

Waynewood Boy, 9, in Light the Night Walk

Michael Erlandson is Honored Hero; MEE Team hopes to raise \$100,000.

BY STEVE HIBBARD
THE GAZETTE

Michael Erlandson, 9, of the Waynewood community in Alexandria was diagnosed with leukemia in May 2014 at the age of 6. He spent 150 days and nights in the hospital getting treatments in his first year. And now after 185 weeks, he won't have any more treatments because his blood cancer is in remission.

Next Saturday, Oct. 21, Michael will be one of the Honored Heroes in the Leukemia & Lymphoma Society's (LLS) two-mile Light the Night Walk around the National Mall in Washington, D.C. That means his story of survival will serve as an inspiration to others in the LLS community affected by blood cancer.

"Those kids have learned a lot about compassion, friendship, and loyalty. It came instinctively. They just know how to treat a friend."

— **Maureen Beddis, MEE team captain**

For the past three years, his "Walk with MEE" team has rallied alongside Michael and raised \$70,000. This year, their fourth, they are hoping to bring that number to \$100,000, according to Maureen Beddis, 41, the MEE team captain and friend of the Erlandsons from Waynewood. They're currently at the \$13,651

mark for donations on the website, with a goal of \$25,000.

Beddis, who works as a VP of marketing for a non-profit, said the money came primarily from generosity of the Waynewood community (ZIP Code

22308) as well as a few local businesses that support the team each year. Next Friday, Oct. 20, a private party of all volunteers is planned at a Waynewood home where some generous contributors will chip in between \$100 to \$500 for the MEE team.



The Erlandson family of Waynewood at the beach: Mom Sandi and Dad Mike with children Michael, 9, Carlie, 12, and Gabriel, 5.

ment," said Sandi. "He was able to go back to school and did a month of first grade. He then had a homebound instructor and skipped the rest of the school year."

His mom said the first eight months were pretty intense with intravenous chemotherapy and spinal taps, which kept him out of school with low blood counts and many hospital stays due to fevers. "He felt crummy and lost his hair and a lot of weight. He was then on steroids and he gained weight back, which put him in a wheelchair."

He began maintenance therapy in April 2015, which is daily oral chemo, and once a month he got intravenous chemo through his port; and every three months he got a spinal tap. "We will finish all of that in three weeks and we will be done," she said, adding that she's "equally excited and anxious" that the treatments will end.

"Michael is over-the-moon excited because the chemo is at night and it keeps him from having sleep overs, so it keeps him from being a normal kid," said his mom. Michael attends Waynewood Elementary in Alexandria and his hobbies include baseball, video games, chess and Legos. He has two other siblings: Carlie, 12, and Gabriel, 5.

At one point, dad Mike, 39, who works in the U.S. Army, thought they were out of the woods. "But then he developed an immune disorder because of the first treatments, which led him back to the hospital for one month," he said. "There were 11 other people diagnosed with this in the National Capital region, and Michael was the only one to live."

During his treatments, Michael also worked with the Resilience Project by designing socks with his friends' initials on them as a fundraiser. Those were friends from the

SEE LIGHT THE, PAGE 22

Michael Erlandson and friend Abby Beddis show off the socks that Michael designed.



PHOTO BY
STEVE HIBBARD
THE GAZETTE

"This community is one that rallies around each other," said Beddis of the support. "I felt there was a line outside the Erlandson's door, and people wanted to give them money, gas cards, and restaurant cards."

She added: "I think (the support) was a little overwhelming, but they were very appreciative and they needed some time to figure out how to handle this on their own. When they learned about the LLS and the fact that there was an event like Light the Night that brings together patients and survivors, it just seemed like the right thing to do, to get a team together to raise money for the cause."

She said the first year, there were 20-30 on the team of Light the Night walkers. And everyone who walks carries a lantern — the color red is for supporters, white is for survivors, and gold is in remembrance. And each year, it's gotten bigger and more and more people are walking. "Word has spread of what an amazing event it is," she said.

Added mom Sandi Erlandson, 39, a stay-at-home mom: "We know how much this community has done for us, but when we actually see this tent and all the lanterns and get the visual picture of what they've done for us, it's really something."

Sandi Erlandson said Michael's ordeal started in May 2014 when he was just tired all the time and not able to keep up with his friends. So they took him to Fort Belvoir Community Hospital and discovered he had a mass in his chest; he was then diagnosed with leukemia.

"He did eight months of chemotherapy treatment and in March he started his maintenance treat-

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Joining Storm Recovery Efforts To Help Fellow Americans

Unidos por Puerto Rico DMV ships supplies to survivors of two hurricanes.

BY MARTI MOORE

Fairfax County business partners Susana B. Slayton and Rafael Babilonia-Dudley saw it all play out on the television news last month. They watched Category 5 storm Hurricane Irma sideswipe Puerto Rico Sept. 6. In less than two weeks, they were horrified as Hurricane Maria made a beeline toward the island — where Babilonia-Dudley was born and his parents live.

Babilonia-Dudley knew this was a train wreck waiting to happen. He experienced the wrath of Hurricane Hugo — exactly 28 years ago, when it packed a Category 3 wallop and punched Puerto Rico. At the time, he and his wife, Martha, lived on the island's northern coast in the City of Guaynabo. It took 52 days for them to get electricity. He said he and his wife went to nearby San Juan then spent the next nine months working for the American Red Cross recovery efforts in the mountains.

They knew Hurricane Maria was much worse.

They knew a direct hit from a Category 4 storm would bring stunned Puerto Ricans to their knees.

A day before Hurricane Maria nearly destroyed the island Sept. 20, Slayton and Babilonia-Dudley called a federal government liaison to this U.S. Commonwealth and asked how they could help.

They learned about an initiative started by Puerto Rico First Lady Beatriz Rosselló in response to both hurricanes. United for Puerto Rico is a new tax-exempt charity that receives assistance from the private sector to help islanders recover from two natural disasters they weathered in just one month.

It's on like "Donkey Kong" for Slayton and Babilonia-Dudley, co-owners of Dynamic Animation Systems Inc. of Fairfax — which creates virtual training systems for military and police. These Burke residents, whose families attend the same church at Burke United Methodist, wanted to help. They rolled-up their sleeves then made space at their warehouse in Chantilly for humanitarian relief supplies.

Before Hurricane Maria made landfall, Slayton said, "we were creating the Facebook page." Unidos por Puerto Rico DMV is a grassroots effort with more than 1,600 followers and filled with testimoni-



Alexandria resident Gerardo Ortega, left, gives bottles of water Oct. 7 to store employee Abigail Castillo, right, in the Megamart Supermarket at 8228-B Richmond Hwy. They help fill a fresh collection bin of humanitarian relief supplies to earthquake survivors in Mexico and storm victims of Puerto Rico. Ortega said his friends had trouble finding loved ones in the central mountain city of Utuado, Puerto Rico. Store manager Josue Diaz said his customers donated enough items to fill two trucks, and 10 Megamarts throughout the District of Columbia, Maryland and Virginia donated \$15,000 to disaster-relief causes. Near Mount Vernon, this international grocery store is behind the Goodwill Industries International thrift shop on U.S. Route 1, between Roxbury Lane and Martha Street. Call 703-799-0791.

als from donors like Maribel Costa, who brought a car full of provisions from Baltimore to Chantilly:

"I was happily put to work within minutes. It was so wonderful to see so many people moving quickly, very focused and just working so hard to get everything ready for a safe trip to P.R.," Costa remarks on her Oct. 7 Facebook post. "They are so organized and it just gave me so much confidence that all these donated goods will get to the people who need it most."

This group is among 18 chapters nationwide that help the Puerto Rico Federal Affairs Administration in Washington, D.C., coordinate this movement.

Slayton and Babilonia-Dudley are build-

ing a network of more than 200 volunteers to come to the rescue of Puerto Ricans.

Soon after Maria passed, she noticed area residents were in tears because they couldn't reach their families on the island. It took them four days to realize islanders with cellular service from AT&T wireless could receive calls only. That's how Northern Virginians learned their friends and family in Puerto Rico had nothing.

Babilonia-Dudley checks his smartphone constantly. On Oct. 9 he points out the City of Ponce is still without power and water. His wife's family lives there in the middle of the island's southern coast.

He says the warehouse has only four chain saws and two generators. "We need more."

Babilonia-Dudley and Slayton explain Puerto Ricans are self-starters and need tools to take care of themselves. The island suffered so much devastation and deforestation, residents need chain saws to quickly chew through trunks nearly 3 feet wide. Most storm survivors are slowed down by the only tools they have. Machetes and hand saws, Babilonia-Dudley knows, hardly will make a dent in this massive cleanup effort.

They believe portable power tools will help islanders regain control of their lives as they strive to rebuild.

Slayton is in awe of the immediate response from donors and volunteers. This

experience has taught this small business woman and 1980 graduate of Wakefield High School in Arlington: "You never know who you know. You never know who they know," she said. "And that's when the magic happens."

Slayton told her landlord Dynamic Animation Systems was accepting in-kind donations at the Chantilly warehouse — in the Sullyfield Circle Business Park behind the Dulles Expo Center. In response, her landlord offered extra space in a vacant office around the corner. Donors bring basic human necessities to the second-floor office at 14320-A Sullyfield Circle, which faces state Route 28.

Volunteers sort through the supplies. Product is transferred to the warehouse and prepared for shipment on organized pallets destined to cities and towns throughout the island. Trucks haul the pallets to nearby Washington Dulles International Airport or to the Andrews Air Force Base in Maryland.

Volunteers helped Slayton and Babilonia-Dudley combine resources through workplace connections. A donor heard about Unidos por Puerto Rico DMV through an employee at his bank. He asked Slayton to take him two weeks ago to a nearby Costco Wholesale store, where he paid almost \$3,000 for supplies. While he stood in the check-out line, Slayton went to the pharmacy to get anti-diarrhea medicine — for storm victims forced to survive on dirty drinking water and spoiled food.

A store employee asked Slayton why she needed so much. She explained.

The Costco pharmacist purchased the entire case of medicine then donated it to the cause, Slayton said.

Another volunteer — Airman 1st Class Belle Anderson of Fairfax — used her Air Force network at Joint Base Andrews to make room aboard a KC-130 military fuel tanker and help Unidos por Puerto Rico DMV fly two milk runs to the island.

"We have shipped and distributed over 120,000 pounds of supplies to Puerto Rico," Slayton said. United Airlines donated cargo containers on their commercial planes. She also mentioned her group donated pet food to the Humane Society — which made room for basic human necessities aboard a private plane headed to the island with their animal rescue team.

A local lawyer is providing pro bono aid by helping Unidos por Puerto Rico DMV obtain a tax-exempt status as a 501(c)(3) from the Internal Revenue Service.

Donations are accepted between 9 and 4 p.m., including weekends. The supply list calls for these items: Flashlights, batteries, medicine, dust masks, toiletries, cleaning supplies, adult diapers, baby food and supplies, pet food and supplies, clothing for all, non-perishable foods, drinking water and juice.

The slogan of this grassroots volunteer movement is an uplifting message to storm survivors who will rise from the devastating effects of two natural disasters: "Levantamos Puerto Rico!"



Fairfax businessman Rafael Babilonia-Dudley, left, runs the logistics side of a make-shift collection center while his co-partner Susana B. Slayton, right, points to the shipping label on a pallet of humanitarian-relief supplies.

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and Leslie Rodriguez
703.400.3010



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PHOTOS BY MIKE SALMON

The sixth graders were part of heat #2.

Running Like the Wind

Stratford Landing students raise funds for their school.

BY MIKE SALMON
THE GAZETTE

Sixth grader Aidan Casto has run in Stratford Landing Elementary School's "Rock 'n' Run" since he started at the school as a kindergartner, so running over 20 laps around the course with fellow sixth graders in the school's biggest fundraiser was no big deal. "It's something besides recess and PE," Aidan said.

There he was, running around a track for 30 minutes with his classmates as teachers and parents cheered them on, and the "Rocky" movie theme song blared out of speakers in the field. All morning on Friday, Oct. 13, all 825 students

SEE RUNNING, PAGE 21



Parents waited on the sides with markers, ready to mark down the laps on the custom tee shirts.

10th Annual South Run Art and Craft Show

SATURDAY, NOV 4: 9 AM – 4 PM

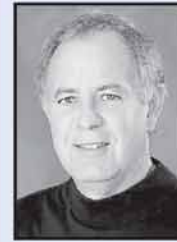
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Riverside's Popular Concord model w/2800 sq ft under roof plus spacious 2 car garage - Freshly painted on main level w/beautiful refinished hwd floors- updated kitchen & baths & newer double pane windows throughout - Large screened porch off the Kitchen, overlooking fenced bkyd & large hot tub. Lower level offers a large family rm w/gas FPL, a 5th bedroom & half bath, plus a large utility/workshop area w/walkout to the bkyd. - 5 mins to Ft. Belvoir (S), 15 minutes to Alex (N). Walk to Schools. Great Buy!



Alex/Riverside Estates \$499,900
3007 Battersea Lane
Two level colonial with oversized 2 car garage in lovely Riverside Estates community of Mt. Vernon. Living Room w/fireplace flooded w/ light from large windows. Separate dining Room. Kitchen with corian counters. Newly refinished hardwood floors on upper level. Bedroom w/ 2nd fireplace for cozy winter nights. Large bkyd patio. Roof (architectural shingles) and HWH 2017.



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Alex/Riverside Estates \$615,000
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Alex/Riverside Estates \$599,900
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PEOPLE



Loy and Mary Jane Thornton check out the baskets before the auction began.



Denise Wight with the program, whose cover was the work of a club member.

Fashion Show Benefits Community

Yacht Haven Garden Club hosts annual fundraiser.

BY MIKE SALMON
 THE GAZETTE

Floral Fantasy is what brought the Yacht Haven Garden Club out on Oct. 12, as they gathered at the Mount Vernon Country Club for their annual fundraiser that supports the community beautification activities the gardeners do around Mount Vernon.

Whether it's fixing the plants outside of Sherwood Hall Library, donating funds to the Wounded Warriors Friendship Garden on Fort Belvoir, or partnering with the University of Maryland Honey Bee Project,

it all starts with the funds raised at the annual fashion show. Clothes are modeled, gift baskets are bid on and artwork raffled to raise funds.

Saving the honey bees is a challenge taken on by organizations on a global scale, but the gardeners plant some bee-friendly plants and donate money to support the efforts by others. "It's a very serious project," said Babs McClendon, a member of the garden club for 25 years.

"We contribute money so someone else can do the planting," said Gail Mliarchik, chairman of the fashion show.

In previous years, the fashion show has been at Fort Belvoir but this is the first year they were at the country club. In 1983, at their first fashion show, the clothing styles were a little different and more for-

SEE FASHION SHOW, PAGE 21



Claudia Madigan went around the room selling raffle tickets.



Patricia Uchello with the dress she wore in the show.



Richmond Highway Corridor Improvements Fairfax County Public Information Meeting

Monday, November 6, 2017
 6:30 p.m. to 8:30 p.m.
 Presentation starts at 7 p.m.

Mount Vernon High School
 Auditorium/Cafeteria, use entrance 4
 8515 Old Mount Vernon Road
 Alexandria, VA 22309

Find out about plans to widen Richmond Highway (Route 1) from four to six lanes between Jeff Todd Way and Napper Road. This will be the second Public Information Meeting for the project. Additional and updated project information will be presented.

The project includes separate bicycle and pedestrian accommodations on both sides of the road along with safety enhancements, and preserves the median width to accommodate Fairfax County's future Bus Rapid Transit plans for dedicated bus-only lanes.

The meeting will also provide information about the Environmental Assessment (EA), currently under preparation to comply with the National Environmental Policy Act (NEPA) and 23 CFR 771. To support the EA preparation, VDOT is conducting environmental analyses and coordinating with regulatory agencies to obtain information about environmental resources in the vicinity of the project.

Stop by between 6:30 p.m. and 8:30 p.m. to view displays and learn more about the project and its preliminary design. VDOT will hold a presentation beginning at 7 p.m. Project staff will be available to answer your questions.

Review project information at the VDOT project website (www.virginiadot.org/richmondhighway), at the information meeting, or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-2734 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

Give your written comments at the meeting, or submit them by **December 6, 2017** to Mr. William Dunn, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email RichmondHighway@VDOT.virginia.gov. Please reference "November 6 public information meeting" in the subject line.

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Four Issues No One Is Discussing This Election

BY SCOTT SUROVELL
STATE SENATOR (D-36)



COMMENTARY

Virginians go to the polls in three weeks and if you followed the new cycle, you would think that the next General Assembly Session is going to be all about Confederate Statutes, street gangs and natural gas pipelines – none of which is accurate. Here are four big issues facing Virginia that have been missing in action this cycle.

Redistricting

Hyper-partisan legislative districts are at the root the partisan gridlock we see today. While the Senate Democratic Caucus drew Virginia's Senate districts in 2010, Virginia's congressional and legislative districts were otherwise drawn by Republicans majorities with the cooperation of Republican governor's in 2000 and 2010. Democratic voters have been crammed into a small number of seats and Virginia's Congressional and House of Delegates districts are way out of proportion to Virginia's actual voting.

Virginia's next Governor will participate in Virginia's next redistricting process. Ralph Northam and I have repeatedly endorsed and voted for nonpartisan redistricting which would go a long way towards voters picking their leaders instead of leaders picking their voters.

Metro Funding

Metro is facing a \$15 billion cash shortfall

over the next 10 years that must be resolved by Virginia, Maryland and the District. There is plenty of blame to go around, but little discussion about viable solutions.

The future of our region's growth, including economic development lies in a viable Metro. All of the construction cranes in Northern Virginia are next to Metro stations. Transit is our future.

While Virginia cannot choose a solution on our own, the negotiations must be led by our Governor in conjunction with our legislature which is controlled by downstate interests. This problem will not be solved without state money and there has been little public discussion about solutions in the race.

Transportation

In 2013, we passed the first transportation tax increase since 1985. The measure only funded about 20 percent of Virginia's long-term transportation funding needs. Subsequently, we have become entirely dependent upon private toll road expansions to pay for road widenings – and high tolls that are mainly used by those who can afford to use them and not everyone.

The improvements planned in Fairfax County's stretch of U.S. 1 are slated to cost \$2.1 billion — we have identified funding for a fraction of that. Last year, several Northern Virginia counties alone submitted lists of funding requests that totaled more than the entire amount of money available for all of Northern Virginia. Statewide, we have multiple mega

projects will are likely to suck up huge sums – Metro, Hampton-Roads Bridge Tunnel, I-64 widening, I-95 widening and Higher Speed Rail including a new Potomac River rail bridge and tunnel at I-395. Quantifying the unfunded need in terms of a gas tax would be equivalent to about a \$1 per gallon tax over 20 years.

The Woodrow Wilson Bridge and Interstate 95 at the Occoquan are once again congested every day – both after being widened. We are not going to build our way out of this problem, and sticking our head in the sand is not going to solve it either.

Coal Ash

Last session, we passed legislation placing a one-year moratorium on permitting for Virginia's four coal ash dumps in the Chesapeake Bay Watershed to facilitate a formal assessment to provide the legislature with better information about options before making a decision. The results of the assessments are scheduled for release next month.

The next legislature will need to decide whether to allow millions of tons of coal ash to simply be buried in perpetuity in leaky landfills within yards of major waterways or whether to facilitate either recycling or removal. This has already cost over \$300 million to cleanup and the ultimate result could cost ratepayers (you) between \$1-3 billion in closure costs, but also has many long-term health, environmental and economic benefits.

There has been no discussion about these issues this cycle, but I plan to head back to Richmond looking for solutions. Please email me at scott@scottssurovel.org if you have any feedback. It is an honor to serve as your state senator.

LETTER TO THE EDITOR

'Come Together' For Stuart

To the Editor:

Next Thursday, Oct. 26, the Fairfax County School Board (FCSB) is scheduled to vote on the new name for J.E.B. Stuart High School. After a lengthy process, Superintendent Brabrand suggested to the FCSB that they choose from among the top five choices that resulted from consideration of 73 possible names in a vote of residents of the J.E.B. Stuart Pyramid that occurred on Sept. 16, 2017. The top five choices in descending order are Stuart, Thurgood Marshall, Barbara Rose Johns, Peace Valley, and Louis Mendez.

The vote to change the school name occurred on July 27, 2017. During consideration of a motion to change the name, Mount Vernon School Board representative Karen Corbett Sanders stated the following: "We need to come together with Stuart High School." This comment by Ms. Corbett Sanders occurred after an earlier motion to delay the name change decision failed on a 6-5 vote. During the debate before that vote, Ms. Corbett Sanders described in detail that it took 30 years to get over the emotional feelings resulting from the name change in our community from Groveton High School (which she attended) to West

Potomac High School.

Each time the J.E.B. Stuart community has been asked by FCSB to vote on whether the name of J.E.B. Stuart High School should be changed or on what the new name should be, the answer came back: either don't change the name or change it to Stuart. First, in 2016, the FCSB polled local residents. There were 3,414 responses. 56 percent said don't change the name. 35 percent favored a name change. 8 percent had no opinion. This result did not comport with the decision the FCSB wanted to make to change the name, so they next asked the entire student body of the high school to vote. 90 percent of the students did not vote and of the 10 percent that voted only one-third favored changing the name, 3 percent of the entire student body. Again, this result did not support what the FCSB wanted to do. Finally, the FCSB held a public meeting on Sept. 9, 2017, in which anyone on the planet could propose a new name for the school. 73 names were proposed and they were voted on solely by residents of the Stuart Pyramid on Sept. 16, 2017. Each voter was permitted to vote for a first, second, and third choice. Of the first place votes, "Stuart" received twice as many votes as the next choice (Marshall).

On Oct. 26, I am looking to our School Board representative Karen Corbett Sanders to display integrity and vote for "Stuart" as the new

name for J.E.B. Stuart High School, as she said she would do when she voted on July 27, 2017 to change the school name.

Full disclosure: I represent five citizen plaintiffs, four of whom are from the Stuart Pyramid, who are suing the FCSB, Superintendent Brabrand and Mason District representative Sandra Evans in her capacity as an FCSB member. The law suit requests a permanent injunction based upon the allegations that the regulation enacted by FCSB to govern school name changes is unconstitutional concerning vague terminology and voting requirements violating the requirement of equal protection, and was not followed by FCSB during the name change process. Among other things, the regulation includes the undefined vague terms "compelling need," "sufficient support" and "community." The law suit requests that the injunction compel FCSB to vacate its name change decision, go back to square one, revise the regulation so that it is constitutional and understandable by, among other things, defining the three vague terms mentioned above, and then follow it for this and any other school name change. The law suit does not request that any particular school name be imposed on FCSB.

H. Jay Spiegel
Mount Vernon

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Published by
Local Media Connection LLC

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NEWS



Swing for Pink

Since raising more than \$136,000 to date, Mount Vernon Athletic Club plans to increase its contribution totals during the 12th annual Swing for Pink cancer fundraiser on Friday, Oct. 20. Most event volunteers are returning from last year's organizing committee which included (from left) Deb Oelschlager, SFP chairperson; Sharon Timmons, SFP Committee chair; Adreinne Taylor, Inova Mount Vernon development officer; Jennifer McGihon, executive director, East Region Development for Inova Health Foundation; Jasmine-Symone Pruden, MTVAC Front Office manager; Kathleen O'Brien, MTVAC director of Digital Marketing. Visit www.mtvac.net.

CRIME REPORT

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

ROBBERY: 7900 block of Janna Lee Ave, Oct. 16 around 7 p.m. A pizza delivery man was making a delivery when he was approached by six to seven men. One man grabbed the delivery man and held him while the other men went through his pockets and took personal items and cash. All suspects involved were between 18 to 22 years old. The victim was not injured. The investigation is ongoing.

HIT AND RUN: 7910 Richmond Hwy. (Walmart), Oct. 14, around 4:16 p.m. A woman in a wheelchair was hit by a car that traveled onto a grass median in the parking lot. The driver exited her vehicle, but then got back in and drove away. Witnesses helped officers locate the car and driver nearby. A 49-year old woman from Alexandria, was arrested and transported to the Adult Detention Center. She was charged with hit and run, driving while intoxicated, driving on a revoked license and several other drug-related offenses. The victim was taken to the hospital with non-life-threatening injuries.

ROBBERY: 3800 block of El Camino Place, Oct. 14, around 9:35 p.m. A man was delivering a pizza when he was approached by someone who displayed a weapon and demanded money. The suspect, who was described as 5 feet 7 inches tall in his early to mid 20s, ran off with an undisclosed amount of cash. The victim did not require medical attention.

ROBBERY: Groveton Gardens/Lockheed Blvd, Oct. 13, 10:44 p.m. The victim was walking when he was approached by two men. One suspect was pointing a gun at him. The suspect with the gun hit the victim in the head. While he was on the ground the suspect took personal items from him and they ran off in an unknown direction. The suspects were both described as black. The suspect with the gun was described as 25-30 years old, 5 feet 5 inches to 5 feet 6 inches tall.

ROBBERY: In the area of Lockheed Boulevard and Fairhaven Avenue, Oct. 4 around 9:45 p.m. Two people were standing in a parking lot when they were approached by two men. Suspect 1 took a handgun out and placed it on the back of Victim 1's head demanding his wallet and watch. Suspect 2 de-

manded Victim 2's wallet while Suspect 1 pointed the handgun at Victim 2. Suspect 1 and 2 left with a jacket Victim 2 had given them. No other items were taken. Suspect 1 is described as a black male, around 5'11 ft, 180 lbs, wearing a black hooded sweatshirt with gray sleeves and shorts. Suspect 2 is described as a black male, around 5'6 ft, 150 lbs, wearing a hat, black t-shirt, long gold chain and jeans. The investigation is ongoing.

ROBBERY: In the area of Robert E. Lee Place and Groveton Gardens Road, Oct. 4 around 9:55 p.m. Two people were walking home when they were approached by two men. Suspect 1 pointed a handgun at Victim 1 demanding money. Victim 2 ran away. Victim 1 did not have money to give Suspect 1. Suspect 1 then hit Victim 1. Both suspects left the area on foot. No items were taken. Minor injury to Victim 1. Suspect 1 is described as a black male, 5'5 ft, medium build, wearing a gray t-shirt, around 25 to 30 years old. Suspect 2 is described as a black male, medium build, wearing a red baseball cap, black hoodie, black pants around 25 to 30 years old. The investigation is ongoing.

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NEWS

Hope Grows at Rising Hope Gala

**Donations still
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The Hope Grows Gala benefiting Rising Hope Mission Church of Alexandria held Oct. 13 at the Waterford in Springfield was an evening filled with dining, dancing to the Moondaddies band, silent and live auctions led by auctioneer Donna Bolton. NBC-4 Reporter and Saturday Morning News Anchor David Culver emceed the program, featuring four life-transforming stories as examples of how Rising Hope provides food, clothing, shelter and empowerment to help those in need.

One of the four speakers was Samantha Jacobs, featured in the National Geographic book "Feeding America: Stories of Hunger and Hope." Jacobs shared how Rising Hope's food pantry, in partnership with the Capital Area Food Bank, made a difference in feeding her family. Now she and Rising Hope will be at the center of a national Ad Council public service campaign to encourage Americans to support their local food banks.

Desire Christian expressed how Rising Hope helped her find a place to live in partnership with New Hope Housing. Formerly homeless, she knows that life is more blessed when one gives rather than receives.

She now serves in the same food pantry and clothing closet that she needs to make ends meet. She often brings her gift of music into worship services, leads prayer ministries, and counsels others in need.

Other speakers included Jeff Lisanick, who first came to Rising Hope 9 years ago for help after being released from 20 years in prison. He described his journey from living in the Eleanor Kennedy Shelter to now working as the coordinator for Residential Services for New Hope Housing.

He also serves on the governing board of Fairfax County's Office to Prevent and End Homelessness, is a member of the Community Services Board, and was honored with the title of "Lord Fairfax 2017" as citizen of the year by the Fairfax County Board of Supervisors.

Shonna James described the welcoming atmosphere of love and support she has received as



COURTESY PHOTOS

Desire Christian gave testimony of Rising Hope's help. She now has a place to live provided by New Hope Housing, an agency Rising Hope partners with. She also volunteers in the Rising Hope food pantry and clothing closet.



Shonna James, Gala Committee chairperson, spoke about Rising Hope's loving compassion as a church community. She is the Lay Leader and the Worship Leader at Rising Hope.



Samantha Jacobs, who was featured in National Geographic Book "Feeding America: Stories of Hunger and Hope," shared her story of how Rising Hope changed her life.



Jeff Lisanick first came to Rising Hope about nine years ago after being released from 20 years in prison. Today he is the coordinator for Residential Services for New Hope Housing, serves on the governing board of Fairfax County's Office to Prevent and End Homelessness, and is a member of the Community Services Board.

a member of Rising Hope's congregation. As a single mom of two children, she earned a Master's Degree from American University and holds a Federal job in Wash-

ington, D.C. She is now the Lay Leader and Worship Leader at Rising Hope.

The Gala was planned and coordinated by the Rising Hope Fund Development Committee co-chaired by Maria Ward and Karen Booker. The committee includes Sharon Emory, 20-year organizer of the Gala, Jane Gandee, Kat Roman, and Shonna James.

Rising Hope's goal of netting over \$50,000 was supported by a \$30,000 matching gift by Beyond Coffee, Beyond Church. During the live reverse auction alone, \$17,000 was raised toward this match. Donations and pledges may still be made to Rising Hope Mission Church.

Contributions with "Match" in the memo line must be re-



David Culver, Gala Emcee, NBC-4 reporter and Saturday Morning News anchor, and the Rev. Keary Kincannon

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News



PHOTO COURTESY OF PETER BLOOM

Walking to End Alzheimer's

Eleven Mt. Vernon residents from the Good Shepherd Alzheimer's Support Group who participated in the Walk to End Alzheimer's on the Mall in Washington Saturday, Oct. 14 raised \$4,685 in donations, just short of their goal of \$5,000. Donations can still be submitted to help the group reach and surpass their goal at http://act.alz.org/site/TR?fr_id=10430&pg=team&team_id=420160. The local support group, sponsored by the Alzheimer's Association, is open to anyone who cares for or loves someone with memory loss. For more information, visit www.alz.org/nca or call 703-359-4440. It was formerly held at Good Shepherd Catholic Church and is now held on the second Thursday of the month, from 7:30-9 p.m. at the Aldersgate United Methodist Church, 1301 Collingwood Road. From entrance 3, take the elevator or stairs to the second floor, Room 209.



Townhouse Fire

On Sunday, Oct. 8, at approximately 2:38 a.m., units from Fairfax County Fire and Rescue Department and the Alexandria City Fire Department responded for a reported townhouse fire in the 2700 block of Carter Farm Court in Hybla Valley. Units arrived on scene and reported fire showing from the rear of a two-story, middle unit townhouse. The occupants were not home at the time of the fire. The fire was discovered by a neighbor who then called 9-1-1. Fire investigators determined that the fire was accidental in nature and started on the rear deck. The fire was caused by improperly discarded smoking materials. Damages as a result of the fire were approximately \$197,500.



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Martha Deal 703.622.6797
ALEXANDRIA / Oakbrooke \$ 749,900 OPEN SUN 2 - 4

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Boosting a Child's Self-Esteem

A positive self image is a lifelong gift.

BY MARILYN CAMPBELL

One of the greatest gifts that a parent can give a child is a healthy self-esteem. Positive feelings about oneself can lead to success in a gamut of situations ranging from school to social circles, say child development experts.

"Self-esteem plays an important role at all stages of our lives," said psychologist Stacie B. Isenberg, Psy.D. "As adults, it can affect how one approaches situations and interacts with other people. When self-esteem is low, it may, for example, affect work performance or one's ability to recognize and enjoy accomplishments."

Parents play an essential part in the development of their child's self-esteem, advises Cheryl Giacomelli, who teaches psychology at Northern Virginia Community College. "Parents foster self-esteem in many ways including leading by example, being emotionally available, engaging with their children, and providing a loving and supportive environment that allows children to succeed and fail," she said.

Parents can model this behavior in everyday tasks. "For example, while helping a child with a math assignment and not understanding the math problem, the parent

who says 'I can't believe I don't understand this, I was always terrible at math' is sending a different message than the parent who says, 'I'm not sure about this one. Let's ask your teacher to explain it to us in a different way,'" said Isenberg. "Parents can benefit themselves and their children by learning to describe situations according to the specific circumstances and resisting putting a generalized label on the situation or their behavior."

Since children learn by observation, modeling healthy relationships and habits is a vital component of developing a healthy self-esteem, suggests Giacomelli. "Choose an activity once a day in which you are fully engaged with your child," she said. "This may sound like common sense, however in today's busy world, it's sometimes difficult to devote all of your attention to one task. This means playing a game or reading a book and ensuring your cell phone is nowhere in sight."

"Experiences that may negatively impact the development of a strong sense of self occur when we do not fully engage with our children, when we do not allow our children to fail, and when we do not acknowledge our own faults," continued Giacomelli

Avoid harsh criticisms and display expressions of love, warmth and affection, advises Joanne Bagshaw, PhD, LCPC, professor of psychology at Montgomery College-Germantown.

"Children's self-esteem develops based on how well their parents love them," she said. "The best thing parents can do is to openly and unconditionally love and accept their child. Parents ... can do so verbally, by telling their children often that they love them and by being openly affectionate, with hugs, for example. Parents can also communicate warmth through their tone of voice, and eye contact."

PRAISING CHILDREN is important, but it must be sincere. Even setbacks can offer opportunities for developing a healthy self-esteem, suggests Isenberg. "Children feel good about themselves when they have received genuine, positive reinforcement from people and situations," she said. "Praising a child's efforts is one of the best things parents can reinforce, because a child can control his effort, whereas outcome isn't always within one's control."

One example that Isenberg offers is saying something like, "I'm so proud of how hard you studied for that science test. You

spent a lot of time reviewing the material and were really dedicated to being prepared."

Allowing children to learn to do things on their own and even experience a setback within a supportive environment may increase feelings of confidence and competence, says Jerome Short, Ph.D., associate professor of psychology at George Mason University.

"Parents may do too much for children or protect them from failure so that children do not learn to cope with difficult situations and soothe themselves," he said. "Children should believe that they have worth for being a unique person."

Fostering opportunities for positive social interaction with their peers can lead to a healthy self-esteem, says Short. "Children who have close friendships and reciprocal sharing with friends tend to have higher self-esteem," he said. "Children's successful accomplishment of goals also boosts self-esteem."

Establishing boundaries and setting limits with children can instill a sense of safety and security, advises Short. "Authoritative parenting that is high in support and high in structure and expectations contributes to children's positive sense of self," he said.



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Meet Carol and MJ. Carol and MJ are great buddies. They are also next door neighbors. Carol is 88 years old and MJ is 79. Carol moved to Hermitage Northern Virginia from Arlington about a year before MJ, who came from Montgomery County, Maryland. After moving, the two friends discovered a shared love of outdoor walks on the grounds of the community and around the quiet neighborhood streets. Carol focuses on her balance with a functional fitness class 4x a week and MJ enjoys reading in the library. Carol likes the many interesting people and MJ enjoys the many excursions and the reading club. It feels like a family here at Hermitage Northern Virginia.

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ENTERTAINMENT

A Gender-Bending Twist for 'Hamlet'

Port City Playhouse performs at Sleepy Hollow United Methodist in Falls Church.

BY STEVE HIBBARD

Port City Playhouse, which used to perform plays in Alexandria and Arlington, is staging the classic "Hamlet" by William Shakespeare with a gender-bending twist, at its new venue at the Sleepy Hollow United Methodist Church in Falls Church, now through Oct. 28.

The story follows Hamlet as she returns home after her mother's death to find that her father has married her aunt, ascending the aunt to the throne of Denmark. Her mother's ghost appears, asking Hamlet to avenge her murder. Hamlet is then led on a twisting ride of madness, murder, and discovery.

Director Juli Blacker wanted to do something different with this production as "Hamlet" tends to be done fairly similarly each time, she said. "So I turned to my training in anthropology and hit upon one of the things that bugs me about Hamlet — the strict gender roles and actions. So I decided to turn that on its head, gender-switch the casting, and see where it led. This casting makes us look at the characters, as well as ourselves and our culture, in a whole new light," she said.

She said the biggest directing challenge was adapting the script. "There were many changes, both big and small, required. But once we got on our feet, the actors have inhabited these characters. So much so that I now have to remind myself that this is not how they were initially written," she said.

Rebekah Raze is playing the role of Hamlet. "She is a grief stricken young lady living in a world filled with deception and secrecy," she said. "Two months prior to the beginning of the play, Hamlet's mother has died unexpectedly and now her father has re-married, to Hamlet's aunt. It is revealed to Hamlet through an encounter with a ghost that her mother's death was not an

accident. This throws her into a whirlwind of even more secrets, deeper grief, and a great thirst for revenge."

She said her biggest challenge has been learning her lines. "The character of Hamlet has more lines than any other Shakespearean character ever written. Although our director cut the script significantly, it has still been a challenge to get all of my lines fully in me, while also being sure to focus on the development of my character and my acting choices."

Timothy Caron is playing the role of Ophelious, a privileged yet good-hearted young man in the Danish court. "He lost his father sometime in the past, but has remained quite close with his mother and sister. While this environment has kept Ophelious hopeful and generally happy, it has also rendered him a bit sheltered as to the harsh realities of life," he said.

He added: "In the case of his pre-play relationship with Lady Hamlet, for example, he doesn't have much romantic and social experience to work off of, but he nonetheless believes that there's something genuine and potentially long-lasting between him and her. Unfortunately, in the course of the show, he can't handle the quick breakdown of things between him, Hamlet, and his mother, and that ultimately proves disastrous for his mental and emotional well-being."

He said like any Shakespeare production, he hopes that the audience can, in spite of the largely dated language, recognize the characters' motives, as well as the timeless themes that have helped keep Shakespeare relevant for centuries. "Of course, a big part of that depends on how well we can communicate those things to them," he said.

Jessie Roberts is playing the role of Polonia, who is quite maternal. "Her first concern is her children; second, although not a distant second, is the welfare of Den-



Rebekah Raze stars as Hamlet and Raeanna Nicole Larson stars as Laerta in the Port City Playhouse's production of "Hamlet."

PHOTO BY
ALAN WRAY

mark. And when they converge, her commitment to "fixing" things doubles. She's a bit of a yenta and quite funny," she said.

She said once she got a handle on the maternal qualities of the character, the hardest part was learning the lines. "Not in the usual way — lots of lines, etc. Rather that Polonia throws in so much extraneous verbiage that it was difficult to remember all the unnecessary — but colorful — things she says. But it's that excess verbal baggage that makes her character what it is," she said.

Raeanna Larson plays the role of Laerta, the older sister of Ophelious and daughter of Polonia. "The role pretty famously serves as a foil to Hamlet — where Hamlet takes forever to decide what to do, Laerta is all about action. She can be pretty intense and definitely has a temper, but she is also someone who cares really deeply," she said.

She said the most challenging part was also the most rewarding — that of the gender-swap. "There aren't many roles like Laertes written for women. In my experience, women aren't often portrayed in moments of sheer rage, especially not anger that manifests in violence. So, I'm getting to do several things and tap into several emotions I haven't had the chance to explore on stage, and it's really wonderful."

Lesley McKnight is playing two roles — Claudia and the Ghost of Hamlet's mother.

"Queen Claudia is a sociopath who was willing to do anything to become queen, including killing her own sister. She has married her sister's husband, for whom she has genuine affection, to secure the crown," she said. "Hamlet forces her to acknowledge what she has done. Claudia starts to repent, but in the end doesn't, since she isn't sorry. Claudia has a plan to kill Hamlet, but in the end is found out for all she has done, and Hamlet kills her in revenge."

She added: "I am also playing the Ghost of Hamlet's mother, who was murdered by Claudia. The Ghost comes back to tell Hamlet about the murder, and to demand that she seek revenge."

She said the hardest part of playing two different characters is to make sure that they are unique. "I have tried to give them different voices, postures and mannerisms so that they look and sound like two distinct people," she said.

❖ ❖ ❖

Port City Playhouse is staging "Hamlet," produced by Mary Beth Smith-Toomey and Alan Wray, now through Oct. 28 at the Sleepy Hollow United Methodist Church in Falls Church. Tickets are \$18-\$20. Performances are Oct 20, 21, 26, 27, and 28 at 8 p.m.; and matinee on Oct. 22 at 3 p.m. The venue is located at 3435 Sleepy Hollow Road, Falls Church, VA 22044.

CALENDAR

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

ONGOING

Artists Exhibit. Various times through Oct. 31 in the 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.

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.

Multiple Exposures Gallery. Through Nov. 26, various times at

the Torpedo Factory Art Center, 105 North Union Street, #312. Photo exhibit. Visit

www.multipleexposuresgallery.com.
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.
All the President's Pups. Saturdays 10 a.m. at George Washington's Mount Vernon, 3200 Mount Vernon Highway, Mount Vernon. All the President's Pups Walking Tour, along the way, learn about George Washington's love for dogs, his dogs' unusual names, and his efforts to improve the quality of his hunting dogs through breeding. \$7. Visit www.mountvernon.org.

Pick-Up Hockey. Ongoing, Wednesdays and Fridays 11:30 a.m.-1 p.m. at Mount Vernon Ice Skating,

2017 Belle View Blvd. Play hockey with other hockey buffs, hitting slap shots and learning puck handling skills that the pros use. Players must have full equipment. 16 and older. Visit www.fairfaxcounty.gov/parks/rec/mtvernon/ or call 703-768-3224.

Medical Care for the Civil War Soldier Exhibit. Ongoing at the Fort Ward museum, 4301 W. Braddock Road. ongoing exhibit which features original medical instruments and equipment from the Civil War period and information on Union Army hospital sites in Alexandria. Free. Visit www.alexandriava.gov/fortward for more

Alexandria's Nurses and Hospitals During the Civil War. Ongoing at The Lyceum, 201 S. Washington St. An exhibit on the life of Clarissa Jones, a nurse at The Lyceum hospital during the Civil War. The true story of a nurse in Alexandria

during the war, drawing parallels with characters portrayed in the PBS drama "Mercy Street," with references to the experiences of other nurses, such as Anne Reading, who worked in the Mansion House hospital, and Jane Woolsey, who served at the Fairfax Seminary hospital. Admission is \$2. Visit www.alexandriava.gov/lyceum.

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 703-746-4848.

Evenings at the Athenaeum.

Athenaeum, 201 Prince St. 7 p.m. 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.

Wake Up Wednesdays featuring The Pop Up Cafe. 7-9:30 a.m. on Wednesday's near the King Street Tunnel - Carlyle Entrance located near 2000 Duke St. near Motley Fool. The cafe will feature coffee, live

ENTERTAINMENT

music to help commuters start the day off right and donuts from Sugar Shack. maurisapotts@gmail.com

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.

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

OCTOBER

Ghost and Graveyard Tour. Throughout October, nightly at 7:30 p.m.; Friday and Saturday second tour at 9 p.m. \$13 adults; \$7 ages 7-17. Tour departs from Alexandria Visitor Center, 221 King St. Hear ghost stories, legends and folklore. Call 703-519-1749 or visit www.alexcolonialtours.com.

WEDNESDAY/OCT. 18
Best in Business Awards

Ceremony. 6-9 p.m. at The George Washington Masonic National Memorial, 101 Callahan Drive. Alexandria Chamber of Commerce Honors Bill Blackburn as 2017 Business Leader of the Year. \$115 or \$150 for non-members. Visit www.alexchamber.com/.

THURSDAY/OCT. 19

Film Screening, Discussion, and Book Signing. 7 p.m. at the Alexandria Black History Museum, 902 Wythe Street. An Evening with Alexandria boxer Anthony Suggs, Sr. and moderator Michael Joyner. Free. Call 703-746-4356.

FRIDAY/OCT. 20

Ghosts and Grief Halloween Tours at Lee-Fendall House. starting at 7 p.m., 7:30 p.m. and 8 p.m. at the Lee-Fendall House, 614 Oronoco St. Learn more about the rituals and customs behind our modern-day funeral practices. \$8 in advance; \$10 at the door; free to members. Call 703-548-1789 or visit www.leefendallhouse.org.

Lloyd Cole Concert. 7:30 p.m. at The Birchmere, 3701 Mount Vernon Ave. Playing selections from his album "Rattlesnakes." \$25 Visit www.birchmere.com.

SATURDAY/OCT. 21

Mega Bazaar/Craft Fair. 9 a.m.-2 p.m. at the Hollin Hall Senior Center, 1500 Shenandoah Road. Over 30 crafters, silent auction, bake sale, and door prizes. Call 703-765-4573.

Master Class Program: Planning Spring. 9:15 a.m.-12:15 p.m. at Green Spring Gardens, 4603 Green Spring Road. In this extended Master

Class, famed plantsman and author David Culp will share plant knowledge that will benefit the garden. \$28. Call 703-642-5173.

Civil War Shelter Program. 11 a.m.-3 p.m. at Fort Ward, 4301 West Braddock Road. Can you tell a Sibley tent from a dog tent? How did Civil War soldiers stay warm in camp? Find out the answers to these questions and more when Fort Ward Museum presents the living history program Civil War Shelter. Call 703-746-4848.

History of Candy Lecture. 11 a.m. at the Black History Museum, 902 Wythe St. Susan Benjamin, candy historian, returns to the Alexandria Black History Museum to talk about the historic origins of candy based on her book "Sweet as Sin: The Unwrapped Story of How Candy Became America's Favorite Pleasure." This program focuses on African-American contributions to sugar production and candy making. \$15. Call 703-746-4356 or visit www.alexandriava.gov/BlackHistory.

Art Sale

Original Artwork sale over the weekend of Dec. 2-3, 4-7 p.m. Saturday, noon-4 pm. Sunday at Hollin Hall Senior Center, 1500 Shenandoah Road. Eighty local artists, most members of the Torpedo Factory Art League, will display and sell original artwork. Visit hollinhallseniorcenter.org.



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ENTERTAINMENT

ASO Offers Nature-Themed Concert Led by Conductor James Ross.

BY MELINDA KERN
ALEXANDRIA SYMPHONY ORCHESTRA

The Alexandria Symphony Orchestra presents an unusual season this year, featuring the four final candidates for music director. The finalists are diverse, conducting symphonies from Xalapa, Mexico to Lucena, Spain — from the Los Angeles Philharmonic to the Washington National Opera. One final candidate will be chosen as the next music director to conduct the 75th anniversary season in 2018-2019.

The season continues this weekend with James Ross on Saturday, Oct. 21, (8 p.m. at Schlesinger Concert Hall) and Oct. 22 (3 p.m. at the George Washington Masonic Memorial) with a concert inspired by nature. Complete with a mystery prelude related to the same theme, the concert evokes images of coastal shores and green pastures. Ross programmed the concert with these common ideas in mind, as he commented: “Birds, waves, rocks and a lonely human taking it all in — these are the elements that bind our program.”

One of George Butterworth’s last works before he gave his life as a soldier in WWI, “*The Banks of Green Willow*” incorporates folk songs and poetry from his native England. The “*Four Sea Interludes*,” which Benjamin Britten derived from his acclaimed opera “*Peter Grimes*,” paints the sea itself as character in this heartbreaking tale. “The North Sea takes on the role of psychological underpinning and commentary on an individual against society,” observes Ross. “That same craggy power and inwardness that infuses the Brahms Third Symphony is present in a raw form in the ‘Sea Interludes’.”

Ross is currently director of orchestras at the University of Maryland, recently completing a 16-year tenure. He also serves as the director for the National

Youth Orchestra – USA, music director-designate of the Orquesta Simfònica del Vallès in Barcelona and serves on the faculty at The Juilliard School. He is internationally recognized for advancing the future of orchestras through cross-genre collaborations. His recent performance of Beethoven’s Symphony No. 9, presented in Catalan at the Palau de la Música, received an enthusiastic standing ovation. “I believe in the ongoing humanizing impact of classical music on the lives of those it touches,” says Ross.

The second half of the program features Brahms’ Symphony No. 3. “The symphony embodies a cycle of time,” notes Ross. “The first movement has the explosive energy of spring while the second is a summer pastorella. The third movement is autumnal and inward-turning; the final movement is again full of turmoil — a storminess of fire and ice — and brings us back to motifs from the first movement.”

Concert attendees, musicians and community members are invited to provide feedback after each performance in order to assess the four final candidates. The ASO plans to announce the new music director following the final concert of the season, and special events are planned to introduce him to Alexandria and the surrounding community.

The Alexandria Symphony is a fully-professional orchestra drawing from the Washington, D.C. metropolitan region’s wealth of musical talent. Many musicians perform with other orchestras and top military bands.

The ASO performs Saturdays at Rachel M. Schlesinger Concert Hall and Arts Center and Sunday matinees at the George Washington Masonic Memorial. Adult tickets are \$20-\$80, with \$5 youth, \$10 student and military, senior and group discounts available. To order tickets and for more information, visit www.alexsym.org or call 703-548-0885.

CALENDAR

Taste the Fall Harvest at Wegmans. 11 a.m.-3 p.m. at Wegmans, 7905 Hilltop Village Center Drive. Taste the best ingredients of the harvest season, sample fall favorites, discover new meal ideas, and watch a chef demonstration of a “veggie flight” featuring three ways to enjoy cauliflower — riced, roasted, and pureed. Call 585-429-3627.

Annual Art Safari. noon-4 p.m. at the Torpedo Factory, 105 North Union St. Visitors can get their hands, clothes, and feet dirty with a bevy of interactive activities and crafts. Visit torpedofactory.org.

Bicentenary of the Birth of Baha’u’llah. 3-6 p.m. in the Madison Auditorium of the Patent and Trademark Office, 600 Dulany St. 200th anniversary of the birth of Baha’u’llah, the Founder of the Baha’i Faith. Visit alexandriabahais.org/bicentennial/.

Meet the Film Producer. 5:30 p.m. at Aldersgate United Methodist Church 1301 Collingwood Road. Doblmeier is founder and president of Journey Films and has produced more than 30 films focused on religion, faith and spirituality. Visit www.journeyfilms.com.

Tales from the Vault. 7-8 p.m. at Ivy Hill Cemetery, 2823 King St. Presented in Ivy Hill Cemetery’s receiving vault, the closest thing Alexandria has to catacombs, come hear tales of Virginia’s history. \$10. Call 703-549-7413 x112 or visit ivyhillcemetery.net.

Raven’s Night Concert. 7:30 p.m. at

The Birchmere, 3701 Mount Vernon Ave. Belladonna and Ken Vegas take you back in time with an all new show inspired by the “Beautiful Age” in France, from 1871-1914. \$25. Call 703-549-7500 or visit www.ravensnight.com.

Brahms, Britten and Butterworth Concert. 8 p.m. at the Rachel M. Schlesinger Concert Hall and Fisher Art Gallery NOVA, Alexandria Campus, 4915 East Campus Drive. Images of coastal shores and pastoral greens dominate their October concerts Visit www.nvcc.edu/schlesingercenter/.

SUNDAY/OCT. 22

Civil War Author. 2 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane. Gregory Wilson discusses his book “Jonathan Roberts: The Civil War’s Quaker Scout and Sheriff.” Call 703 768-2525.

British Atlantic Merchant Ships Lecture. 7-8:30 p.m. at The Lyceum, 201 S. Washington St. A Discussion of Colonial Merchant Ship Technology and the Alexandria Ship’s Significance with Dr. Phillip Reid. \$12, \$10 for FOAA members. Email Archaeology@alexandriava.gov or call 703-746-4399.

Brahms, Britten and Butterworth Concert. 8 p.m. at George Washington’s Masonic Temple, 101 Callahan Drive. Images of coastal shores and pastoral greens dominate their October concerts with James Ross, guest conductor. Visit www.nvcc.edu/schlesingercenter/.

MONDAY/OCT. 23

Teamesteem. 9 a.m.-5 p.m. at Mt Vernon Country Club, 5111 Old Mill Road. www.dormie.io/teamesteem. Fundraising event for a nonprofit mentorship organization that pairs young professionals with local college and high school students to help them learn leadership, entrepreneurship, technology skills, and personal finance as well as empower them to be fulfilled both personally and professionally. Visit www.dormie.io/teamesteem.

“Singing with Martin Luther.” 7 p.m. at the Immanuel Chapel, Virginia Theological Seminary, 3737 Seminary Road. A hymn fest celebrating 500 Years of Reformation Hymns led by renowned liturgical scholar Gail Ramshaw. Visit singwithluther.eventbrite.com or call 703-461-1792.

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.

WEDNESDAY/OCT. 25

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ENTERTAINMENT

3 Coffee Shops to Perk Up Your Day

BY HOPE NELSON

The days are getting shorter and the darkness has descended over more of the morning hours. Need a little pick-me-up on the way to work – or on the way home? Here are three coffee shops that can't wait to help you get your caffeine fix, no matter the time of day.

Swings Coffee, 501 E. Monroe Ave.

Is it possible to sport an industrial look with a cozy ambiance? If so – or even if not – Swings has both sides of the coin covered in spades. The large roastery on Mount Vernon Avenue could easily look like a hulking cavernous space, but instead, Swings makes it feel like a place one could spend a day working, studying, or chatting without breaking stride.

Swings takes its coffee seriously, and you'd be wise to do so too. Try one of the multitude of pour-over varieties, ranging from a full-bodied Sumatra to a sweeter Java Honey, or go for the iced route with an iced or nitro-iced coffee. (If they're serving a bourbon-barrel style? Go for it.) Can't get enough coffee? Take a spin through its Coffee Cupping at 10 a.m. on Fridays, where visitors can venture into the roastery's "coffee lab" and taste-test new coffees, specialty limited-edition varieties, and more.

Misha's, 102 S. Patrick St.

For years, Misha's has been a beacon in the night – or morning – in Old Town, and for good reason. Walk anywhere near the shop and you'll find yourself awash in the welcoming aroma of roasting coffee, but don't stop at the doorway – enter the belly of the

beast and come back out caffeinated and happy.

Misha's offers a plethora of blends and varietals to enjoy by the cup; taste-test to find the one you like, and then take home a bag of it. A popular blend is its Route 66, the French roasted beans are full-bodied but accessible. Or travel the globe with any of its African, Indonesian or American varietals, either to sip in-house or take back to your own coffee-brewing setup. And don't skimp on the pastries – more than simple window-dressing, they are the real deal and pair very nicely with whatever brew you choose.

Killer ESP, 1012 King St.

At first blush, it might seem a bit odd to have two coffee shops around the corner from one another, but Killer ESP doesn't seem to be hurting – and neither does Misha's. Rather, the two offer discrete enough selections that it's easy to see how they've both managed their close relationship perfectly well.

Venture into the shop and you're first greeted with a welcome sweet sight – a gelato counter. Don't think this is a hasty addition to Killer ESP's offerings – after all, the shop's initials stand for "Espresso, Sorbet, and Pie." You'll find the pie behind the counter as well, in both sweet and savory varieties from DC's Dangerously Delicious Pies. And as far as the espresso, well, Killer ESP wins the frequent-flier award with its connection to Portland, Oregon's Stumptown Coffee. Enjoy a multitude of varieties of the espresso, sorbet or pie – or live dangerously and have a tasting of each component. Life's short, after all.

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

CALENDAR

5:30-7 p.m. at West Potomac High School, 6500 Quander Road. West Potomac Orchestra's annual Spooktacular Carnival and Concert. Free. Call 703-718-2587.

Lost Alexandria Lecture. 7 p.m. at The Lyceum, 201 S. Washington St. Dr. James Goode is best known for his work as a historian documenting some of the Washington area's most significant architectural losses. \$5. E-mail Jim.Holloway@alexandriava.gov or call 703-746-4726.

Chorus Meetup. 7-9 p.m. at Alfred Street Baptist Church, 301 S. Alfred St. The Male Chorus of the Alfred St. Baptist Church and the Alexandria Harmonizers Barbershop Chorus are co-sponsoring an informal meeting of Alexandria-based choral groups. Free. Call 703-229-3790.

THURSDAY/OCT. 26

Meet the Author. 8:15-11 a.m. at the George Washington Masonic Memorial, 101 Callahan Drive. Author Beth Kanter discusses "The Happy Healthy Nonprofit: Strategies for Impact without Burnout," that will help steer your organization away from burnout while boosting all-around performance. Call 703-683-2007.

Yappy Hour. 5-7:30 p.m. at Holiday Inn Alexandria Carlyle, 2460 Eisenhower Ave. To benefit the Dog and Cat Foundation part of Dogtoberfest. Friendly dogs welcome on the patio. Visit www.visitalexandriava.com.

Film and Discussion. 7-9 p.m. at the Alexandria Black History Museum, 902 Wythe St., Alexandria. "Breathe in the Roots," film tells the story of Ty Christen Joseph, a young African-

American English teacher, who takes a spiritual journey of discovery from Addis Ababa to Lalibela in Ethiopia. Following the film, Indrias G. Kassaye, the film's writer, photographer, and producer leads a discussion. \$10. Visit www.alexandriava.gov/BlackHistory.

FRIDAY/OCT. 27

Bark or Treat Canine Cruise. 6 and 7:30 p.m. at Alexandria City Marina, 1 Cameron St. Come out with your costumed canine and cruise to some Halloween tunes along the Potomac. \$18 adults; \$12 ages 2-11; dogs free. Call 703-684-0580 or visit www.potomacriverboatco.com.

Ghosts and Grief Halloween Tours at Lee-Fendall House. starting at 7 p.m., 7:30 p.m. and 8 p.m. at the Lee-Fendall House, 614 Oronoco St. Learn more about the rituals and customs behind our modern-day funeral practices. \$8 in advance; \$10 at the door; free to members. Call 703-548-1789 or visit www.leefendallhouse.org.

The Gadsby's Tavern Ghost Tour. 7-9 p.m. tours every 30 minutes at Gadsby's Tavern Museum, 134 N. Royal St. Follow a colonial-costumed guide through the Alexandria streets, visit a cemetery and enter one of the most haunted buildings in Old Town. Call 703-519-1749 or visit www.alexcolonialtours.com.

OCT. 27-28

Trick-or-Treating at Mount Vernon. 3:30-6:30 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. Wagon rides, chocolate making, costume parade. \$12 adults; \$6 ages

11 and under. Visit www.mountvernon.org.

OCT. 27-29

Worship Ceremonial Workshops. Various times at St. Aidan's Episcopal Church, 8531 Riverside Road. Author John Philip Newell leads discussions and workshops from his book "Rebirthing of God." Visit www.centerforspiritualdeepening.org.

SATURDAY/OCT. 28

Fundraising Yard Sale. 7 a.m.-1 p.m. at Wesley United Methodist Church, 8412 Richmond Ave. Benefit for Rising Hope Mission Church which feeds, clothes, and shelters those most in need. Visit www.risinghopeumc.org/special-events.

Le Tour d'Alexandria. 10 a.m. at Beatley Central Library, 5005 Duke St. The bike tour will highlight many of the library's programs and resources, and offer participants the opportunity to socialize with other library and bicycling enthusiasts. This year's tour will highlight some of Alexandria's haunted locations. Visit www.bit.ly/alexlibrarybiketour.

4th Annual Halloween Pumpkin Hunt. 10:30 a.m., 12:30 and 2:30 p.m. Alexandria's ghosts and goblins will fill the garden with hundreds of colorful toy-filled pumpkins for local children to discover. Other activities include crafts to take home, a sticker station, temporary tattoos, spooky stories, a costume parade with prizes as well as drinks and refreshments. Call 703-548-1789 or visit www.leefendallhouse.org. Call 703-548-1789 or visit www.leefendallhouse.org.

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ENTERTAINMENT

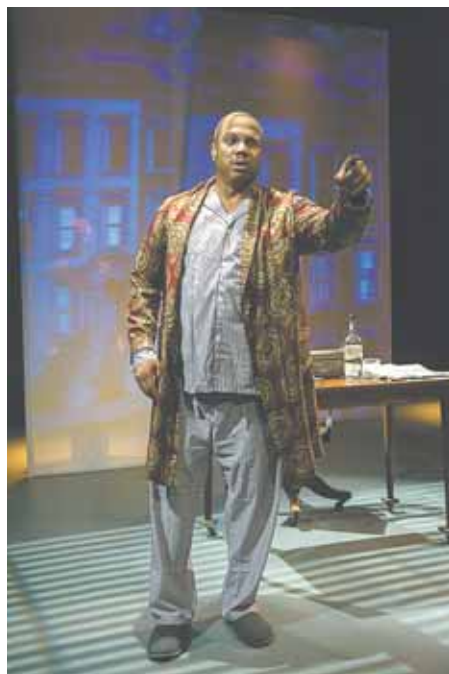
Canine Costume Contest. 2-4 p.m. on the patio at Lena's Wood-Fired Pizza & Tap at 401 E. Braddock Road. Benefit for Animal Welfare League of Alexandria's and to launch the AWLA's 2018 photo calendar commemorating Alexandria's 2018 Animal of the Year, Zoey, who passed earlier this year. \$25 for one costume entry (individual or group) and \$10 to attend. Visit alexandriaanimals.org/HowlOWeen2017.

Zombie Escape. 6:30-10 p.m. at the Carlyle House, 121 N. Fairfax St. \$30 ages 13 and up. The group will have 20 minutes to crack a series of puzzles and physical feats to obtain all the supplies needed for your survival group back at the hotel. Call 703-549-2997 or visit www.CarlyleHouse.org.

Ghostly Tales. 6:30-10 p.m. at the Carlyle House, 121 N. Fairfax St. Join storytellers from Alexandria's Footsteps to the Past on the front lawn of Carlyle House for ghostly tales of Alexandria's past. \$5. Visit www.carlylehouse.org.

Edgar Allan Poe Readings in the Vault. 7-8 p.m. in Ivy Hill Cemetery, 2823 King St. Presented in Ivy Hill Cemetery's receiving vault, the closest thing Alexandria has to catacombs, the Guillotine Theater Company will perform some of Edgar Allan Poe's readings. \$10. Call 703-549-7413 x112 or visit ivyhillcemetery.net

Nightmare on King Street. Judging at 11 p.m. at Daniel O'Connell's, 112 King St. Free. Halloween Party. Live music by Driven to Clarity. Prizes for Best Female Costume, Best Male Costume, and Best Group Costume. Call 703-739-1124 or visit www.danieloconnells.com.



Talk to Playwright

Playwright Carlyle Brown is coming this weekend to see his play, "Are You Now or Have You Ever Been ..." at MetroStage. He is arriving from Minneapolis and will be in attendance at the show Friday at 8 p.m. and Saturday at 3 p.m. and 8 p.m. All performances will be followed by a talk back with the playwright. Above, Langston Hughes is portrayed by New York actor Marcus Naylor.

SUNDAY/OCT. 29

Artists Reception. 1-3 p.m. at Green Spring Gardens, Horticultural Center, 4603 Green Spring Road. Artists, Jan Burns, Madeleine Chen, and Shari MacFarlane will talk about their exhibit, "Nature from Three Points of View," which will be on exhibit through Dec. 17. Call 703-642-5173.

Doggie Trick-or-Treat. 1-3 p.m. at The Dog Park, 705 King St. Call 703-888-2818 or visit www.thedogparkva.biz

Del Ray Halloween Parade. 2-4 p.m. at Mount Vernon and Commonwealth avenues through Del

Ray. Children, pets and strollers in costumes are invited to march and show off their finest and scariest Halloween garb with prizes in different categories. Free. Visit www.visitdelray.com.

Meet the Authors. 2-5 p.m. at Beth El Hebrew Congregation, 3830 Seminary Road. Three authors, and Robert Siegel, Host of NPR's "All Things Considered." \$25. Visit www.bethelhebrew.org.

MONDAY/OCT. 30

Community Job Fair. 10 a.m.-2 p.m. at the Charles Houston Recreation

Center, 901 Wythe St. Call 703-746-5571.

OCT. 30-31

Haunted House at Captain's Cove. 4:30-7 p.m. at Hotel Indigo, 220 South Union St. A pirate-themed haunted experience, playing on the hotel's nautical theme and the area's maritime history. All are welcome and there is no admission fee, but patrons are encouraged to donate to Act for Alexandria, a local organization which distributes grants for revitalization of the Alexandria area and community. Visit hotelindigooldtownalexandria.com/.

TUESDAY/OCT. 31

Trick or Treat. 5-7 p.m. at the Carlyle House, 121 N. Fairfax St. All Hallow's Eve for good old fashioned 18th century trickery and treats. Visit www.novaparks.com.

THURSDAY/NOV. 2

Yappy Hour. 5-7:30 p.m. Holiday Inn Alexandria Carlyle, 2460 Eisenhower Ave. To benefit the Dog and Cat Foundation, silent auction and raffle. Call 703-960-2000.

SATURDAY/NOV. 4

Ventures in Community Walk. 8-10 a.m. at Fort Hunt Park, 8999 Fort Hunt Road. Fund raising for Good Shepherd Housing, ICNA Relief Food Pantry, New Hope Housing, Rising Hope and United Community Ministries. Email kaddavey@gmail.com.

Pancake Fundraiser. 8-11 a.m. at PEMA's Restaurant, 8430 Richmond Highway. \$ 10, \$3 children 12 and

under. Funds support the Mount Vernon Evening Lions Club. Call 703-339-7099.

Tour De Mount Vernon. 8:30 a.m. at the Mount Vernon Governmental Center, 2511 Parkers Lane. Ride on bikes with the Mount Vernon Supervisor Dan Storck and tour the Mount Vernon District. Visit www.alexandriava.gov/Recreation.

Tea with Lady Washington. 2-3 p.m. at Mount Vernon, 3200 Mount Vernon Memorial Highway. Join Martha Washington for tea as she shares memories of her and the General's life as a young married couple, during the Revolutionary War, and at their home in Mount Vernon. \$35. Visit www.mountvernon.org.

Swedish Jazz Concert. 7 p.m. at The Lyceum, 201 S. Washington St. Visit www.alexandriava.gov/Lyceum or call 703-838-4994.

SUNDAY/NOV. 5

A Taste of History: Thanksgiving

Tea. 1-3:30 p.m. at Green Spring Gardens, 4603 Green Spring Road. Food historian Joyce White explores the changing traditions of Thanksgiving, from the settlers' "Harvest Home" of 1621 to the present day celebration. \$42/person (program + tea); \$18 (program only). Call 703-941-7987.

Capitol Steps Benefit

Performance. 5 p.m. at at US Patent & Trademark Office, Madison Auditorium, 600 Dulany St. Proceeds go to the United Christian Ministries. \$80 includes food and drink, sponsorships available. Visit www.ucmagency.org or email info@ucmagency.org.

431-8241.



Fall Harvest Family Days
October 21-22



Trick-or-Treating at Mount Vernon
October 27-28



Horses & Hounds
November 4

For more information, visit mountvernon.org/events

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Another Community Partnership for the Mount Vernon & Alexandria Editions of:

SPORTS

Junior Umpires Make the Calls for Ft. Hunt Little League

Teens cover nearly 70 percent of umpire slots this fall.

BY STEVE DRESSING
FHLL UMPIRE AND COACH

In the words of John Donaldson, administrator of Virginia Little League District 9 and long-time Ft. Hunt Little League (FHLL) umpire, “Umpires are as essential to the game of Little League baseball as well-maintained fields and dedicated coaches. Yet today, not enough parents of young players are signing up to become umpires, preferring to stay in the stands and watch their kids play.” This is understandable, but usually results in a shortage of adult umpires. Fortunately for FHLL, Youth – or Junior – Umpires have come to the rescue by taking on a large share of the umpiring workload.

FHLL accepts teenagers age 13 and older for training as Junior Umpires, but they are restricted to working the bases until age 16. Training typically includes 2-3 hours in the classroom reviewing the rules and another 1-3 hours in the field practicing positioning. In addition, some mentoring is provided by adult umpires, particularly during games. The result of this training is that experienced Junior Umpires are far more knowledgeable of the rules than most coaches and fans.

Two umpires at a minimum, one behind the plate and one covering the bases, are needed for a well-umpired game. A clear measure of the importance of Junior Umpires to FHLL is the share of umpiring slots they cover. This spring, for example, there were 214 games requiring umpires, and Junior Umpires filled just over half of the slots. This fall, Junior Umpires have covered nearly 70 percent of slots. A total of 25 Junior Umpires have worked in the spring and fall seasons, usually – but not exclusively – on the smaller fields used by younger players. These umpires are paid \$25 for bases and \$35 for plate for each game.

Most get into umpiring simply because they love baseball, but there are also other reasons. First-year umpire Sean Finn likes the different perspective on the game that



Alex Depumpo as plate umpire



Alex Depumpo (left) and Sean Finn

umpiring offers, but adds that “it’s one of the only jobs I can do as a 13-year-old.”

Alex Depumpo, an experienced umpire with many games behind the plate, enjoys “being in control of the game.”

Riley Jay has umpired for six seasons, two behind the plate, for love of the game, but also because he can earn some money while giving back to the community.

Jay says that the hardest part of umpiring is “making split-second calls.” Depumpo is concerned most about “making close calls

that can change the outcome of the game.” Finn echoes the thoughts of many adult umpires when he notes that the hardest part of umpiring is keeping track of baserunners while also being ready for the action that occurs when a batter hits the ball. As would be expected, these umpires like their roles least when people argue or question calls or assume they know the rules better than the umpires.

Jay says umpiring is fun because he can watch as young players enjoy and learn to play the game. Depumpo likes high-scoring games with a lot of action. Finn takes pleasure in making “safe” or “out” calls in the same manner as professional umpires.

The FHLL family is very appreciative of the contributions made by Junior Umpires. Coach Brian Kasprzyk, for example, says, “I respect the junior umpires in FHLL because they demonstrate a positive attitude toward the coaches and the players.”

Bob Mulvaney, a coach and director of Fields and Facilities at FHLL, adds “Junior Umpires are a huge asset to FHLL. They work really hard to be professional and bring excellence to their work. It’s impres-

sive to see and essential to the long-term success of Fort Hunt Little League.”

Parents and coaches alike see that the participation of Junior Umpires is important to ensuring that there are umpires in the future. Steve Sarro, parent of a AAA player, particularly likes that the “Junior Umpires show the younger players what they can work towards.” He adds that the Junior Umpire program is a great way that youth can help with community service, make some money, and stay involved in baseball even if they no longer play the game.

Senior Umpires probably appreciate the Junior Umpires more than anyone because the Juniors lighten the load and bring fresh energy to the umpire corps. Mike May, who both umpires and handles umpire scheduling for FHLL, says he enjoys working games with Juniors and appreciates their commitment to doing the job right, adding “we couldn’t do it without them.”

FHLL Junior Umpires have varying plans for the future, with newcomer Finn hoping to become a plate umpire, while the more-experienced Depumpo “would like to eventually umpire travel and all-star games.” Both plan to continue umpiring through high school and during summer break while at college.

Kasprzyk says, “The program provides Junior Umpires with an opportunity to learn about leadership and responsibility, while also growing their self-esteem and gaining experience in a fun atmosphere.”

Mulvaney adds: “Taking on the responsibility of umpiring games is a credit to these young people, and learning umpiring skills translates far beyond the field of play. The experiences they gain will help them navigate all kinds of situations and challenges later in life.”

For those interested in umpiring in FHLL, visit <http://forhuntslittleleague.org/> for additional details.

SCHOOL NOTES

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

The Community Foundation has secured \$96,000 to fund three new Capital Area Food Bank Family Market Programs for the 2017-2018 school year. The funds will help establish new Family Market at **Hybla Valley Elementary School**.

Chris Larrick has been named principal of Bryant Alternative High, effective Sept. 5. Larrick has more than 26 years of experience as an educator and most recently served as

principal of Key Middle School. Prior to accepting administrative positions, he worked as a guidance counselor at Mount Vernon High and Sandburg Middle Schools, and as a teacher at Whitman Middle School. Larrick is known for his passion for ensuring all students achieve their fullest potential. He earned a bachelor’s degree in secondary education and history from Old Dominion University and a master’s in education in counseling from Virginia Tech. Larrick earned his doctorate in administration and supervision from the University of Virginia, and holds a Virginia professional license in K-12 administration and supervision.



PHOTOS BY MIKE SALMON

The kindergarteners and first graders ran together.

Running Like the Wind

FROM PAGE 5

came out in their allotted time and ran the course, earning pledge money for the school to fund special projects and curriculum items that otherwise would go unfunded. The students were getting a workout and having fun, and so were the parents.

Stephanie Fultz gave her son Jack the high-five as he went around, "and killing it," she said.

Meredith Romley had her twin third graders, Evelyn and Silvia, to cheer on, and their race preparations started the night before. "Last night we had a big pasta dinner to get them ready for it," Romley said.

Not only was it a fundraiser and exercise opportunity, Brook Aljilani noted that "it gets their class spirit going," she said.

Local businesses contributed, and according to the amount, got in various levels of sponsorship starting with the platinum, which donated \$1,000, then gold at \$500, silver was \$250 and bronze at \$100. The PTA was in charge of the fundraising program, and at 9 a.m. that morning, the amount



Stephanie Fultz and Jack, 5, on the sidelines after the run.

they had raised was \$55,131. Sponsorships cover the cost of Rock 'n' Run so that all other money raised goes directly to school needs. The planning for this annual event started in the summer.

Holly Ferry, who had a kindergartener and fourth grader in the run, was a silver sponsor

from her home-based embroidering company "The Monogrammed Monkey." She has an embroidering machine that "is like a sewing machine on steroids," she said.

Donna Peterson donned a wig and pom poms, dancing on the sidelines as she had for the event in years past. "It's awesome, I can skip the gym," she said.

Fashion Show Benefits Community

FROM PAGE 6

mal, but now the trend seems to be toward casual. "I think things have gotten more relaxed, it reflects the style these days," said McClendon.

To Denise Wight, it's comfort and easy, "more vacation-type clothes," she said.

The clothing in the show was from Details of Occoquan, and modeled by members of the garden club. When the models are through on the catwalk, the clothes can then be purchased by the audience or the models themselves. Some of the money goes

Goals

Garden Club Mission Statement

The Yacht Haven Garden Club provides education, resources and networking opportunities for its members to promote the love of gardening, floral design and civic and environmental responsibility.

back to the company, and some goes to the garden club. "I bought one of the tops I'm wearing today," said Patricia Uchello, standing outside the dressing room.

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NOTICE OF TERMINATION OF PARENTAL RIGHTS ACTION

| | | |
|-------------------------------|---------------|------------|
| TO: Derrick Harrington | DOB: 02/17/67 | Respondent |
| Tiffany L. Reeves | DOB: 10/21/80 | Respondent |
| Unknown Father | DOB: Unknown | Respondent |

FROM: Confidential Clerk of Family Court

The Department of Services for Children, Youth and Their Families, Petitioner, has brought a civil action (Petition# 17-26227) against you to terminate your parental rights of your child(ren):

Minor Male, DOB: 12/30/04

A hearing has been scheduled at the Family Court, 400 Court Street, Dover, Delaware, on 11/20/17 at 1:45 pm.

If you do not appear at the hearing, the Court may terminate your parental rights without your appearance.

IF YOU WISH TO BE REPRESENTED BY AN ATTORNEY IN THIS MATTER BUT CANNOT AFFORD ONE, YOU MAY BE ENTITLED TO HAVE THE COURT APPOINT AN ATTORNEY TO REPRESENT YOU FOR FREE. FOR MORE INFORMATION, PLEASE CONTACT THE CONFIDENTIAL CLERK AT FAMILY COURT, (302) 672-1001

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"Righty Tightly, Lefty Loosey"



By KENNETH B. LOURIE

So I've been told mnemonically for years. But when you're home and automotive-repair challenged as I am, everything is much easier said than done, especially when the mnemonic device is easier to handle/figure out than whatever tool and/or schematic is necessary/advisable for the at-home/in-driveway repair. (We don't have a garage, or much of a basement for that matter. It's more of a cellar, actually. In fact, I call it "the dug out," so lack of spatial accommodations can exacerbate the problem).

And that's sort of how I feel whenever I attempt a home/car-owner-type repair. Soon after I organize whatever thoughts and tools I guess I might need: within minutes of the initial effort, I will have likely complicated the repair and will be forced to dig myself out, sometimes literally. I'll spare you the details, but suffice to say, I am a man of my word and that word is disaster. To invoke the great and often-quoted Dirty Harry: "A man's got to know his limitations," (Magnum Force, 1973), and believe me, I do.

Granted, replacing bulbs in my house, as written in the final paragraph of last week's column: "What To 'Ware,'" ranks pretty low on the home owner's list of honey-can-you-do's. Nevertheless, challenges do present themselves, especially when height and a ladder – or a step stool, with no spotter, are involved. And when I'm looking up with arms outstretched attacking the problem: light fixture from multiple angles, sometimes, when I place my hand on the bulb, I begin to lose my orientation and am unsure where's 'Righty' and where's 'Lefty.' And even though I always remember 'Tightly' and 'Loosey,' when 'Righty Tightly, Lefty Loosey' doesn't immediately bring results, I tend to lose patience – and confidence, and slowly retreat to lower ground to reassess.

Unfortunately, there's no one to call. I mean, when you fail at the most basic and fundamental responsibility a home/car owner has, it's difficult, even for someone with as little ego as me, to admit abject failure. Repairing a toilet, installing light fixtures and/or ceiling fans; sawing, sanding, measuring, leveling and drilling; lifting, balancing and carrying; and anything else involving plumbing, electrifying; and even hammering and screwing in general, are tasks I don't mind asking and/or paying for. Having been down this road many times before, I know it's a path that won't lead to my redemption.

So not wanting to make a bad situation worse, or create a problem where one or two previously didn't exist, I have to employ the simplest of solutions. And what's simpler than "a pithy observation that contains a general truth:" an aphorism (Dictionary.com), an aid to one's lack of memory and ability to perform even the most basic of tasks, particularly as it pertains to a home owner: bulb replacement.

Not that this inability is at all defensible. It's not. It's totally indefensible and one whose defense is not all explainable by the most offensive of terms: cancer. Which as you regular readers know has been the bane of my existence going back to late February 2009. That's when my Internal Medicine doctor called me at work to share the results of my previous week's surgical biopsy. His suggestion was that we meet in his office to discuss the results. I shook my head in disbelief. If he wants to meet me in person, the results must be bad, I thought. Otherwise, he'd just tell me, right? I asked him to hold on as I found a private office for us to talk (me to react) and braced myself. He told me the growth was malignant and suggested I see an oncologist as soon as possible. An appointment was set for the following Thursday.

Much has changed in my life ever since that fateful day, but not as it concerns this home/car owner's inability to handle the most mundane tasks. Might have actually gotten worse. As for "the cancer," as "Forrest, Forrest Gump" described the cause of his mother's death, not so bad. I am alive and reasonably well, eight years and nearly two months out, six years plus past the end date of my original "13 month to two year" prognosis. Of that I'm proud. As for the home and car repair deficiencies, I couldn't care less. I have to admit though, it is laughable – and pathetic.

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

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NEWS

Light the Night

FROM PAGE 1

Fort Hunt Little League Team of 9-and-10-year-olds who supported him by visiting him. The socks come in both a crew length casual sock as well as athletic baseball socks fit for the diamond. A portion of the proceeds from the sale of socks will be donated to Walk with MEE and part of it helps people pay their medical bills.

"I put them (the initials) on there because they helped me," said Michael of his friends. "I had a lot of visits from my friends." Some of those initials belong to friends named Max, Abby, Cam, Nik, Kyle, Shaan, Jack, and Brendan. Michael even presented a pair of socks to Bryce Harper of the Washington Nationals.

His mom added: "At the walk last year, Michael wanted to walk the whole walk himself, so toward the end of the walk, he was getting tired so one of his friends (named Cam) picked him up and carried him across the finish line."

Added his dad: "It's just amazing to watch how supportive everyone in the entire community has been toward Michael and our family as we struggled through this. In the end, the adage, 'It Takes a Village,' applies to our village of Waynewood."

Added Beddis: "Those kids have learned a lot about compassion, friendship, and loyalty. It came instinctively. They just know how to treat a friend."

The corporate donors which have supported the Walk With MEE team include: Anderson Orthopedic Clinic, Mt. Vernon Physical Therapy, The Patterson Group, MBH Settlement Group, Cedar Knoll Inn, and Southside 815.

The Light the Walk is Saturday, Oct. 21, on the National Mall in D.C. To contribute to Michael's MEE Team, visit pages.lightthenight.org/nca/washdc17/walkwithmee.

To contribute to the Resilience Project and the socks, visit www.resilience.gives/products/michael-erlandson.

BUSINESS NOTES

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

Mt. Vernon Nursing & Rehab Center (MVNRC), a skilled nursing and rehab care center in Alexandria, announced that they achieved a 5-star Overall Rating from Medicare for the third year in a row.

Medicare provides national listings and ratings for nursing homes as well as hospitals, doctors, home health facilities and more. The "Nursing Home Compare" feature of www.medicare.gov allows consumers to compare information about nursing homes. Visit www.MVNRC.net.

Tutor Doctor, a one-to-one in-home tutoring service designed to help students of all ages and subject levels, announced the opening of its newest franchise territory in South Alexandria, Springfield, Lorton, Annandale, offering the community and students a private, easy way to get ahead in school.

Tutor Doctor of Alexandria-Springfield opens Oct. 23 and is owned by local entrepreneur Daniela Gilardelli.

For more information on Tutor Doctor of Alexandria-Springfield, call 571 225 0150 or visit www.tutordocor.com.

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dramatic, open floor plan you'll find in the area. Schedule a walk through today to envision your dream future home!

2 NEW HOMES!

OPEN SUNDAY



8709 Curtis Ave.
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Substantially updated!

Gorgeously updated home on 2 lots on quiet cul-de-sac ready for you to move in! Inviting front porch leads you to dramatic open floor plan

with tons of light. New Kitchen, windows, light fixtures, updated baths, fresh paint and landscaping make this a rare opportunity! Huge yard, pond, and hot tub complete this serene setting.

JUST LISTED



communities. Features include: Three finished levels, stunning updated & expanded kitchen, dramatic sun room addition, luxurious master suite, thermal windows, hardwood floors, & 2 car garage. Uniquely attractive property on beautiful private grounds and quiet cul-de-sac.

3705 Riverwood Ct.
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Stunning Addition!

Gorgeous updated & expanded home in fabulous Riverwood, one of the area's premier riverfront



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has huge potential and many positive features including: beautifully stained hardwoods, fireplace, finished lower level with walk out, covered parking, and large level lot.

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Spacious three level home on gorgeous level grounds in the heart of Mount Vernon's finest neighborhoods. Home



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Substantially Updated!



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9309 Maybrook Pl
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Great Value!



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