania is a blend of art and horticulture. Trip includes motor coach, entrance, guided tour, and lunch. \$124. Visit www.fairfaxcounty.gov/parks/greenspring or call 703-941-7987.

Meet the Artist Reception. 6:30-8 p.m. at The Art League, 105 North Union St. Printmaker M. Alexander (Alex) Gray illuminates forgotten local history through the images in his exhibit, "Aqueduct: Stone Ruins in Maryland & Virginia." Gray, a lifelong Virginian, wants to bring these lesser-known, historic sites back into the public eye. Call 703-683-1780 or visit www.theartleague.org.

FRIDAY/SEPT. 15

History By The Glass. Various times at Gadsby's Tavern, 134 North Royal St. Enjoy drinks at the tavern, which historically served a wide variety of beverages, and learn about the history behind them. \$50 for drinks and hors d'oeuvres. Call 703-746-4242 or visit www.gadsbystavern.org.

Nomination Deadline. Nominated a Living Legend of Alexandria. Look at these current Living Legends of Alexandria for inspiration to add to that list, by submitting nominations for consideration by Sept. 15 online at www.AlexandriaLegends.org.

SATURDAY/SEPT. 16

Java Jolt Lecture. 10 a.m.-noon at Alexandria Archaeology Museum, 105 North Union St., #327. Feature Paula Whitacre's new book, "A Civil Life in an Uncivil Time: Julia Wilbur's Struggle for Purpose." Email archaeology@alexandriava.gov or call 703-746-4399.

SEPT. 16-17

Street Art Festival. 10 a.m.-5 p.m. at 480 King St. King Street from Washington Street to the waterfront is transformed into an outdoor art gallery with original artwork by more than 200 artists from the U.S. and abroad. Featuring live music, and interactive art activities, as well as The Art League's Ice Cream Bowl Fundraiser. Visit www.artfestival.com/festivals/alexandria-king-street-art-festival. **Crafts at Carlyle.** 10 a.m.-2 p.m. at Carlyle House Historic Park, 121 N. Fairfax St. Children will be able to create their own piece of art at Carlyle House to take home. Children will get the chance to paint their own version of a floorcloth, a popular 18th Century floor covering. Call 703-549-2997 or visit www.nvrpa.org.



Circle Vases by Klaudia Levin
'Flexibility in Clay'

Ceramics Exhibition through Sept. 3 at the Torpedo Factory Art Center, 105 N. Union St. Exhibit called "Flexibility in Clay: Gymnastics and Gyration." Call Scope Gallery at 703-548-6288, visit www.scopegallery.org for more.



Bottles by Polina Miller

ENTERTAINMENT



King Street Art Festival

The 15th Annual Alexandria King Street Art Festival will be held Saturday and Sunday, Sept. 16-17.

FILE PHOTO BY
RICHARD
MUMFORD
GAZETTE PACKET

SUNDAY/SEPT. 17

Jazz at Meade. 4 p.m. at Meade Memorial Episcopal Church, 322 N. Alfred St. Featuring The Vibe Collective: Afro-Cuban-Latin Jazz. \$20 donation. Call 267-463-7936.

TUESDAY/SEPT. 19

Researching Aviation Pioneers. 1-3 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Mary Lipsey talks about researching biographical information about aviation pioneer Dr. William Wallace Whitney Christmas of Clifton. Free. Call 703-768-4101 or visit www.mvgenalogy.org.

SATURDAY/SEPT. 23

Gardening Film Screening. 2-4 p.m., at Green Spring Gardens, 4603 Green Spring Road. Karyl Evans screens her new documentary film about the career and life of 20th century landscape gardener Beatrix Farrand, who designed dozens of gardens. \$20. Visit www.fairfaxcounty.gov/parks/greenspring or call 703-941-7987.

Bourbon in the Basement. 7-9:30 p.m. at the Lee-Fendall House Museum & Gardens, 614 Oronoco St. Fundraiser to restore the foundation and commemorate the Lee-Fendall House's Prohibition-era history. \$50. Call 202-215-1250.

Alexandria Symphony Orchestra. 8 p.m. at the Rachel M. Schlesinger Concert Hall and Fisher Art Gallery NOVA, Alexandria Campus, 4915 East Campus Drive. Michael Rossi, guest conductor. Visit www.nvcc.edu/schlesingercenter/.

SUNDAY/SEPT. 24

U.S. Navy Concert Band. 1:30 p.m. in The Athenaeum, 201 Prince St. Chamber music recital series will feature traditional and contemporary music. Visit www.nvfaa.org.

Alexandria Symphony Orchestra. 3 p.m. at George Washington Masonic Memorial, 101 Callahan Drive. Michael Rossi, guest conductor. Visit www.alexsym.org or call 703-548-0885.

WEDNESDAY/SEPT. 27

Jesse Cook Concert. 7:30 p.m. at The Birchmere, 3701 Mt. Vernon Ave. Visit www.birchmere.com.

THURSDAY/SEPT. 28

"Twisted Masterpieces." 6-9pm at Port City Brewing Company, 3950 Wheeler Ave. Del Ray Artisans host silent auction of 2D and 3D artwork and live auction of furniture. \$25. Visit DelRayArtisans.org/event/twisted-masterpieces.

FRIDAY/SEPT. 29

Georgetown Saxatones. 7 p.m. in The Athenaeum, 201 Prince St. Proceeds to benefit the Saxatones' preferred charity the John McNicholas Pediatric Brain Tumor Foundation. \$15/\$10 members. Visit www.nvfaa.org or call 703-548-0035.

SATURDAY/SEPT. 30

Alexandria Seaport Foundation Festival.

WWW.CONNECTIONNEWSPAPERS.COM

noon-6 p.m. at Waterfront Park, 1 Prince St. Community festival celebrating the mission and programs of the Alexandria Seaport Foundation featuring live music, wooden boat display, Anything that Floats race, children's activities, nautical activities, beer/wine and local food. Visit www.alexandriaseaport.org.

Write Like a Woman Workshop. 1:30-3:30 p.m. in The Athenaeum, 201 Prince St. A networking workshop with KaNikki Jakarta for women writers that uplifts and inspires through writing. Visit www.nvfaa.org or call 703-548-0035.

Mansion House Whiskey Tasting. 7-9 p.m. at Carlyle House Historic Park, 121 N. Fairfax St. Local historian, Rich Gillespie, will share stories of the Civil War in Virginia and guide the whiskey tasting journey. \$100. Call 703-549-2997 or visit www.nvrpa.org.

SATURDAY/OCT. 2

Floral Workshop. 9:30-11 a.m. at Green Spring Gardens, 4603 Green Spring Road. Professional floral designer Betty Ann Galway, you learn tips and tricks of the trade to apply to your floral arrangements at home, and Halloween designs. www.fairfaxcounty.gov/parks/greenspring or call 703-642-5173.

TUESDAY/OCT. 3

Yoga on the Magnolia Terrace. 5:30-6:30 p.m. at Carlyle House Historic Park, 121 N. Fairfax St. Join yoga instructor Barbara Douglass for vinyasa flow yoga on Carlyle House's Magnolia Terrace, every Tuesday in October. Please bring water, a towel, and yoga mat. Classes are \$5 each or \$20 for 5 classes. Call 703-549-2997 or visit www.nvrpa.org.

SATURDAY/OCT. 7

Saturday Cinema at Carlyle. 6:41 p.m. on John Carlyle Square, 300 John Carlyle St. Featuring Alfred Hitchcock's "The Birds." Free. Visit www.AlexandriaVA.gov/CarlyleFun.

SATURDAY/OCT. 14

Drawing Workshop. 9:30-11 a.m. at Green Spring Gardens, 4603 Green Spring Road. Artist and instructor Caroline Hottenstein shows how to use pen and ink, watercolor, graphite and colored pencils to capture and highlight details in insect illustration. Visit www.fairfaxcounty.gov/parks/greenspring or call 703-642-5173.

Members Support Party. 7-9 p.m., at The Athenaeum, 201 Prince St. The Northern Virginia Fine Arts Association invites members and friends to join us for La Vie en Rose, a French evening in the Athenaeum Gallery. Visit www.nvfaa.org or call 703-548-0035.

OCT. 24-DEC. 19

Watercolor Exhibit. Various times at Green Spring Gardens, 4603 Green Spring Road. See "Nature from Three Points of View", the work of Jan Burns, Madeleine Chen, and Shari MacFarlane, at the Horticulture Center. Sunday, Oct. 29 is the Artists Reception. Visit www.fairfaxcounty.gov/parks/greenspring or call 703-642-5173.

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CONNECTION FAMILIES

Time for School

Making the transition from summer to the classroom.

BY MARILYN CAMPBELL

As children savor the last days of summer, many families are gearing up for the start of a new school year. From first day anxiety to new bedtime routines, local educators offer suggestions for a seamless transition to the classroom.

"I have always loved the rhythms of the school calendar because of the beginnings and endings and the possibilities for reflection and a chance to refresh and renew..." said Amy L. Best, Ph.D., professor and chair, Department of Sociology and Anthropology, George Mason University. "I think the ritual of back-to-school shopping, whether that means a new binder and notebook, a new backpack, or a pair of new sneakers ... remains important for us because it offers opportunity to think about school anew."

The start of a new school year is an ideal time to help children set reasonable expectations, an important concept for high school students who begin to manage an increasing amount of responsibility and must learn to create a balance in their lives, says Best. "Put things in perspective," she said. "Sometimes the goals [that are] focused on personal growth, like learning how to advocate for yourself with a teacher, or navigating the halls, are as important as identifying academic milestones."

"It's useful to revisit points of struggle and perhaps more importantly, triumphs from the previous year. Reminding a student how they successfully managed a difficult issue is helpful," said Best.

Gone are the days of staying up late and sleeping in the next day. A healthy bedtime routine must be re-established gradually, advises Sean Aiken, head of school, BASIS Independent McLean.

"Consider easing into the early morning routine by adjusting your sleep schedules several days before school starts with progressively earlier wake up times," said Aiken. "Building the routine before the first day of school will help the adjustment on day one."

"In the week before the school year begins, families should revisit the expectations for bedtimes and morning routines and choose an evening and following morning to practice the routines," said Jalene Spain Thomas, Lower School Director St. Stephen's and St. Agnes School in Alexandria. "Children will appreciate knowing that the new routine for this school year includes a slightly later bedtime or more time for independent reading or shared reading with a parent."

For younger students, separation anxiety may become an issue as they move into a parent-free environment each day, says Aiken. "In these cases, con-



PHOTO BY MARILYN CAMPBELL

The ritual of back-to-school shopping offers an opportunity to think about school anew, says Amy Best of George Mason University.

tact the school and establish a go-to adult for your child to talk to in the event they miss you too much during the day," he said.

Focusing on the positives about a child's school environment can help ease anxiety. "Younger students may want to draw a picture of what they think their new classroom will look like," said Thomas. "Older

students may enjoy writing a list of what they hope to accomplish in the school year that the family opens together in January."

Start with an organized workspace and shared family calendar to keep the family organized from day one, advises Aiken. "Folders and binders for home organizational systems are just as important as those your child will bring to school," he said. "Post a large calendar in a common area of the home so early due dates, back to school nights, and extracurricular activities can be seen by everyone in the family."

"Parents, remember to take some time for yourselves in those early days, too," said Aiken. "You've worked hard all summer arranging camps, play dates, and other great activities. Maybe it's time to take a long lunch break together or catch a cheap matinee once you're safely assured that you children are off and running in their new learning adventures."

"Consider easing into the early morning routine by adjusting your sleep schedules several days before school starts with progressively earlier wake up times."

— Sean Aiken, head of school, BASIS Independent McLean



Mount Vernon Country Club won the 2017 Virginia state women's team championship. From left are Susan Podolsky, Joan Gardner, Debbie Simpson, captain Linda DiVall, Katie Cox and Shawn McCullough.

COURTESY OF VSGA

13th State Team Championship

Mount Vernon Country Club wins state golf championship.

BY MICHAEL K. BOHN

Women golfers at Mount Vernon Country Club claimed their 13th state team championship on Aug. 24 at the Country Club of Virginia's Tuckahoe Creek course. They entered match play as the #2 seed in the championship flight, just behind host CCV's team. But Mount Vernon reversed those numbers in the final match, beating CCV 27-26.

This is Mount Vernon's 13th team title, which equals CCV's overall title total. Also, this was the fourth straight year the two clubs have met in the

finals of the Virginia State Golf Association's tournament.

Each entrant in the tournament fielded three, two-player teams in one of the five flights. The first day of stroke play established the top four teams for the semifinals in each flight, followed by the finals on the third day.

"I'm still shocked and speechless," Mount Vernon's captain Linda DiVall told VSGA writer Arthur Utle. "I mean to win by just one against CCV on their course. It could have gone either way." DiVall went on to say that one of the team's members, Shawn McCullough, inspired the group. "She's overcoming cancer, and she made an effort to be here, and I think we were all inspired by the grittiness of her performance."

Beyond DiVall and McCullough, the team included Debbie Simpson, Joan Gardner, Katie Cox and Susan Podolsky. All are veteran players, who, over recent years, have helped contribute hardware for Mount Vernon's trophy cases.

Dominion Moving Power Lines

FROM PAGE 4

damaged it anyway," he said. "Dominion finally fixed it, but they seem willing to only do the minimum." Mason remarked about the many power outages he and his neighbors have endured, so he is supportive of the undertaking.

Resident Brian Costanzo also mentioned the frequent power outages, some of which seemed to him to be caused by loud failures of a nearby pole-mounted transformer. He welcomed the project, saying, "I was impressed with Dominion's communications effort. One guy came by the houses on the weekends to answer questions and explain the next steps."

A Dominion contractor, Will-Bros, had crews on site starting Aug. 21 to connect each house to the underground power cables. While Dominion had notified every one of the switchover schedule, the crewmembers also knocked on doors to alert resi-

dents that they would lose power for a couple hours. Don Hammond said that he had no problems with the switch and that the workers were quite courteous. Another homeowner, Cappy Ulsamer, said, "My TV didn't work after the change, but they came back and fixed the dish connection near my power meter."

Charles Allen, another resident, was pleased with the switch. "It was pretty painless, and the cutover only lasted 45 minutes."

While the residents lost their lights during the switch, the workers also suffered from a dim environment during the partial solar eclipse in the area on the 21st.

The process of cutting over residences on Conover from overhead to underground finished on Aug. 25. Dominion plans to remove the overhead lines during the last two weeks of September, followed by full landscape restoration. The company ultimately will send surveys to each resident to solicit feedback on the project.

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Bathroom Humor



By KENNETH B. LOURIE

I write this column in all sincerity, but what are you asking me for? A rhetorical question if there ever was one. To what I refer is the question I was asked earlier this morning by one of the home-improvement tradesman working on my upstairs bathroom. Having made significant progress on the bathroom in the five weeks or so since I published "And So It Begins," a column detailing the few facts I retained about the demolition/renovation and the anxiety I felt about it, today's task was waterproofing the shower enclosure/bathroom floor in preparation for the tile, if I understand correctly. Now, as further context, I know very little about home improvement (car repairs, computer technology, lawn and garden; shall I go on?). Moreover, I know very little Spanish. Combine the two, as happened this morning, and you are asking (literally) for trouble.

The waterproofing man arrived at 8:45 a.m. The day before, his boss/presumably the owner, had stopped by for a walk-through and to drop off materials for the job. I thought I would see him again, I was wrong. The only person on the job is the person whose English is better than my Spanish and the only Spanish I know, I know from a cartoon character, "Speedy Gonzales, the fastest mouse in all of Mexico." I grew up watching on Saturday-morning television. After directing him to the upstairs bathroom, within a few minutes, the man walked downstairs and asked/motioned for me to follow him back upstairs, I figured there was likely a question that needed answering so immediately I got off the couch to assist.

Once we were both inside the bathroom, he started pointing to the walls (front, back and sides), ceiling, niche and planned-for bench within the enclosure, to ask for — so far as I could understand, what needed to be waterproofed (I'll spare you any details about the process since I'm unlikely to do so accurately). Now, other than asking the project manager Simple-Simon-type questions about what is going on, what has gone on (literally and figuratively) and what is planned to be going on, I am out of any kind of loop. The workmen come in. I point them upstairs. Then I go into my office and mind my own business. I rarely check their progress. Generally speaking, I only look to see what's been done after they've left. I am not in anybody's way and I don't serve as any kind of resource other than answering the most basic questions: "Is that the basement door?" "Do you mind if we shut off the water?" "Is there a hardware store nearby?" As such, I am the least-bit helpful.

The man working today is new to me/the project. He's not been here before. But I did open the door to let him in and I did direct him to the upstairs bathroom. For all he knows/has experienced so far, I seem to be somewhat helpful. Ergo, after a bit, rather than calling his boss, he came back downstairs to solicit my help. Limited though I knew it would be, I was happy to try. As the conversation began, it became clear to me that not only did I not know what he was talking about (job wise), I couldn't even understand what it was that he was saying. I was lost in translation and lost in intention. As I attempted to answer/explain/guess what he was asking while we were both pointing/gesturing/talking, I quickly realized that this was a language match not made in heaven. Nevertheless, we eventually came to some sort of an understanding of the task at hand and back downstairs I went.

Sitting on the couch, I began to feel uncomfortable about the instructions I think I had just given/agreed to. As a result, I considered calling my project manager at home on a Saturday morning to get some clarity/confirmation about what I think had just transpired upstairs. Not at all bothered by my weekend intrusion, and after listening to a condensed version of this column, Stefan assured me that what seemed to be happening here was supposed to be happening.

And here I thought outliving my lung cancer prognosis by six-plus years was a miracle.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. -Werner Heisenberg	

LETTER

FROM PAGE 7

of Union Hill includes two churches, cemeteries and unmarked slave graves.

The Ashram, settled on land purchased in Buckingham County due to the clear air, pristine waters and unspoiled scenery, serves as one of the largest residential yoga instructor schools on the east coast as well as a place for guests to retreat, learn, and restore body and spirit. The Lotus Shrine honors the world's religions is in danger of having its lake and aquifers polluted by pipeline construction.

The Monacan Nation of Nelson County voiced its "strong opposition" to FERC due to the pipeline's potential impact on archaeological sites.

Pipelines are about more than air and water pollution; the taking of private land for corporate profit; mountain top destruction; and loss of habitat. Keep in mind that natural gas is primarily methane, which is around 30 times more potent at trapping heat than carbon dioxide. And fracked methane leaks at every stage of production, processing, storage and distribution. Claims that burning natural gas is cleaner than coal disregard fracking's overall contribution of CO2 and methane to our greenhouse gases and global warming. The accelerating rate of global temperature rise is unprecedented. Transition from fossil fuels to renewable energy sources now is our best hope to avert coastal flooding, mass extinctions, mass migrations, and an existential threat to humanity.

Please stand with me in insisting that Governor McAuliffe stop the proposed pipeline using his power and authority under the Clean Water Act. Insist that our legislators ban new fracked-gas infrastructure and that all of our candidates refuse campaign contributions from Dominion Power and other fossil fuel interests. Demand that our representatives from both parties stand up for our health and the health of the planet for future generations. Contact Governor McAuliffe at governor.virginia.gov and the Virginia Department of Environmental Quality at 1-800-592-5482.

Pam Tinker, BS, PT, MAIS
Alexandria

Write

The Gazette welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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