

Facing – and Fighting – the Opioid Crisis

BY ANDREA WORKER
THE GAZETTE

The inbox of any member of Congress overflows with information on hundreds, if not thousands, of issues and requests to address the problems that plague their constituencies. So how did the growing opioid crisis and its effects on local communities find its way to the top of the pile for U.S. Rep. Gerry Connolly (D-11)?

Connolly found himself “so taken aback” when doing a “little data reading.”

“I knew it was bad. I knew it was affecting a lot of people,” but the numbers stunned him.

Connolly and his staff dug deeper. Calls, meetings, research, and even some drive-alongs with law enforcement followed. Then it was time to bring together the experts, the policy-makers, the front-line responders, representatives of those personally affected, and the public at large. Joining forces with the Fairfax County Board of Supervisors, Connolly and Board Chairman Sharon Bulova hosted a roundtable event on Saturday, Oct. 21 at the Fairfax County Government Center, that was aired live, as well as recorded and available for viewing on the County’s Channel 16.

“This ... is an opportunity for our community to come together and bring the opioid epidemic out of the shadows,” said Connolly, “... and by bringing this panel of



PHOTOS BY ANDREA WORKER

At the roundtable addressing the Opioid Epidemic. Speakers included U.S. Rep. Gerry Connolly, Fairfax County Board Chair Bulova, and members of law enforcement, the medical profession, nonprofits, treatment providers, and state Secretary of Health and Human Services William Hazel.

experts together we hope people will know they aren’t alone in this fight.”

TO START THINGS OFF, both Connolly and Bulova shared some of those numbers that so affected the congressman.

❖ Since 2000, the opioid and heroin epidemic has claimed more than 200,000 lives — more than three times the number killed in the Vietnam War.

❖ According to the National Center for Health Statistics, more than 64,000 Americans died from drug overdoses in 2016 — an increase of more than 20 percent over the previous year.

❖ Deaths from the synthetic opioid fentanyl have increased by 540 percent in just three years.

❖ In the Commonwealth of Virginia, opioid overdose deaths rose by about 40

percent from 2015 to 2016, and synthetic opioid deaths rose from 262 to 692 during that time.

❖ Northern Virginia is not immune from the epidemic, with Fairfax County ranking number one in opioid-related deaths during the 2015-2016 period. Prince William County (parts of which are included in Connolly’s district) reported a doubling of their opioid-related deaths during that same year.

Bulova added that between January and September last year, Fairfax County Emergency Medical personnel reported 369 uses of the drug Naloxone, used to treat people suffering from opioid overdose. “That’s more than one per day,” said Bulova. “These are disturbing numbers.” The overdoses were the result of prescription drug usage, heroin, and synthetic opioids like fentanyl. “And as many of you may know,” noted Bulova, “fentanyl is 10 times more potent than heroin.”

Some studies have reported fentanyl as being as much as 50 times more potent than morphine.

THE ASSEMBLED PANEL illustrated the depth and breadth of the crisis. Joining Connolly and Bulova were state Secretary of Health and Human Resources William Hazel; John Cheseck, battalion chief, Fairfax County Fire and Rescue De

SEE ROUNDTABLE, PAGE 21

Lost History Author Jay Roberts uncovers 16 historic homes in area that were demolished.

BY STEVE HIBBARD
THE GAZETTE

Book author Jay Roberts, 60, of Groveton will be giving a free walking tour on Saturday, Oct. 28, from 10-11:30 a.m., on the sites of three destroyed historic homes which were demolished in the 1960s in southeast Fairfax County.

The sites are of three landmark homes — Mount Eagle, Spring Bank, and City View — that once graced the local landscape.

Roberts, a retired Air Force inventory manager, learned of those sites when he was researching his book, “Lost Alexandria, An Illustrated History of 16 Destroyed Historic Homes in and Around Alexandria, Virginia,” which was self-published in Spring 2017. The book is available in The Old Town Shop on South Union Street in

Alexandria. Roberts also writes a blog called Jaybird’s Jottings (jay.typepad.com) where he delves into local history. He can be reached at Jaybird926@aol.com.

The book, which took two years to research, is an illustrated history of 16 destroyed historic homes in and around Alexandria. The homes that no longer stand were built between 1710 up through the Civil War period. Only six of the homes have a historic marker, and for some, the landscape has been built over with commercial development and modern buildings.

He said many people today are unaware of the local history right in their backyards. “My wife (Roberta) and I live in Groveton and there were three historic homes in and around Groveton and it’s as if no one knew about them. There’s no historical marker.

It’s as if their stories had vanished, so I decided those stories needed to be told ... So I wanted to bring those stories back,” said Roberts.

“Lost Alexandria” chronicles five sites built south of the Beltway in Fairfax County down to Fort Belvoir; nine sites in the City of Alexandria; one built in Prince George’s County at National Harbor; and one at National Airport.

Roberts first got interested in history when the couple moved here in 1995 and he fell in love with the history of Alexandria and

the region, so he began to immerse himself in the local history. He owns more than 100 books on Alexandria and area history.

“I would say I’m like a sponge. I like to learn about every and all aspects of history that I can. Our area, Alexandria, is so rich with history, and in fact, it’s an embarrassment of riches,” he said.

Some of his research involved looking at special book collections at the Alexandria Library; some

SEE LOCAL AUTHOR, PAGE 14



PHOTO BY STEVE HIBBARD

Author Jay Roberts

REQUESTED IN HOME
MATERIAL
TIME-SENSITIVE
POSTMASTER:
ATTENTION
PERMIT #482
ALEXANDRIA, VA
PAID
U.S. POSTAGE
PSRT STD

Alexandria trusts McEneaney Associates

McEneaney.com



REALTORS®

there when it counts

OPEN SAT 10/28, 2-4



Del Ray \$564,900

All-brick 2-bedroom, 2-bath townhouse. Gorgeous open floor plan with updated kitchen and dining area. The finished lower level includes a family room and a full bath. Back deck with serene park views. Walk to "The Avenue" & Metro. 525 E Bellefonte Ave
Jen Walker 703.675.1566
www.JenWalker.com

OPEN SUN 10/29, 2-4



Old Town Commons \$369,900

Open floor plan with modern-day appointments! 1 bedroom, 1 bath, kitchen with granite center island and stainless steel appliances. Hardwoods throughout, soothing color palette, garage parking, and secure storage. 815 N Patrick Street #305
Cindy Clemmer 703.966.0403
www.CindyClemmer.com

OPEN SUN 10/29, 2-4



Alexandria \$699,900

Unprecedented value. Cul-de-sac setting. Over 3,000 finished square feet on 3 levels. Updated kitchen. 4 bedrooms. 2-car garage. Extensive updates. Newer roof, HVAC. MLS# AX10027429. 2004 Braddock Court
Chris Fischer 703.930.6349
www.FischerRealEstate.com

OPEN SUN 10/29, 2-4



Alexandria/Riverside Gardens \$704,900

Sparkling 4-bedroom, 2.5-bath Sweetbriar model awaits your personal touches. Freshly painted from top to bottom, sparkling hardwood floors on the main & upper levels and new carpet in the family room. Great back yard with a large deck. 8422 Stable Drive
Pat Day 703.850.7934
Mason Montague Bavin 703.338.6007



Stonegate \$715,000

Stunning, bright, spacious, brick townhouse in sought-after Stonegate. Upgraded gourmet kitchen opens to back deck and family room with cozy fireplace. New hardwood floors. Rec room walks out to private yard. Minutes to DC & Old Town.
Paul Pavot 703.623.8050
www.myagentpaul.com



Southwood \$649,900

Located at the end of a cul-de-sac on over 1/2 acre, this lovely home must be seen to be believed! Fantastic landscaping. Totally updated inside, chef's kitchen, open floor plan, huge 3-season room. Private drive with rear load over-sized garage.
Vicki Binkley 703.994.0778
www.VickiBinkley.com

OPEN SUN 10/29, 2-4



Springfield \$564,900

Beautiful light-filled townhouse backing to woods. This 3,000-SF home features an updated kitchen with center island. Luxurious master suite with vaulted ceiling & spa bath. Lower level family room. 3 miles to Springfield Metro. 7328 Hampton Manor Place
Sissy Zimmerman 703.989.9779
www.BBZgroup.com



Alexandria \$359,900

This extra large top-floor corner residence with balcony overlooking the handsome courtyard is flush with light, new wood floors, fresh paint, stainless appliances & a garage parking space, plus in-building gym. The King Street Metro is steps away.
Ann Duff 703.965.8700
www.AnnDuff.com

OPEN SUN 10/29, 2-4



Old Town \$799,000

Rarely available distinctive townhome in Lee Mews within walking distance of Old Town's magic. All brick, 3 bedrooms, 2.5 baths, off-street parking – custom woodworking beyond compare! Loft ready to be finished! Low condo fee; sweet patio! Elegant! Close to 2 Metros! 418 N St Asaph Street

Janet Caterson Price 703.960.5858
www.JanetPriceHomes.com

OPEN SAT 2-4 & SUN 1-4



Del Ray \$649,900

Whole house architect-inspired, contemporary renovation with energy efficient systems. 2 bedrooms, 2 baths on 3 levels with designer deck and lower level walk out to landscaped yard. Granite kitchen with buffet. Trendy ceramic baths & floors. Tasteful selection of fixtures and fittings. End unit on quiet Del Ray street with driveway parking for two. 1732 Price St.

Barbara Cousens 703.966.4180
www.BarbaraCousens.com



Del Ray \$540,500

All-brick townhome with 3 bedrooms and 4.5 baths on 4 levels all above ground. 2 fireplaces and wood floors in living/dining room. Large patio with sliding glass door into den. New HVAC. Garage plus guest parking in back. Close to Mount Vernon Ave cafés and minutes to the Pentagon and Shirlington. Bus stop in front.

Shahrazad Miller 703.593.8277
www.McEneaney.com



WE ARE PROUD TO SPONSOR SCAN Toast to Hope SATURDAY, OCTOBER 28, 2017

We are proud to be a pioneer sponsor for the 2017 SCAN Toast to Hope. For 37 years, McEneaney Associates has made an investment in Alexandria that benefits our communities and organizations, and we are honored to have long-standing relationships that go beyond our real estate services.
www.scanva.org/support-scan/toast/

Serving the Washington, DC Metro Area since 1980.
703.549.9292 | 109 South Pitt Street | Alexandria, VA 22314



Shifting Political Battlefield for General Assembly

Solid blue urban areas separated by political beltway from solid red exurbs.

BY MICHAEL LEE POPE
THE GAZETTE

Northern Virginia has more competitive seats than any other part of the commonwealth, a ring of districts that forms a beltway of sorts separating the inner solid blue in Arlington and Alexandria from the solid red in rural and exurban seats in Loudoun and Prince William. That puts Fairfax County squarely in the driver's seat this November, when Democrats hope to pick up seats in an election that has balanced local issues like schools and roads with the ongoing reaction to President Donald Trump. That battle will be won or lost in suburban Northern Virginia, where the Washington suburbs are sprawling into areas that used to be farmland and orchards.

"We have a transportation beltway around D.C. in Northern Virginia, and we also have a competitive political beltway," said Quentin Kidd at Christopher Newport University. "It's the fault line between old Virginia and new Virginia, and it's the trenches of our current political battlefield."

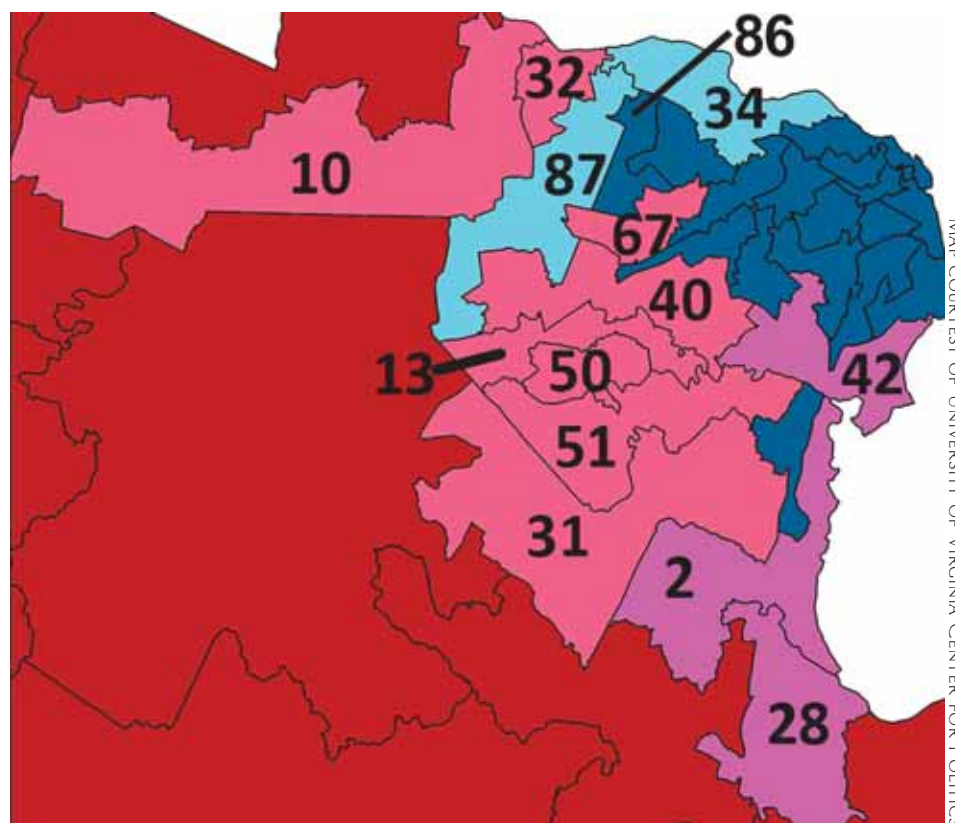
The region has many incumbent delegates who are running unopposed, all Democrats: Mark Keam (D-35), Ken Plum (D-36); David Bulova (D-37); Vivian Watts (D-39); Eileen Filler-Corn (D-41); Mark Sickles (D-43); Paul Krizek (D-44); Mark Levine (D-45); Charniele Herring (D-46); Patrick Hope (D-47); and Rip Sullivan (D-48).

The decision of longtime Del. David Albo (R-42) to step down from public life after more than 20 years in office has created a vacuum that Democrats are eager to fill. Former Labor Department deputy administrator Kathy Tran emerged from a primary back in June, and she's been running hard against Republican Lolita Mancheno-Smoak ever since. Democrats have called attention to Mancheno-Smoak's early support of Donald Trump, whose candidacy she supported back in 2015 shortly after he declared his candidacy by calling Mexican immigrants rapists.

"Sometimes in order to generate change, in order to get new energy to actually feel passionate about a new beginning you need positive disruption," said Mancheno-Smoak in an interview with Connection Newspapers. "I see Trump as a positive disruptor."

Democrats pounced on that remark, issuing a press release in reaction.

"It's no surprise that she would call Donald Trump a positive disruptor as the most recent version of Trumpcare would disrupt access to affordable health care for 32 million people," said Virginia House Caucus spokeswoman Katie Baker in a written statement. "For Kathy Tran, on the other



MAP COURTESY OF UNIVERSITY OF VIRGINIA CENTER FOR POLITICS

hand, health care is a moral issue."

ASIDE FROM HAVING three of the four open seats on the ballot this year, the region has more Republicans incumbents facing hotly contested races than any other part of the state. The Center for Politics at the University of Virginia identified eight Republicans facing competitive challenges and two Democrats. The incumbent who seems to be facing the strongest challenge is Del. Jim LeMunyon (R-67), who sent out mailers emphasizing his work with Democratic Gov. Terry McAuliffe.

"This is probably the best chance Democrats have of taking out a GOP incumbent," said Geoff Skelley, media relations coordinator at the Center for Politics. "Jim LeMunyon occupies the most Democratic seat held by a Republican in the House of Delegates." He is opposed by Karrie Delaney.

Another Republican incumbent facing a competitive race this year is Del. Tim Hugo (R-40), who serves as the Republican caucus chairman. He's facing Democrat Donte Tanner, who raised more than \$350,000 to take on the popular Republican incumbent. That's a huge chunk of change, especially for a first-time candidate running against a longtime incumbent. But it's about half of what Hugo was able to raise. That's only part of the value of incumbency. Hugo, who calls himself the "pothole delegate" for his support of constituent issues, has spent the last decade building goodwill among voters in the district.

"Folks like Tim Hugo have established a name brand and an identity in their districts, and voters generally have a favorable view toward them," said Mark Rozell, at George Mason University. "Democrats are

energized, and they are counting on a big anti-Trump vote. But I think you can count on some split ticket voting, and perhaps many of those voters who are going to vote against the Republican at the top of the ticket will still vote for their local guy in the House of Delegates."

REPUBLICANS INCUMBENTS aren't the only General Assembly members facing challenges, though. Del. Kathleen Murphy (D-34) is one of two Democratic incumbents facing a challenge the Center for Politics has ranked as competitive. The seat was held for more than 40 years by Republican Vince Callahan, although it has been held by Republicans and Democrats since he retired a decade ago. The Republican in the race is Cheryl Buford, who struggled to answer questions about her own campaign platform in an interview with Connection Newspapers. She says she wants to reduce regulations, for example, but she couldn't name any specific ones she would spike. She also says she wants to tackle the opioid crisis, although she couldn't name any specific proposals on that either.

"While it will be tough for the GOP to win any seats currently held by Democrats in 2017, this is one of the few such seats with a recent track record of competitiveness," says Skelley. "So I don't think we can en-

House District 40

Republican Tim Hugo: \$660,000
 ♦ \$26,000 from CommonSense VA
 ♦ \$15,000 from Check into Cash of Va
 ♦ \$15,000 from Dominion Energy
 ♦ \$12,500 from LoanMax
 ♦ \$12,500 from Va Beer Wholesalers Association
 Democrat Donte Tanner: \$355,000
 ♦ \$15,000 from Future Now
 ♦ \$15,000 from Only If You Run
 ♦ \$12,000 from stockbroker Edward Hart Rice of Vienna
 ♦ \$10,000 from Congressman Don Beyer's PAC
 ♦ \$10,000 from Donte Tanner

House District 42

Democrat Kathy Tran: \$418,000
 ♦ \$15,000 from Flippable Va PAC
 ♦ \$10,000 from Congressman Don Beyer's PAC
 ♦ \$8,000 from Future Now
 ♦ \$5,000 from Mary Wilkie Ebrahimi of Corpus Christi, Texas
 ♦ \$4,500 from the Fairfax County Democratic Committee
 Republican Lolita Mancheno-Smoak: \$74,000
 ♦ \$15,500 from Dominion Leadership Trust
 ♦ \$3,000 from House Republican Campaign Committee
 ♦ \$1,400 from Clifton Republican Women's Club
 ♦ \$1,250 from Geraldine Davie
 ♦ \$1,200 from Cruz Mancheno of Fairfax Station

House District 49

Democrat Alfonso Lopez: \$116,000
 ♦ \$12,500 from Va League of Conservation Voters
 ♦ \$5,000 from SEIU Local 32BJ
 ♦ \$3,000 from stockbroker Edward Hart Rice of Vienna
 ♦ \$2,500 from investment banker Mirza Baig of Great Falls
 ♦ \$2,500 from Realtor Thomson Hirst of Alexandria
 Republican Adam Roosevelt: \$10,000
 ♦ \$1,000 from author Edward Conrad of New York
 ♦ \$800 from Surveillance Equipment Group of Lorton
 ♦ \$500 from Ike Brannon, president of Capital Policy Analytics
 ♦ \$500 from Department of Commerce official Daniel Corrin of Washington, D.C.
 ♦ \$500 from Marcus Farris of Antioch, Tenn.

tirely count out Buford."

One race that is contested but not necessarily competitive is House District 86, where incumbent freshman Democrat Jennifer Boysko is defending the seat against Republican challenger Linda Schulz.

Two years ago, Democrats were able to flip the seat after the retirement of longtime Republican Del. Tom Rust (R-86), a former mayor of Herndon. Since that time, Boysko has become one of the most outspoken critics of the Republican House leadership, even staging a press conference to denounce how bills with little chance of passing the Courts of Justice were being killed without so much as a hearing. Despite the fact that the seat was held by a Republican for decades, though, the Center for Politics did not race this as a competitive race.

"Tom Rust was a moderate Republican who managed to hold that seat even as it became bluer and bluer," says Geoff Skelley at the University of Virginia Center for Politics. "But now Jennifer Boysko controls it, and there's little reason to think she's in danger."

What To Believe? Data or Driving on Parkway?

NPS: Less traffic on George Washington Parkway than in 1991.

BY MICHAEL K. BOHN
THE GAZETTE

Since last April, the National Park Service has been attempting to produce sufficient data to quantify trends in traffic volume on the George Washington Memorial Parkway south of Old Town.

The Gazette requested volume statistics for the southern leg of the Parkway – Old Town to Mount Vernon – in support of its May 24, 2017, article on Parkway problems. The Gazette requested data from three points in time: any year in the 1980s, 2005 and 2016 in order to assess the impact of the addition of 27,000 workers at Fort Belvoir during the period 2005-2011, and confirm local residents' observations of increased traffic in recent years. Similarly, the Gazette requested from the U.S. Park Police data on annual reckless driving/speeding citations and accidents for the same three points in time. But neither organization was able to supply relevant information in time for the May article.



The Mount Vernon traffic circle in a far less busy time in 1932, the year the Parkway opened.

Since then, the Park Police provided on June 22 limited information on accidents, but did not offer any information on citations. An NPS traffic engineer in Colorado finally provided by email on Oct. 6 a sampling of total daily traffic volume, north- and southbound, from 1991, 2005 and 2016.

Traffic Volume (Average daily total, north- and southbound vehicles. Information collected by an imbedded road surface sensor 1/4 of a mile north of Belle Haven Road; reported by NPS.)

1991 30,000 vehicles per day
2005 27,000 vpd
2016 28,000 vpd

This slight decline since 1991 runs counter to casual observations by residents and commuters.

Accidents (PI – personal injury involved)

	From Reagan National to Mount Vernon	Intersection at Morningside Lane
2011	87	8
2012	60	8
2013	14	1
2014	45 (12 PI)	6 (2 PI)
2015	37 (16 PI)	6 (4 PI)
2016	83 (15 PI)	8 (0 PI)

Park Police spokesperson Sgt. Anna Rose stated in an email that the data in the left hand column in the above table was from "Beat 212." When asked to define that area, she replied in an email, "I am unable to discuss beat boundaries in order to protect our operational security." Given that state Del. Paul Krizek told the Gazette that only one officer patrols the area between the north end of the airport and Mount Vernon, that appears to be Beat 212.

The Park Police offered no data for periods before 2011, and no information on speeding or reckless driving citations for any year. When asked, Rose was unable to comment on the radical decline in the number of accidents from 2011 to 2013, or the subsequent reversal through 2016. Also, she

SEE WHAT TO BELIEVE?, PAGE 20



THANK YOU TO OUR SPONSORS

The Students, Faculty and Families of Stratford Landing Elementary School say THANK YOU! to our 2017 Rock 'N Run PLATINUM, GOLD and SILVER SPONSORS!

The Rock 'n Run is Stratford Landing Elementary School's biggest fundraiser of the year and, thanks to our community sponsors, all proceeds go directly to meeting the needs of our teachers and students. To make a donation to the Rock 'n Run, please go to: <https://www.youcaring.com/stratfordlandinges-955806>

PLATINUM

Paisano's
Applied Policy
Moore and Wright Tree Services

GOLD

7-11 Elkin	Enlighten Solutions
A Child's Place	Fort Hunt Animal Hospital
Associates of Otolaryngology	Hughs Orthodontics
Berry Home Solutions	Joya Construction
Burton Dentistry	Lay n Go
Carney, Inc.	Nicky McDonald, Sothebys
Chris White, Long and Foster	Star Granite and Marble
	The Anderson Clinic

SILVER

Alex Salon and Day Spa	Stratford Landing Girl Scouts
Barre 3	(Troops 4689, 791, 3399, 900 & 53005)
Golds Gym	
Heidi Foster, Keller Williams	The Monogrammed Monkey
Helen Olivia Flowers	Traci Vitali, Coldwell Banker
Kim Fazio, McEneaney & Assos.	

A MOUNT VERNON GAZETTE COMMUNITY PARTNER

Volunteer for VolunteerFest

RSVP Northern Virginia is seeking volunteers for two public service projects in the Alexandria area of Fairfax, Saturday, Oct. 28, part of VolunteerFest 2017 organized by Volunteer Fairfax.

VolunteerFest is a region-wide day of community service held each October in conjunction with National Make a Difference Day, mobilizing hundreds of volunteers to help nonprofits accomplish tasks that they would not have the resources to do so on their own.

United Community Ministries distributes fresh fruits and vegetables to the needy as part of its Mobile Market on the last Saturday of each month. Volunteers are needed Oct. 28 to help stock, organize, and distribute fruit and vegetables and will also have the opportunity to work one-on-one to help UCM clients select items from the food bank. More than 100 clients are to be served on the 28th. The event begins at 7 a.m. and should last about four hours.

UCM also is preparing for its annual Holiday Gift Room. Last year, donations of nearly 10,000 toys, books, games, clothing, and other gifts helped more than 1,200 area children. Volunteers will help paint walls, reorganize pantries and set up the gift room so it is ready to receive toy's donated to the drive each year.

The Holiday Gift Room project begins at noon and is slated to last three hours. Both volunteer opportunities will take place at United Community Ministries, 7511 Fordson Road, Alexandria, located near Route 1.

RSVP (Retired and Senior Volunteer Program) is a volunteer network for people 55 and older and pro-



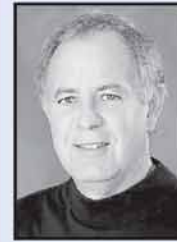
UCM PHOTO PROVIDED BY
RSVP NORTHERN NORTHERN VIRGINIA

Laurel Cunnane, lead volunteer on the United Community Ministries' Holiday Gift Room Project, with one of the donated toys in the Holiday Gift Room at United Community Ministries in the Alexandria area of Fairfax County.

vides individualized support to seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria.

United Community Ministries Inc. (UCM of Alexandria) is a community-based nonprofit that provides comprehensive social services for Mount Vernon's vulnerable children their families in Southeastern Fairfax County. For more information on UCM visit www.ucmagency.org

To sign up for either or both of these VolunteerFest events, email RSVP Volunteer Specialist Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To sign up for an upcoming RSVP orientation visit www.rsvpnova.org.



Rex Reiley
RE/MAX Allegiance
703-768-7730
rex.reiley@rmxtalk.com



OPEN SUNDAY 1-4

NEW PRICE

Mt. Vernon Grove \$594,900
9336 Heather Glen Drive
Beautiful 4 BR, 2 1/2 BA colonial w/2 car garage on the Potomac River side of Mount Vernon. .34 Acre. Library on main level. Family Room w/fireplace off of the kitchen w/ French doors to backyard. Dressing room & walk-in closet adjoin the spacious Master suite. Separate Dining and Living Rooms. Unfinished basement w/walk-up steps.



OPEN SUNDAY 1-4

Alex/Riverside Estates \$615,000
8331 Blowing Rock Road
Beautiful Mt. Vernon Colonial w/stunning renovations! 4BRs, 3.5BAs, 3 lvls, garage & deck. Gorgeous addition w/exquisite remodeling expands the kit & family rm. The quality & design are exceptional. Stunning kit w/all the bells & whistles (skylight, tile & bamboo flooring, SS appliances, silestone counters, high-end cabinetry, double wall oven, gas cooktop) & a casual eating area overlooking bkyd. Spectacular family rm w/gas FPL & sliding glass doors to the deck. Abundant windows provide natural lighting. 4BRs on the upper lvl. Lower lvl has a full bath, lg finished rec rm, & an additional rm that can be easily configured as a 5th BR. Roof replaced in '15. Wood FPL in living rm & lower lvl. This is a winner!



OPEN SUNDAY 1-4

Mt. Vernon Manor \$554,900
8705 Gateshead Road
Beautiful Mt. Vernon colonial with double carport and private backyard facing woods. 4 Bedrooms, 2 1/2 Baths, replacement windows, hardwood floors, screened back porch, family room with fireplace off of kitchen, separate dining and living rooms, fitness studio in walkout basement. Large master suite includes adjoining sitting room that can be a nursery or a home office. .34 Acres. Great location, great price!!



OPEN SUNDAY 1-4

Alex/Riverside Estates \$539,900
8603 Cherry Valley Lane
A whole lot of house for a great price at \$539,000. Approximately 2800 sq ft of living space w/5BRs, 3BAs plus a large 2 car garage. Updated kitchen w/granite counters and backsplash - 3 gorgeous, updated baths - replacement double pane windows and beautiful hardwood floors. Large workshop/storage room behind garage. Walk to elementary and high schools. 5 minutes to Ft. Belvoir (S) and 15 mins to Old Town Alex, (N) - This is a bargain!



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.



RENTAL

Alex/Riverside Estates \$2,857
8314 Bound Brook Lane
Beautiful 3 level colonial w/1 car gar. Meticulously maintained. Lovely landscaping. Renovated kitchen, SS appliances, granite, breakfast bar. Refin Hdwd floors. Gorgeous screened porch off Din Rm. Beautiful finished lower level. Minutes to Ft. Belvoir (S) & a5 minuts to Old Town, Alex (N).



COMING SOON

Alex/Potomac Valley \$554,900
8807 Vernon View Drive
Lovely 4BR, 2BA, 4 lvl, Split on a large, beautiful .3 acre lot w/a fenced bkyd. Main lvl has a spacious & cozy Family rm w/gas FPL, 4th BR, & 2nd full bath. Upper level #1 offers an open kitchen w/ceramic tile floor & space for a table plus Living & Dining Rm. Upper level #2 has a full bath & 3BRs w/carpet over the hdwd floors. The lower level has a large partially finished Rec rm. Good price on a super lot & very nice home that you can add some personal touches to. Keep an eye out for the Estate Sale on furniture. CS 3% on the house-Call Rex for an early visit 703-409-4784



For more information: www.RexReiley.com

Each Office Independently Owned and Operated



Whole House Remodeled Home Tour

SATURDAY, NOVEMBER 4TH 12-4PM

417 Pitt Mews, Alexandria, VA 22314



In addition, Sun Design will be hosting a food drive to support Catholic Charities' St. Lucy Project, to include Christ House Food Pantry of Alexandria. Take a tour of the remodel, donate food, or do both!

REINVENT YOUR HOME TO ENRICH YOUR LIFE

Come see first hand how redesigning existing space created better function, flow, and light in this remodeled home.

THIS IS A MUST-SEE REMODELED HOME!

SUN DESIGN
ARCHITECTURAL DESIGN-BUILD FIRM
Major Remodels • Additions
Kitchens + Baths • Basements
Outdoor Spaces
703.425.5588 SunDesignInc.com

Start the Season of Giving with Sun Design!



Canned Meats • Peanut Butter • Jelly • Tuna
Canned Vegetables
Fruit Cups
Canned Fruit
Cereal • Pasta
Instant Potatoes • Macaroni & Cheese
Coffee, Cooking Oil, Flour, Sugar
Grocery Gift Cards

Who Will Help Dreamers and Refugees?

Individuals, religious groups and other organizations share same goal.

BY SHIRLEY RUHE

The supporters all agree on one thing. As Imam Ali Siddiqui said, “Nobody asked these kids whether they wanted to come to America. They go to school, they work hard, build a career. It will be a loss to send them back.” Figures distributed by The Commonwealth Institute in October 2017 show that if all Virginians who are eligible for Deferred Action for Childhood Arrivals (DACA) became citizens, state and local tax contributions by young Virginians would rise from the current \$35 million to \$52.9 million a year.

As President Trump’s executive order released Sept. 5 threatens 800,000 DACA recipients with deportation, communities of supporters rally to their defense.

Individuals and groups converge from all directions to provide sanctuary, educational assistance, moral support, employment counseling and sometimes “in your face” advocacy for immigrant assistance. Each group has a plan and a niche but they are all working for the same goal — passage of the Dream Act, which will offer the opportunity for a long, but legal, path to citizenship for undocumented immigrants.

Norma Kacen is part of the Northern Virginia Friends of Refugees, an Arlington-based group, which she co-founded with Wendy Chan in the fall of 2016. “I grew up on Federal Hill in Providence, Rhode Island, an ethnic ghetto. It was a closed world with circles of ghettos — Portuguese, Italian, French, German, Polish,” she said, drawing circles with her finger on the table.

Kacen has recently been up on Capitol Hill as a volunteer lobbyist with the American Association of University Women visiting key senators to urge passage of the Dream Act. “All of the comments were ‘we couldn’t afford it,’ but,” she says, pulling out a talking sheet, “ending DACA and kicking recipients out of the labor force would cost the United States \$433.4 billion in GDP and decrease Social Security and Medicare contributions by \$24.6 billion over the next decade.” This is according to the Center for American Progress, a self-described progressive independent nonpartisan policy institute.

As of November 2016, 645,000 DACA recipients nationwide are employed, and they pay taxes. Kacen said, “My challenge to the senators was yes, we pay for their education like anyone else who pays taxes.” But most of the senators were unmoved by the arguments. Kacen says it is

also important to acknowledge a breakdown of DACA by Congressional districts because “some our representatives only listen to their own constituents.”

Northern Virginia Friends of Refugees was established to combat the anti-Muslim rhetoric and to be a welcoming friend to all refugees. “We didn’t want to duplicate the efforts of others so we partner with other organizations,” she said.

RECENTLY THE GROUP held three advocacy workshops for people supportive of refugees. About 50 people attended one of the workshops at Fairfax Presbyterian Church, Mt. Olivet Presbyterian Church in Arlington and a Muslim site in Fairfax. These workshops are non-partisan with the purpose to teach the skills necessary for effective advocacy.

“I was really delighted and it was extremely heartening that millennials attended. Every organization is trying to figure out what they can do to attract the disengaged millennials,” Kacen said.

The second event, which was held in the spring, brought American professionals together with the often highly skilled immigrants to help the immigrants navigate the workplace. “So we connect the immigrants together with American professionals in their own field to allow the professionals to talk.” Many of the refugees were doctors, architects, engineers and entrepreneurs in their countries and now have low-level jobs in America. The purpose of these life skills programs is to increase connections to help the immigrants reach their potential.

The third focus for this year is a large community event planned for the spring. It would be intended to show the resilience of the immigrants by “focusing on the incredible skills in the cultural arts such as music, arts and fashion. It is to show the capacity to overcome, the triumph of the human spirit,” she said.

Are they making progress? Kacen paused, “It’s hard to say. But ... there are so many people engaged.”

Monica Sarmiento is executive director of Virginia Coalition for Immigrant Right (VACIR), a coalition that began in 2013 with eight organizations, now grown to 16. She says their organization is focused on how to have more comprehensive immigrant reform in Virginia. “Many organizations have their niches demographically or ethnically but we tend to be looking at what we’re doing statewide and collaboratively. The most important empha-



PHOTO BY SHIRLEY RUHE

Remembering her youth in Rhode Island, Norma Kacen of Arlington traces circles on the table as she describes neighborhood ghettos of people segregated by ethnicity.



Sumi Yi



Monica Sarmiento



The Rev. Laura Martin

sis is to push different community representatives at the table — African, Korean, Muslim.”

Sarmiento says since VACIR is a 501(c)(3) non-profit organization they don’t directly lobby but have encouraged people to call their members of Congress, and the 16 organizations who are part of the coalition often engage in advocacy. For instance the Commonwealth Institute has prepared a fact sheet outlining how DREAMers grow our economy with 61 percent opening a bank account, 64.5 percent buying their first car, 97 percent becoming employed or enrolled in school. It adds that young people with DACA status contribute nearly \$711 million to Virginia’s economy annually including nearly \$35 million in state and local taxes. The conclusion is that ending DACA could reduce Virginia state and local tax revenue by almost \$13 million a year.

Members of VACIR include such groups as Legal Aid Justice Center, SEEC, VOCOLAO, NAKASEC, The Commonwealth Institute and Virginia New Majority. These groups have focused on the constituents of two U.S. representatives in Virginia, Scott Taylor (R-2) and Barbara Comstock (R-10), who they are trying to convince “to do the right thing and support a clean Dream Act.”

Sarmiento says the VACIR board had decided for the first time to endorse a clean Dream Act, the first time they had endorsed

any legislation. “A clean Dream Act would not have such provisions as mandatory verification (death by 1,000 papers), an increase in ICE agents, increased money for deportation, funding for the border wall, inability to sponsor family members, no pathway to citizenship.”

She says there needs to be a much larger conversation to spotlight the injustices happening now with undocumented immigrants who have already lost their DACA status due to President Trump’s executive order or who will lose their Temporary Protective Status (TPS) if it is not renewed. These people could be deported any day. She says 300,000 of these are from Latin America; 200,000 of these are Salvadoran. Sarmiento was raised in Northern Virginia but her parents emigrated from El Salvador fleeing war. “They were fortunate my grandmother lived here and got her legal status through the Reagan amnesty act so my father got legal status.”

Sumi Yi, Virginia community organizer for National Korean American Service & Education Consortium (NAKASEC), a community-based progressive Asian American and Pacific Islander organization, says their mission is to organize Korean and Asian Americans to achieve social, racial, and economic justice. She points out that out of the cur-

SEE DREAMERS, PAGE 13

BELLE HAVEN
6210 Foxcroft Road
Alexandria, VA
\$1,045,000

JEANNE WARNER
+1 703 980 9106



BELLE HAVEN
6211 Randall Court
Alexandria, VA
\$1,499,900

PHYLLIS PATTERSON
+1 703 310 6201



OLD TOWN
309 N Lee Street
Alexandria, VA
\$1,349,000

CINDY BYRNES GOLUBIN
+1 202 437 3861



OLD TOWN
220 Oronoco Street
Alexandria, VA
\$899,000

CINDY BYRNES GOLUBIN
+1 202 437 3861



BRADDOCK HEIGHTS
1512 Stonewall Road
Alexandria, VA
\$2,400,000

CINDY BYRNES GOLUBIN
+1 202 437 3861



ALEXANDRIA CITY
2000 Scroggins Road
Alexandria, VA
\$1,825,000

CINDY BYRNES GOLUBIN
+1 202 437 3861



SAVE THE DATE

Virginia Fall Luxury Open House Tour

Sunday, October 29 | 1 - 4 pm

For more information, visit facebook.com/TTRSIR

ALEXANDRIA, VA BROKERAGE 400 SOUTH WASHINGTON STREET, ALEXANDRIA, VA 22314 | +1 703 310 6800 ttrsir.com

©2017 TTR Sotheby's International Realty, licensed real estate broker. Sotheby's International Realty and the Sotheby's International Realty logo are registered service marks used with permission. Each Office is independently Owned And Operated. Equal housing opportunity. All information deemed reliable but not guaranteed. Price and availability subject to change.

OPINION

Don't Stay Home

Your vote counts this round;
nation is watching.

Every year is election year in Virginia. Virginia offers multiple examples that prove every vote counts.

This year, each Virginia voter will vote for Governor, Lieutenant Governor, Attorney General and their member of the House of Delegates. Virginia is one of two Governor's races, and many are watching the Virginia race to as a harbinger of what to expect in 2018.

No matter how you vote, polling shows that the Governor's race could be very close.

EDITORIAL While there are quite a few uncontested races for members of the House of Delegates, several races could also be close, with the outcome likely to depend on turnout.

There is every reason to get out and vote.

Absentee Voting in Person

Voting early if you qualify is a good choice.

There are 19 valid reasons to vote absentee in Virginia, including the possibility that you will be working and commuting to and from home for 11 or more hours between 6 a.m. and 7 p.m. on Election Day. Check the Virginia Department of Elections list to see if you are eligible: elections.virginia.gov/casting-a-ballot/absentee-voting/index.html

There are two ways to vote absentee: in-person and by mail. To vote by mail, you will need to apply for an absentee ballot; if you vote absentee in-person you will fill out the application when you arrive at the in-person absentee location.

See your locality's elections website for more.

Bring Photo ID, There Are Alternatives

Virginia has voter identification requirements; plan to bring photo identification with you to vote, whether absentee or on Election Day.

Any registered voter who does not have one of the required forms of identification can apply for a free Virginia Voter Photo Identification from any general registrar's office in the Commonwealth. Voters applying for the Virginia Voter Photo ID complete the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the digital signature pad.

Among accepted ID: valid Virginia Driver's License or Identification Card; valid Virginia DMV issued Veteran's ID card; valid U.S. Passport; other government-issued photo identification cards issued by the U.S. Government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth; valid college or university student photo identification card from an institution of higher education located in Virginia; valid student ID issued by a public school or private school in Virginia displaying a photo; employee identification

General Election Day, Tuesday, Nov. 7

On Election Day Polls are open from 6 a.m.-7 p.m.

card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer's business.

A voter who does not bring an acceptable photo ID to the polls will be offered a provisional ballot.

To find a registration office where you can obtain photo ID, even on the day of an election, visit: vote.elections.virginia.gov/VoterInformation/PublicContactLookup.

Provisional Ballot Process for Voters Who Arrive Without Identification

If you arrive at your polling place on Election Day without an acceptable form of photo

On the Ballot

Governor

Ralph S. Northam (D)
Edward W. "Ed" Gillespie (R)
Clifford D. Hyra (L)

Lieutenant Governor

Justin E. Fairfax (D)
Jill H. Vogel (R)

Attorney General

Mark R. Herring (D) incumbent
John D. Adams (R)

House of Delegates

34th District

Kathleen Murphy (D) incumbent
Cheryl Buford (R)

35th District

Mark Keam (D) incumbent, unopposed

36th District

Ken Plum (D) incumbent, unopposed

37th District

David Bulova (D) incumbent, unopposed

38th District

Kay Kory (D) incumbent
Paul Haring (R)

39th District

Vivian Watts (D) incumbent, unopposed

40th District

Donte Tanner (D)
Tim Hugo (R) incumbent

41st District

Eileen Filler-Corn (D) incumbent, unopposed

42nd District

Kathy Tran (D)
Lolita Mancheno-Smoak (R)

43rd District

Mark Sickles (D) incumbent, unopposed

44th District

Paul Krizek (D) incumbent, unopposed

45th District

Mark Levine (D) incumbent, unopposed

53rd District

Marcus Simon (D) incumbent
Mike Casey (I)

67th District

Karrie Delaney (D)
Jim LeMunyon (R) incumbent

86th District

Jennifer Boysko (D) incumbent
Linda Schulz (R)

Fairfax County School Bonds

Voters will vote yes or no on a \$315 million public school bond referendum on the Nov. 7 general election ballot. If approved by voters, the Fairfax County Public Schools' current plans to use this bond money are to plan and/or construct two new elementary schools, one in Fairfax/Oakton area and another in the northwest county area; relocate one modular building; plan additions at three existing high schools to add capacity at Madison, Stuart and West Potomac; plan and/or construct renovations of 10 elementary schools, three middle schools and two high schools. See www.fcps.edu/about-fcps/facilities-planning-future/2017-school-bond-referendum.

Fairfax County Office of Elections

www.fairfaxcounty.gov/elections
Voter Registration: 703-222-0776, TTY 711
Absentee Fax: 703-324-3725
Email: voting@fairfaxcounty.gov
Election Officer Info: 703-324-4735, TTY 711

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

SOBER-RIDE FOR HALLOWEEN

Free Sober Rides. Saturday, Oct. 28, 10 p.m. through Sunday, Oct. 29, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter the code DCHALLOWEEN in the app's "Promo" section to receive a no cost (up to \$15) safe

ride home. The SoberRide code is valid for the first 1,500 Lyft users who enter the code. Visit www.soberride.com.

THURSDAY/OCT. 26

Two Chambers Meet. 6-7:30 p.m. at

George Washington's Mount Vernon, 3200 Mount Vernon Highway, Mount Vernon. The Alexandria Chamber and the Mount Vernon-Lee Chamber will come together for a special networking event. Visit

SEE BULLETIN, PAGE 22

Mount Vernon Gazette

www.MountVernonGazette.com

@MtVernonGazette

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

**1606 King Street
Alexandria, Virginia 22314**

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
gazette@connectionnewspapers.com

Steven Mauren
Editor, 703-778-9415
smauren@connectionnewspapers.com

Mike Salmon
Assistant Editor
msalmon@connectionnewspapers.com

Andrea Worker
Reporter
aworker@connectionnewspapers.com

Jeanne Theismann
jtheismann@connectionnewspapers.com
@TheismannMedia

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

Julie Ferrill
Real Estate, 703-927-1364
jferrill@connectionnewspapers.com

Helen Walutes
Display Advertising, 703-778-9410
hwalutes@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Publisher
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Editor in Chief
Steven Mauren
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com

A Connection Newspaper



OPINION

Green Economic Revitalization

BY PAUL KRIZEK
STATE DELEGATE (D-44)



One of my top priorities in the 2018 legislative session will be to continue to enhance efforts for the economic revitalization of the Richmond Highway Corridor in an environmentally sustainable way. As the Embark Richmond Highway project moves forward, we have an excellent opportunity to reshape our community to become a hub of 21st century commerce and culture with not just green spaces but green buildings and homes.

COMMENTARY

An idea Sen. Scott Surovell and I are considering is to expand upon the current law (2017 legislation from Republican Del. Michael Webert) that allows localities like Fairfax County to create “green development zones” in areas slated for economic revitalization. The 2017 legislation focused on commercial zones with tax relief, and we are considering building on that with grant incentives to residential and possibly mixed-use development. This would provide the county with a good opportunity to be proactive in its environmental stewardship with respect to the corridor.

I am sure that the county is looking at the new “Green Development Zones” law and already it has implemented environmental and energy goals for county facilities and made significant efforts to reduce the county’s operational demand for energy through efficiency, conservation and education. Our legislation is to especially help with those communities that live in older homes lacking modern energy efficient construction and allow the county, by ordinance, to designate Certified Virginia Green Districts in these residential and possibly mixed-development areas. It would require a residence to have been issued a certificate of occupancy before Jan. 1, 1975 and would provide grants of between \$10,000 and \$50,000 for up to 50 percent of the improvement cost, and the families would need to reside in their homes for another five years to qualify for the grant.

There is a hunger to promote environmental sustainability and responsible environmental growth. Not just from the residents, but from the businesses themselves.

Last week, Gov. Terry McAuliffe announced Facebook will invest \$1 billion to create a data center in Henrico County. In addition to the center, hundreds of millions of dollars will be invested to build solar facilities to power it with 100 percent renewable energy. The deal will also bring 100

SEE ECONOMIC, PAGE 12

ANGEL'S TREE & LANDSCAPING SERVICE

Tree & Stump Removal
Bush & Tree Trimming
Bush & Tree Planting
Fall Cleanups & Leaf Removal
Mulching
Aeration & Overseeding
Gutter Cleaning
703-740-6282

No Payments on Auto Loans Until 2018!!

Auto Loan

rates as low as

1.64%

Up to 36 months

#DreamsThriveHere

Apply today for an Andrews Federal auto loan!

andrewsfcu.org | (703) 822-5223

Federally Insured by NCUA. We do business in accordance with the Equal Credit Opportunity Act. Must be a member of the credit union to open any loan account. For all loans, additional rates and terms are available for qualified applicants; rates, terms and conditions vary based on creditworthiness and qualifications and are subject to change without notice. Rate shown effective as of 10/1/2017. Subject to credit and collateral approval. APR = Annual Percentage Rate. APR listed is the lowest available rate. For current rates, visit our website at andrewsfcu.org. First payment may be deferred for 90 days for qualified applicants only. Interest will continue to accrue from the date of loan disbursement, and will become due once payments begin. Interest and credit insurance premiums (if applicable) continue to accrue during deferred-payment period. 1.64% rate is a fixed-rate on New Auto Loans for a maximum of 36 months. Payment example: for a \$20,000 New Auto loan for a term of 36 months, with a 1.64% APR, the monthly payment will be \$569.80. Used auto loan rates available at andrewsfcu.org. A New Vehicle is a vehicle that is of the current or previous model year (up to a maximum of one year old) and is currently owned by the original owner of the vehicle. Andrews Federal does not finance vehicles more than 10 model years old unless they are deemed a Classic vehicle. Minimum loan amount is \$5,000. Maximum loan amount is \$150,000. Loan amount cannot exceed 120% of the MSRP or NADA value of vehicle. Existing Andrews Federal auto loans cannot be refinanced for these rates/terms unless you are financing an additional amount of \$5,000 or more plus the existing loan balance. Our field of membership includes Active Duty or Retired Military personnel (or their spouses, dependents or dependent survivors) of Joint Base Andrews, Joint Base McGuire-Dix-Lakehurst, and military installations in central Germany, Belgium, and The Netherlands; as well as over 200 employer groups throughout Maryland, Virginia and New Jersey. We also have nationwide membership eligibility through the American Consumer Council and anyone who lives, works, attends school or worships in Washington, D.C. Visit andrewsfcu.org to find out how you can join!



The Campagna Center Presents
Scottish Christmas Walk Weekend
DECEMBER 1-2, 2017
OLD TOWN ALEXANDRIA



The 47th Annual Scottish Christmas Walk Weekend & Parade is the signature fundraiser for The Campagna Center, Alexandria's leading nonprofit organization dedicated to providing educational and supportive services for more than 2,000 children, teens, adults, and families throughout the year.

Purchase your event tickets and place your heather and greens orders today!

campagnacenter.org/scottishwalkweekend



NEWS

Project S.A.F.E.

BY EMS TECHNICIAN GARRET WOO
 FIRE STATION 9, MOUNT VERNON, C-SHIFT

Last school year, the Fairfax County Fire and Rescue Department brought back an important educational program for third grade students in Fairfax County Public Schools. Project S.A.F.E. (Student Awareness of Fire Education) is designed to teach students important fire safety skills and to understand what to do in the event of a fire or other emergency.

PUBLIC SAFETY

A group of six firefighters have already been hard at work this school year traveling to a variety of county schools teaching vital life safety skills that will hopefully last a lifetime.

During the program, third graders are taught how and when to check for working smoke alarms (check it every month), match and lighter safety, how to make a home fire escape plan and how to crawl out to safety under the smoke from a fire. The students are then given a packet to take home so they can conduct a home fire safety check.

They also work with their parents to develop their own home fire escape plan.

I got into this program last year during its re-launch as a way to get myself more involved with the department, but I quickly



PHOTO COURTESY OF LAUREN MARASTI/BELLE VIEW ES

EMS Technician Garret Woo teaches third graders at Belle View Elementary.

realized how valuable the information we are giving these kids really is. Many of the kids I have taught so far know basic things like stop, drop, and roll, but didn't have any working knowledge of what a smoke alarm was or what they should do when it goes off.

SEE TEACHING FIRE, PAGE 12

Struggling with Type 2 Diabetes and Weight?

You don't have to manage alone.

Join our research team!

2 year clinical study examining the impact of an investigational medication for the treatment of type 2 diabetes and obesity.

Study related nutrition & lifestyle counseling, physical exams, lab tests and research medication at no cost.

Washington Center for Weight Management & Research
 Domenica Rubino, MD
 703-807-0037
 2800 S. Shirlington Road, #505
 Arlington, VA 22206
www.wtmgmt.com

EXCEPTIONAL SCHOOLS FAIR

November 5, 2017 | 11:00am - 2:00pm
www.exceptionalschoolsfair.com

Showcasing the many wonderful school choices available to families of children with diverse learning needs. Admission is FREE and open to the public.

KATZEN ARTS CENTER

AMERICAN UNIVERSITY @ WARD CIRCLE
 MASSACHUSETTS AVE NW & NEBRASKA AVE NW
 WASHINGTON, D.C.

PARTICIPATING SCHOOLS

THE AUBURN SCHOOL | CHELSEA SCHOOL | THE CHILDREN'S GUILD
 COMMONWEALTH ACADEMY | THE DIENER SCHOOL | EAGLE HILL SCHOOL
 EMERSON PREPARATORY SCHOOL | FORMAN SCHOOL
 THE FROST SCHOOL, PART OF SHEPPARD PRATT HEALTH SYSTEM | FUSION ACADEMY D.C.
 THE GOW SCHOOL | THE IYMOUNT SCHOOL | THE KATHERINE THOMAS SCHOOL
 THE KINGSBURY CENTER | THE LAB SCHOOL OF WASHINGTON | LANDMARK SCHOOL
 THE LEELANAU SCHOOL | THE MADDUX SCHOOL | MANSEF | MIDDLEBRIDGE SCHOOL
 NATIONAL CHILD RESEARCH CENTER | THE NEWTON SCHOOL | THE NORA SCHOOL
 OAKWOOD SCHOOL | PARKMONT SCHOOL | PHILLIPS PROGRAMS SCHOOLS
 THE SIENA SCHOOL | WYE RIVER UPPER SCHOOL

Sponsored by the American University School of Education

For more information, please contact Bekah Atkinson at exceptionalschoolsfair@gmail.com

ColdwellBankerHomes.com

#1 Real Estate Brand Online* | Unmatched Property Exposure on 900+ Websites | 111-Year Legacy



Open House Sunday 2-4pm • Alexandria-College Park

402 Princeton Boulevard, Alexandria VA Absolutely stunning 4 level brand new home. Nothing else like it in Alexandria City. Custom millwork, coffered ceilings, paneled wainscot, custom crown, more. All Sub-zero, Wolf appliances in gorgeous kitchen. Great room, Library w/ built-ins. Huge Master BR, 2 walk-in closets. Marble Baths. 3rd floor loft perfect for office, art studio, etc. 20,000 sq ft lot. Detached 2 car garage \$2,499,000 The York Group (703) 409-3377 <http://bit.ly/2zm5j3l>



Open House Sunday 2-4pm • George Washington Park

604 S. View Terrace, Alexandria VA Just Listed. Expanded Cape Cod with 5BR, 3BA. Over 2500 Sqft of living space, screened porch, rear deck off kitchen overlooking expansive rear yard with alley access. Finished lower level. Turn Key ready for move in. \$799,900 The York Group (703) 409-3377 <http://bit.ly/2zm5j3l>



Jefferson Manor

5909 Edgehill Drive, Alexandria VA True 10-minute walk to Metro. Total renovation- hardwoods, recessed lighting, finished LL BR suite w/full BA, expanded kitchen, granite, SS, Viking cook top & ample cabinet storage. Front porch, rear deck, big side yard. Comfortable home w/that extra space you want. \$465,000 Tom Rickert (703) 447-7901 <http://bit.ly/2yWDnq9>



Mount Vernon Valley

4407 Wyres Street, Alexandria VA Updated 3BR, One Level Rambler With Carport On Huge Lot. Updates Include New Kitchen Appliances, Cabinets, Ceramic Tile Floor And Counter Tops; Carpet; Doors; Bath And Painting. Vacate And Ready For The Buyer Who Wants A Detached Home At A Great Price. \$343,000 Edward Pagett (571) 237-4753 [Http://Bit.ly/2Yc7d5b](http://Bit.ly/2Yc7d5b)



McLean

1021 Towlston Road, McLean VA Beautifully maintained All brick estate home privately sited on 2+ acres. Great outdoor entertaining w/Pool & integrated Spa, deck & screen porch. Two story foyer, open kitchen/fam rm, Large master suite, full apartment style guest suite. Freshly updated move-in condition. In the heart of McLean located just 6 miles from Tysons Corner & Silver Line. \$1,649,000 Susan Gray & Alexandra Attiliis (703) 203-9900 <http://bit.ly/2fgDeC8>



Open House Sunday 2-4pm • New Alexandria

6402 Thirteenth Street, Alexandria VA You'll live as well outside as you do inside in this luxurious contemporary New Alexandria home. Open concept on the lower level includes a designer's kitchen with top-of-the-line features. Seductive master suite with massive closet space. Walk into the opulent ensuite bath to experience your in-home spa. Off street parking. Whole house generator. Close to literally everything! \$750,000 Michelle Zelsman (202) 390-8714 <http://bit.ly/2yNUWqP>



Open House Sunday 2-4pm • The Phoenix

1020 N Highland St # 506, Arlington VA You will Live Well at 1020 N Highland #506 Arlington. #NoUberNeeded in this vibrant neighborhood. Come Sunday to see your new luxury studio with high-end features, amenities to fit your professional lifestyle. Garage space conveys. \$370,000 Michelle Zelsman (202) 390-8714 <http://bit.ly/2yErbr5>



Open House Sunday 2-4pm • MONTEBELLO

5901 Mount Eagle Drive #215, Alexandria VA This very well maintained and lovely large "G" Model 2 bedroom condo in top Montebello building. This unit has close access to the Huntington Metro Station. E njoy the terrific restaurant/bar, indoor and outdoor pools, tennis courts and walking/ jogging trails! \$299,000 Ellis Duncan (703) 307-4295 <http://bit.ly/2yftthjo>



Open House Sunday 1-4pm • Belle Haven

2200 Foresthill Road, Alexandria VA Situated on one of the Belle Haven's most sought after streets, you will find this beautiful and stylishly renovated center hall colonial. The owners have lovingly utilized every inch to afford the next family, luxury living with old world charm! Just completed, a "state of the art" gourmet kitchen with handcrafted custom cabinetry, a six burner Wolf gas range/convection dual oven, Subzero fridge! \$1,450,000 Ellis Duncan (703) 307-4295 <http://bit.ly/2ynksmZ>



Marina Towers

501 Slaters Lane # 1419, Alexandria VA Rarely available original WATERFRONT penthouse three bedroom, two bath with two garage parking spaces. Freshly painted and cleaned, waiting for your personal touch. Views to DC. Easy access to DC Airport and more \$665,000 Mary Cay Harris (703) 981-9976 <http://bit.ly/2y9ftDp>



Open House Sunday 1-4pm • Jefferson Manor

5800 North Kings Highway, Alexandria VA Investor Alert - Priced below County assessment! All brick 3 level home 200 feet from Huntington Metro. Fresh paint, hrdwd floors, upgraded windows, gas heat, new AC, new roof, & new 200 AMP electric panel. Hurry! \$365,000 Tom Rickert (703) 447-7901 <http://bit.ly/2u9hqhq>



Seminary Walk

203 Skyhill Road Unit 7, Alexandria VA Lovely community w/ low condo fees close to Old Town & transportation. Top floor 2 bedroom unit w/ skylights, new gas stove & double vanity in bath. Washer/ dryer in unit, balcony & extra storage. Virtually staged. \$259,000 Jane Cole (703) 598-6198 <http://bit.ly/2gfmqzo>

Looking for a career in real estate? Classes start November 6th register today at www.CBRBSchool.com

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

*comScore, Jan.-Dec. 2015. The property information herein is derived from various sources that may include, but not be limited to, county records and the Multiple Listing Service and it may include approximations. Although the information is believed to be accurate, it is not warranted and you should not rely upon it without personal verification. Real estate agents affiliated with Coldwell Banker Residential Brokerage are independent contractor agents and are not employees of the Company. ©2016 Coldwell Banker Real Estate LLC. All Rights Reserved. Coldwell Banker Real Estate LLC fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Operated by a subsidiary of NRT LLC. Coldwell Banker, the Coldwell Banker logo, Coldwell Banker Global Luxury International and the Global Luxury logo are registered and unregistered service marks owned by Coldwell Banker Real Estate LLC. 10713MA_A6/16

www.CONNECTIONNEWSPAPERS.COM

MOUNT VERNON GAZETTE ♦ OCTOBER 26 - NOVEMBER 1, 2017 ♦ 11

**COLDWELL
BANKER**
RESIDENTIAL BROKERAGE



Coldwell Banker
**HOME PROTECTION
PLAN** Administered by American Home Shield

B E N C H M A R K



King's Jewelry

703-549-0011
609 King Street, Alexandria
Mon-Sat 10a-6p Thurs 10a-8p
KingsJewelry.NET

News



PHOTO CONTRIBUTED

Members of Lambda Kappa Omega Chapter and ECF with Ron Kowalski, LCAC and Danica Hawkins, UCM.

Helping Raise Awareness Of Childhood Hunger

As part of the Alpha Kappa Alpha Sorority Incorporated's Childhood Hunger Community Impact Day, the Lambda Kappa Omega Chapter, supported by funds from the Educational and Charitable Foundation (ECF), delivered a total of 1,015 healthy snack packs to United Community Ministries and Lorton Community Action Center to raise awareness about childhood hunger in Fairfax County.

On Oct. 13, more than 60 volunteers gathered at the Providence Community Center to package the

items and were able to complete more than 1,000 packs in one hour. Volunteers also listened to Lorton Community Action Center (LCAC) Board President Ron Kowalski and United Community Ministries (UCM) Community Outreach Coordinator Danica Hawkins discuss the impact of childhood hunger in Fairfax County.

By the end of 2017, the Lambda Kappa Omega Chapter will have donated more than 1,900 healthy snack packs to elementary schools, shelter programs and community centers in Fairfax County.

Teaching Fire Safety

FROM PAGE 10

I joined the fire service to help people in their time of need, but if we can continue to educate kids (and adults) on preventing an emergency call, or what to do to if an emergency occurs to minimize injuries/fatalities during a fire, then I really feel like I am serving the community at all angles.

My favorite part of the class, after the lesson, is dressing up in full

firefighter turnout gear and the Self-Contained Breathing Apparatus (SCBA) — the air bottle. The kids are always amazed when I put everything on and put on my face piece and start to breathe air from the SCBA. It's my job to show them we are here to help and not be afraid or hide from us. I may spend my off days to do this, but I if can prevent even one injury or death, then the program is well worth it.

Economic Revitalization

FROM PAGE 9

permanent jobs and thousands of construction jobs to the region. Multiple localities in Virginia are also competing for Amazon's East Coast headquarters (HQ2), which will be powered by 100 percent renewable energy and bring 50,000 jobs to the surrounding community.

These companies don't locate in jurisdictions that are not good stewards of the environment.

Commercial infrastructure is

only part of the solution. Through extending green development zones to include mixed use and residential, people can live, work, eat, shop and be entertained without leaving their community. The Metro access that the Embark Richmond Highway process will bring is vital to these efforts because we must have top-quality public transportation to ensure the cars stay off the road, improving traffic conditions in the region and lessening air pollution.

WWW.CONNECTIONNEWSPAPERS.COM



Residents since 2012 & 2015

At Westminster at Lake Ridge, a vibrant and exciting world awaits you. The retirement lifestyle you deserve is shared with the active and engaged friends and neighbors who make our community home, all with peace of mind that comes with on-site health care.

WESTMINSTER
AT LAKE RIDGE
ENGAGED LIVING
An Ingheside Community

Now accepting wait list deposits.
Call 703-791-1100 or visit us today!

Westminster at Lake Ridge is a CARF accredited, not-for-profit, continuing care retirement community.



703-791-1100 | www.wlrva.org
12191 Clipper Drive | Lake Ridge, VA



Dreamers

FROM PAGE 6

rent 800,000 DACA 135,000 are Asian-Americans.

The current efforts focus on DACA with phone banks, vigils and visits to Virginia legislators urging them to support of the Dream Act. “Representatives Barbara Comstock and Scott Taylor are on the fence about whether to co-sponsor the legislation,” said Yi. NAKASEC is planning a day soon when they will join with other organizations and knock on every door they can find. “Come on; we can do this,” she said.

Yi says that Korea is a land of opportunity with a great educational system. “I can go there now and make a lot of money but what keeps us rooted here is liberty and freedom. In Korea,” she said, “You have to think a certain way. Culturally and value-wise, I’m American.”

Yi takes a moment to reflect on their recent 30-day vigil in front of the White House.

She said they slept on benches, talked to people, got signatures and even did the “DACA dance.”

“The Secret Service told us we were the weirdest demonstrators they had ever seen at the White House; we even had a karaoke night. But we raised a lot of money,” Yi said. “Some people were supportive but others were being really mean. We had kids with us and I could see they were so hurt. I don’t know what’s going to happen but we’re stronger together. We have to do something.”

She declares they’re going to get education and driver’s licenses for everyone in Virginia. “This moment is bigger than all of us.”

SIXTY FOUR PLACES of worship joined together after the election with the announcement of upcoming anti-immigration legislation. Imam Ali Saddiqui, who is part of a transitional leadership team for the group, says Sanctuary DMV (D.C., Maryland, Virginia) includes a number of Protestant churches as well as several synagogues, Catholic churches and his Muslim Institute. One of their actions has been organizing rallies in support of DACA and immigrant rights. “I was just there last week at the Immigration Customs Enforcement (ICE) office in D.C. and at the mayor’s office.” Since there was just a raid where ICE went after 500 undocumented immigrants and 14 were arrested, the group was asking for their release and for the mayor not to cooperate with ICE officials.

In addition, they have been visiting congressional offices in support of the Dream Act and phoning members of Congress. “Actually this is on a party line. Democrats are very supportive and Republicans not.”

He says you hear the argument that immigrants cost the government money and don’t pay taxes. “Let me tell you my own story. I came here from Pakistan on March 23, 1969 originally as an asylee. I looked for a job and started working and paying taxes March 24 and have paid ever since.”

The Rev. Laura Martin, associate pastor for at Rock Spring UCC in Arlington and also a member of DMV Sanctuary, says there are a number of unresolved issues about the concept of offering sanctuary to an immigrant in a church building. “We are trying to come up with a wider definition of sanctuary such as offering solidarity or support for immigrants when they have an order for deportation. So in the spring another member of the congregation and I picked up a woman living in D.C. with her two children in a



PHOTO BY SHIRLEY RUHE

Imam Ali Saddiqui, transitional leader for Sanctuary DMV, demonstrates outside of ICE office in D.C.

small apartment with 13 people. We were there to support her for her deportation hearing. The woman had fled El Salvador, which is the murder capital of the world. We took her to Rosslyn to immigration court. All of us had to go through a metal detector including the children, and they took away the food in her purse.”

Martin says 80 different cases were all given the same 11 a.m. time for consideration. “It wasn’t a grand court — it was an institutional setting with low ceilings, bright light and so crowded that people, even with babies, couldn’t sit down. It was very procedural and you heard the same thing dozens of times. They took cases with attorneys first so we had to wait for a long time.”

Martin says somewhere along the way the woman’s heavy ankle bracelet started beeping because the battery was low. “There was nowhere to recharge it so it just kept beeping until we got to Subway for lunch in the late afternoon and she could plug it in.” When it came her turn the bilingual judge asked if the immigrant needed time to get an attorney and postponed her case until August.

Then they had to go to Vienna for a regular ankle bracelet check-in. “They could track where she was.”

Martin said the Sanctuary DMV group is not involved in case management so she doesn’t know what happened at the August court date. “The courts can’t keep up. They are rescheduling out to the end of 2018.”

An excerpt from a poem sent by Martin to the congregation concludes:

“I have known the grandmothers who
Smile even though they have left
Their country of spices and markets,
Have left their open windows with blue curtains
Have left the tramping of war,
Have left their songs and language,
And believed America when we said,
“This is the land of the free.””

This is the third article in a series focusing on DACA.

DACA by Congressional District

U.S. Rep.	DACA Recipients
Beyer (D-8)	2,000
Comstock (R-10)	1,600
Connelly (D-11)	2,400

DATA PROVIDED BY NAKASEC

DACA Eligible
5,400
3,700
5,300

LONG TERM CARE MEDICAID APPLICATION SUPPORT

by Nelson-Childers, Inc.

We know how stressful, challenging, and costly it can be when a loved one needs full time skilled care. You may want to apply for Medicaid. We can help.



Set up a

FREE CONSULTATION

www.Nelson-Childers.com

(703) 999-3499

VDOT Virginia Department of Transportation

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.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT’s Civil Rights Division at 703-259-1775 or TTY/TDD 711.

State Project: 0001-029-205, P101, R201, C501
UPC: 107187

Local Author Recounts History of Lost Homes

ILLUSTRATIONS BY
CHRIS YOUNGBLUTH

FROM PAGE 1

involved delving into online maps, documents and local newspapers. “I also interviewed two people who lived in two of the homes,” he said.

What strikes him the most after completing the book is that some people who live here are not aware of what used to be on these properties. “They had no idea that the home was even there,” he said.

Here are highlights of a few of the homes from his book, which are south of the Beltway, and what he discovered.

Mount Eagle

Location: 5905 Mt. Eagle Drive, Alexandria. Built 1790; destroyed by fire set by Fairfax County Fire Department in 1968 for training. What’s there now: Montebello Condominiums.

Roberts said that Bryan Fairfax, the Eighth Lord Fairfax, was a lifelong friend of George Washington who lived there from 1790 to 1802. The property was situated on 70 acres on top of a hill at the present-day Huntington Metro Station, overlooking Alexandria and the Potomac River. A 1930 tourist book of the region listed it as the No. 1 attraction other than Alexandria and Mount Vernon because of its connection with Washington. In the 1940s and 1950s, there was need for more residential development for homes and transportation due to the jobs that were opening up in the area; it was considered prime real estate. In 1983, the Huntington Metro Station opened as part of its Yellow Line service from National Airport.

Spring Bank

Location: 6303 Richmond Highway, Alexandria. Built 1804; Demolished 1972. What’s there now: Walmart.

Roberts said the inhabitants of Spring

Bank, which sat on 128 acres two miles south of Alexandria, included Robert Patton, a raw goods merchant in Alexandria; George W. Mason, the grandson of George Mason; and Fitzhugh Lee, the nephew of Robert E. Lee, the 40th Governor of Virginia in 1885. He said what’s remarkable about Spring Bank was that it was built with bricks while most country homes at that time were built with wood. “In the 1960s, with more



Mount Eagle

and more people moving to this part of Fairfax County, there was a need for retail and restaurants, so it was torn down to build suburban retail,” said Roberts.

City View II

Location: 6670 Richmond Highway, Alexandria. Built 1920; Demolished 1959. What’s there now: Beacon Center.

Roberts said City View, which once sat on a 74-acre farm three miles south of Alexandria in the Groveton neighborhood, was built as a motel with more than two dozen rooms near Beacon Field Airport. The airport operated from 1920 to 1959. Later on, the Reid family turned City View into their residence.

At the same time, it became a de facto community hangout and social gathering place.



City View II

“Harry Lehman, who grew up in City View, told me that the view from the top of the house was magnificent. One could see Alexandria and all the way to Washington,” he said. It was situated on the top of Beacon Hill, which is the highest point in the area. The Dixie Pig Restaurant, which operated from 1947 to the early 1990s, was directly across the street.



Spring Bank



Belvoir

Belvoir

Location: Fort Belvoir. Built 1741; Demolished 1815. What’s there now: Belvoir Historic Site, entrance at Forney Loop and Fairfax Drive.

Roberts said Fort Belvoir is named after Belvoir Mansion, which offers a window into the life of Thomas, Sixth Lord Fairfax, from whom Fairfax County gets its name. The Fairfaxes, who lived there from 1741

to 1773, helped found the town of Alexandria in 1749. George Washington, who lived at Mount Vernon (three miles away), visited Col. William Lord Fairfax, cousin of Thomas many times. Belvoir, a two-story Georgian brick manor, overlooked the Potomac River south of Mount Vernon. Now part of Fort Belvoir, it was one of the first large brick manor homes in the area and is protected as an historic site. The Belvoir site has a dozen historical signs and markers.

West Grove

Location: 6023 Fort Hunt Road, Alexandria. Built 1710; Destroyed by fire 1861. What’s there now: Belle Haven Golf Course and Country Club.

Roberts said that West Grove tells the story of the West family who had as many as 27 slaves. “In 1749, when Alexandria was founded, part of the new seaport was located at a tobacco landing that belonged to Hugh West,” he said. West Grove was built in 1710 as a two-story brick manor that overlooked the south side of Alexandria during the Civil War. The West Grove plantation included the manor, an orchard, and a river landing. It is believed that Union soldiers burned it down during the Civil War. On its site today is the Belle Haven Country Club, but there’s no historical marker for the lost historic house, he said.



West Grove

The Walking Tour by Jay Roberts on Saturday, Oct. 28, starts at 10 a.m. and meets at Mount Eagle Park, at the corner of Biscayne Drive and Huntington Park Drive, just south of the Huntington Metro. The tour ends at the Panera at the Beacon Center.



The care you deserve. A price you can afford.

Introducing the Triple \$0 Medicare plan from Innovation Health

\$0

- Plan premium
- Deductible on medical services
- Mail order generic Rx

At Innovation Health, we believe that a close relationship with your doctor is the key to better health. So we developed a doctor-driven Medicare Advantage plan that puts your personal and financial health above all.

The new Innovation Health Medicare Advantage HMO plan also offers **\$0 plan premium, \$0 deductible on medical services and \$0 copays for Tier 1 generic drugs** (90-day supply through mail order). And you get a fixed limit on out-of-pocket costs.

\$10

Get a \$10 reward card when you call — with no obligation to enroll.

Call now to learn more.

1-833-822-7216 (TTY: 711)

8 a.m. to 8 p.m., 7 days a week.

A licensed agent will answer your call.

Visit www.IHmedicare.com/RSVP to sign up for a meeting in your area



**innovation
HEALTH[®]**
AETNA | INOVA



Official Health Insurance
Company of the
Washington Redskins

Innovation Health is a HMO, PPO plan with a Medicare contract. Enrollment in our plans depends on contract renewal. See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premium and/or copayments/coinsurance may change on January 1 of each year. The formulary and/or provider network may change at any time. You will receive notice when necessary. A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 1-833-822-7216 and TTY 711. All persons eligible for Medicare may receive a \$10 Reward Card with no enrollment obligation. Non Innovation Health Medicare members must attend a sales meeting, schedule an appointment, or request an information kit to receive the offer. Current Innovation Health Medicare members, must call the number in the advertisement for instructions on how to receive the offer. Not to exceed more than one \$10 Reward card per person. Offer valid while supplies last.

©2017 Innovation Health Holdings, LLC.

Y0123_4002_10665_FINAL_001 Accepted 09/2017

ENTERTAINMENT

'Vanya and Sonia and Masha and Spike'

LTA presents comedy about a clan from Bucks County, Pa.

BY STEVE HIBBARD

The Little Theatre of Alexandria (LTA) is presenting "Vanya and Sonia and Masha and Spike" now through Nov. 11. The winner of the 2013 Tony Award for Best Play, the story follows middle-aged siblings, Vanya and Sonia, who live together in present-day Bucks County, Pa., in the only home they've ever known. Without warning, their sister, Masha, who happens to be a movie star, stops in for a visit with her much younger boyfriend, Spike. The clan works out their differences about potentially selling the family home.

Mario D. Font is playing the role of Vanya, the oldest brother. With his adopted sister Sonia, they have lived in the family home in Bucks County their whole lives and spent the last years caring for their elderly parents who had Alzheimer's Disease.

"The parents have died by the time the play starts, but both Vanya and Sonia realize over the course of the play that they've had no life other than caretaking," said Font. "Vanya is gay, and is intrigued by Masha's [the middle sister] boy-toy whom she brings with her to the family home for a weekend visit. The siblings revert to their established patterns in their relationship over the course of the play [the weekend] and that creates both comedic and poignant moments."

The four-page monologue in the 66-page play was his biggest challenge, he said. "It's a rant, but impossible to rant for four pages, so I struggled finding the right rhythm and moments where it was appropriate to rant. Howard (our director) was a Godsend help-



PHOTO BY KEITH WATERS

Lorraine Bouchard stars as Sonia, Mario Font stars as Vanya, and Carol Preston stars as Masha in LTA's production of "Vanya and Sonia and Masha and Spike."

ing me navigate through this challenge."

He added, "In comedy there is drama, and in drama, there is also usually comedy. For those audience 'of a certain age,' I hope they recognize some of Vanya's frustration with modern technology and today's lack of shared experiences. For the other part of the audience, I hope they can gain a better understanding of what life was like before cell phones, texting, tweeting and emailing."

Hannah Lee Grothaus is playing the role of Nina, an enthusiastic, hopeful, and artistic young woman. "Her hopeful and optimistic nature helps a few of the characters in this show see the brighter possibilities for their lives ahead," she said.

The show is full of zany, comical Christopher Durang charm, she said. "And while

it's wonderful to get to play with such a script, it can be a challenge to find the reality in it," she said. "To dig in to the core of the characters and scenes, and despite the outlandish circumstances they may find themselves in or things they may say, find a way to play it as real life."

She wants the audience to take away a sense of hope for the future, she said. "This play is so relatable — from the scary changes happening in the world right now to the drama that pops up in any family. If the audience leaves feeling a bit more warm and hopeful inside (along with some sore ab muscles from a good laugh or two) I think we'll have done our jobs," she said.

Marilyn Pifer is playing the role of Cassandra, who allows her to be wacky. "Cassandra is good-hearted (if a bit of a

nut), and that's a very nice change," she said, because the characters she's played in her last three shows have been somewhat evil.

With this role, she's had to stretch farther than usual to develop her character and her back-story. "I've never known anyone quite like Cassandra. Fortunately, the playwright gave me a lot to work with," she said. "I also needed help on her gentle Pennsylvania Dutch accent, which Howard, our director, was happy to give."

She hopes that the audience finds a situation or character in the show that they can relate to. "This very funny show has many tender moments and serious themes. If we as a cast treat those moments with both humor and respect, we'll connect with our audiences and make them all feel happy they spent a couple of hours with us," she said.

Lorraine Bouchard is playing the role of Sonia, a smart woman who is lusting for life. "But she became numb from years of caring for her adopted parents who had Alzheimer's. She is sad about her dull life, but her frustration and jealousy finally light a spark in her and give her the energy to burst out and take a risk," she said. "I love that she is both vulnerable and snarky. I want audiences to feel her frustration and cheer for the happy, hopeful ending."

❖ ❖ ❖

The Little Theatre of Alexandria (LTA) is presenting "Vanya and Sonia and Masha and Spike" now through Nov. 11. The show is written by Christopher Durang, produced by Genie Baskir and Elissa Hudson, and directed by Howard Vincent Kurtz. Tickets are \$19 and \$22. Show times are Wednesdays through Saturdays at 8 p.m.; Sunday matinees at 3 p.m. The venue is located at 600 Wolfe St., Alexandria. Call the Box Office at 703-683-0496 or visit the website at www.thelittletheatre.com.

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.

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.

OCT. 25-DEC. 8

Holiday Toy Drive. Various times at Quander Road School, 6400 Quander Road. Donate new/slightly used unwrapped toys for toddlers to 12 years old (puzzles, dolls, board games, action figures and more). Call 703-718-2400, Ext. 2431.

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.

Spooktacular Sounds in the Haunted Hall. 7:30-9 p.m. at the Rachel M. Schlesinger Concert Hall and Arts Center, 4915 East Campus Drive. Along with the Wakefield High School Bands, the NOVA Alexandria Band will perform music by J.S. Bach, Mark Camphouse, Danny Elfman, Gustav Holst, John Philip Sousa, Andrew Lloyd Weber and others. Visit www.nvcc.edu.

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

HALLOWEEN FUN

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.

THURSDAY/OCT. 26

Spooktacular Sounds in the

Haunted Hall. 7:30-9 p.m. at the Rachel M. Schlesinger Concert Hall and Arts Center, 4915 East Campus Drive. Along with the Wakefield High School Bands, the NOVA Alexandria Band will perform music by J.S. Bach, Mark Camphouse, Danny Elfman, Gustav Holst, John Philip Sousa, Andrew Lloyd Weber and others. Visit www.nvcc.edu.

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.

SATURDAY/OCT. 28

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.

Canine Costume Contest.

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.

Scavenger Hunt Alexandria. 2-5 p.m. at the Old Town Alexandria Waterfront, 5 Cameron St. Gather four friends and solve all the clues in DMV Bar Trivia's 1st Old Town Alexandria scavenger hunt. Benefits King Street Cats. \$5. Email traderkirk1@yahoo.com.

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.

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.

SUNDAY/OCT. 29

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

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, which distributes grants for revitalization of the Alexandria area and community. hotelindigooldtownalexandria.com.

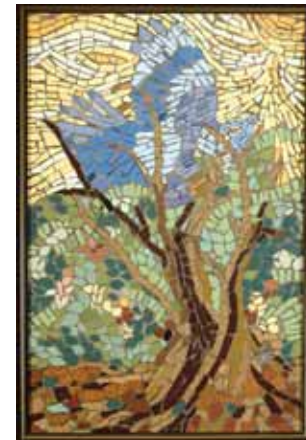
TUESDAY/OCT. 31

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.

CALENDAR

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



"Wings Set Me Free" by Nina Tisara Meet the Artist

Meet Nina Tisara, the Artist on Friday, Nov. 3 from 7-9 p.m. at Mount Vernon Unitarian Church, 1909 Windmill Lane. talks about her mosaic art "Spirituality and Nature." Email ninat@ninatisara.com.



November 18, 2017 – January 1, 2018

- NEW- ICE! featuring *Rudolph the Red-Nosed Reindeer*
- NEW- Rudolph's Holly Jolly™ Breakfast
- NEW- JOY, A Holiday Spectacular live atrium show and indoor snowfall
- Discover the ultimate Christmas getaway just minutes away in National Harbor
- Lavish Christmas décor, twinkling holiday lights and ice skating
- Build-A-Bear Workshop® & Scavenger Hunt
- Gingerbread Decorating Corner & much more!

Packages from \$219* including UNLIMITED PRIORITY ENTRY to ICE!

Book early for best availability!

CHRISTMAS ON THE POTOMAC.COM (301) 965-4000

GAYLORD NATIONAL'S
Christmas
ON THE
Potomac.
NATIONAL HARBOR, MD

PRESENTED BY

FUJIFILM
instax

ICE! PRESENTED BY

pepsi

*See website for details. Restrictions apply. PEPSI, PEPSI-COLA and the Pepsi Globe are registered trademarks of PepsiCo, Inc. Rudolph the Red-Nosed Reindeer and all related elements © & ™ under license to Character Arts, LLC. © Build-A-Bear Workshop, Inc. Used with permission. All rights reserved. FUJIFILM and INSTAX are trademarks of FUJIFILM Corporation and its affiliates. © 2017 FUJIFILM North America Corporation. All rights reserved.




Thanksgiving Dinner from our Home to Yours

Let the Mount Vernon Inn take care of your Thanksgiving feast. Meals-to-go include turkey or ham, an assortment of sides, plus pumpkin pie, starting at \$120. Call 703.799.5096 or e-mail inn@mountvernon.org to order yours today.

GEORGE WASHINGTON'S
MOUNT VERNON

AUDITION NOTICE FOR SEUSSICAL, JR.!
 Music by Stephen Flaherty; Lyrics by Lynn Ahrens.
 ACCT'S ANNUAL YOUTH PRODUCTION
 (AGES 8-18 INVITED)

Open call for singers, dancers, and actors for our annual youth production! Many featured roles available; all roles are open.

 Saturday, October 28 from 2 - 4:30 PM
 Sunday, October 29 from 6 - 8:00 PM
 Callbacks: October 30, 6:30-8:30 PM

Audition location:
 Aldersgate United Methodist Church,
 1301 Collingwood Road, Alexandria, VA
 22308

Visit acctonline.org for more info.


★ **Mount Vernon Antique Center** ★



8101 Richmond Hwy., Alexandria
703-619-5100
www.mtvantiques.com

 Follow us on Facebook & Twitter

Browse for great antique & vintage items, and get your computer fixed, watch repaired and artwork framed.



WASHINGTON INTERNATIONAL HORSE SHOW
 OCT 24-29, 2017
 CAPITAL ONE ARENA

**WORLD-CLASS SHOW JUMPING
 ENTERTAINING EXHIBITIONS
 FUN FOR THE ENTIRE FAMILY**

TICKETS START AT \$20 FOR SELECTED NIGHTS.
 CHILDREN 12 AND UNDER FREE FOR DAYTIME SESSIONS.
 DISCOUNTS FOR GROUPS, MILITARY, STUDENT AND SENIORS.

FOR MORE INFORMATION GO TO WIHS.ORG

TICKETS AVAILABLE AT TICKETMASTER.COM

ENTERTAINMENT

Small Plates Reign at DRP Reserve

BY HOPE NELSON

If You Go

When Mount Vernon Avenue gets hopping in the evenings, it really fills up. No matter the time of year, families stroll the avenue, stopping for custard or window-shopping. Or pizza.

Nearly any night finds Del Ray Pizza jam-packed with people, ranging from couples out to share a pie to larger parties ordering several pizzas to plow through. But upstairs, above the din of the busy dining room, a calmer, more refined experience awaits. Each weekend, DRP Reserve opens its doors to guests looking for something a bit different than the scene at the pizzeria downstairs — and customers are responding.

This is the Reserve's second go-round — after a stint in 2015, the project took a long layover before reopening in early September. And though there's been no ad campaign, no media blitz, barely even a presence on social media, diners are finding their way back to the Reserve, passing tips on to their friends by word of mouth (and Facebook photos).

But expect the menu to be a bit different from the Reserve's first iteration. Whereas the 2015 version sported an array of Southern favorites, Chef Eric Reid is looking to broaden the scope here in 2017.

"Since we closed [in 2015], shrimp and grits started popping up all over the place. It was like, 'What can we do to still be relevant; what can we do to not really leave our comfort zone, but switch it up?'" Reid said. The answer: "Let's just do smaller plates where people can come in and share their plates, get to try everything on the menu."

Some customer favorites? The Pad Kee Mao, for one.

"My wife and I were going out to a bunch of restaurants, just trying new things, and we have this

DRP Reserve, 2216 Mount Vernon Ave.

Hours: 5-10 p.m. Wednesday-Saturday

Pro tip: Coming in with a group? "We would highly recommend ordering the entire menu," says Chef Eric Reid. Small plates at reasonable prices allow for a taste of everything.

Thai restaurant right around the corner and we were always getting the drunken noodles," Reid said. "And I said, 'I'm going to do this. I want to try it; switch it up.' So we make it with crispy duck — everything's made in house. It's a lot of fun."

To round out the meal, Reid has been known to dash out to international-foods groceries around the region to procure the proper peppers and Thai basil.

Some of the other hits of the menu: A tomato-bacon pie and a starter of boiled peanuts that fill in for the usual bread service.

And what would a good speakeasy-like environment be without a decent cocktail or two? Cocktail aficionado Nolan Grace has you covered. Grace ensures that a half-dozen different cocktails are on the menu each day, with every ingredient made in-house.

"I usually try and do maybe one or two 'cocktails of the night' on any given night," Grace said. "Basically I come up here and play around — if it tastes good, I throw it out there and run it as a special that evening."

As summer turns to fall, expect the cocktail menu to skew more cold-weather-friendly. One of Grace's new favorites: The Winter Sage. Made with tequila, grapefruit sage, simple syrup, lime juice, grapefruit bitters, and a touch of soda water, it toasts the season with style.

"I love it — it's kind of like a margarita for the wintertime, and I think it tastes delicious," he said.

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

CALENDAR

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.

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 alexandrianimals.org/HowlOween2017.

Scavenger Hunt Alexandria. 2-5 p.m. at the Old Town Alexandria Waterfront, 5 Cameron St. Gather four friends and solve all the clues in DMV Bar Trivia's 1st Old Town Alexandria scavenger hunt. Benefits King Street Cats. \$5. Email traderkirk1@yahoo.com.

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.

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.

Washington Metropolitan Philharmonic Concert. 3 p.m. at GW Masonic Memorial, 101 Callahan Drive. The Washington Metropolitan Philharmonic kicks off its 47th season with local Virginia composer Ben Roundtree's five movement Symphony No. 1, followed by rising local star violinist Leonid Sushansky performing Tchaikovsky's beloved virtuoso Violin Concerto. Visit www.wmpamusic.org.

MONDAY/OCT. 30

Community Job Fair. 10 a.m.-2 p.m. at the Charles Houston Recreation Center, 901 Wythe St. Presented by the City of Alexandria. Call 703-746-5571.

New Salon Grand Opening. 6-8 p.m. at Salon Meraki, 1101 N. Queen St. Alexandria's new boutique location for skin, nail and hair care. Visit www.merakioldtown.com.

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

WWW.CONNECTIONNEWSPAPERS.COM

ENTERTAINMENT

Pros Prepare Local Dancers

Performances at West Potomac High School.

BY SUSAN FLEISCHMAN
ALEXANDRIA COMMUNITY NUTCRACKER

Now in its ninth year, the Alexandria Community Nutcracker company is hard at work, ready to hop, skip and leap across the stage in festive, funky and fabulous holiday glory. Professional choreographers give the show a big kick this year.

Unique in its approach to the Christmas classic, the performance showcases several genres of dance, including hip hop, ballet, tap, Irish, jazz, pointe and gymnastics. Putting the “community” into practice, the dancers range in age from 3 to adult, and hail from several local studios as well as most of the area schools: West Potomac, Hayfield Secondary, Carl Sandburg, Waynewood, Fort Hunt, Belle View, Hollin Meadows, Stratford Landing, St. Luke’s Day School, St. Louis, Hybla Valley, St. Mary’s, and Bucknell.

Leading the troupe are directors Courtney Betzel, Gennifer Difilippo and Adrienne Magnuson, who have again assembled a talented lineup of licorice, mice, and sweet tarts surrounding Clara and Fritz, bringing the famous story to life through dance.

Guest choreographers were eager to lend their professional creativity and vision by leading the dancers through select numbers. Brittany Hall, a graduate of the West Potomac Academy program, now works in Los Angeles as a professional dancer, and she jumped at the chance to work with the company. “It has been seven years since being back at WP and I was flooded with great memories. Our rehearsal was long and tiring, but the girls pushed hard and never gave up during the process.”

Paul McGill, a professional dancer from New York City, agreed the girls worked their tails off this year.

Where & When

Alexandria Community Nutcracker at West Potomac High School Auditorium

❖ Wednesday, Nov. 29, 5:30 – Special Scout Show: Discounted tickets are available for all Scout troops. Email alexandriadance2@gmail.com.
❖ Thursday, Nov. 30, 5:30
❖ Friday, Dec. 1, 6:30
❖ Saturday, Dec. 2, 2:30
❖ Saturday, Dec. 2, 6:30 – Military Appreciation Night: Discounted tickets are available for all military families, retired and active duty.

“For the Russian number, they were flexible and made it their own. The hard work and improvement in just one day was astounding.”

Washington Wizards dancer Christie Elise is a fixture with the troupe, joining again this year. “I loved working with the middle schoolers. They were eager to learn and so excited about dancing a hip hop piece. They worked hard and we finished learning the dance in one practice.”

It’s clear that the students are not the only ones benefitting from the partnership with the choreographers.

“Working with the students of the Nutcracker recharged me for the year. They inspired me just as much as I inspired them – it was a fair exchange of love and passion for dance,” said Ebone Simone Johnson, a professional dancer from New York City. “I truly believe that the children are our future. After a certain amount of years, teachers and professionals forget why we do what we do, and it takes a group of young people like the students of the Alexandria Community Nutcracker to remind you why you started in the first place. My heart will forever be with these kids. Every time I work with them it’s nothing but love.”

Tickets can be purchased at the door or online at www.alexandrianutcracker.com.

CALENDAR

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.

FRIDAY/NOV. 3

Art on Tap. 7-10 p.m. at the Art League Gallery, Torpedo Factory Art Center, 105 North Union St. Enjoy local craft beers, original artwork, and food. \$35. Visit torpedofactory.org.

Meet the Artist. 7-9 p.m. at Mount Vernon Unitarian Church, 1909 Windmill Lane. Nina Tisara talks about her mosaic art “Spirituality and Nature.” Email ninat@ninatisar.com.

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.

Country-Western Dance. 6-7 p.m. at Lincolnia Senior Center, 4710 North Chambliss St. The Northern Virginia Country-Western Dance Association sponsoring for couples, singles of all ages. \$10 members, \$12. Visit www.nvcwda.org.

Meet the Artist. 4-6 p.m. at the Torpedo Factory, 105 North Union St., Studio 325. Meet Kristina

Hagman and there will be an artist talk on Nov. 9 at 7:30 p.m. Her exhibit will be on display from Nov. 1-21. Visit torpedofactory.org.

Prowl for Owls at Huntley Meadows Park. 5:30-7:30 p.m. at Huntley Meadows Park, 3701 Lockheed Blvd. Adults are invited to go on a search for owls as these nocturnal raptors are pair-bonding and looking for nesting sites. Listen for and learn about our local owls. Call 703-768-2525 or visit www.fairfaxcounty.gov/parks/.

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.



MODERN AMERICAN CRAFT
ART + FASHION + DESIGN

100 Jury Selected Contemporary Artists & Designers

OCT. 28-29
3RD YEAR

HYATT REGENCY CRYSTAL CITY

THIS WEEKEND TWO DAYS ONLY

SPECIAL \$5 GOURMET BOX LUNCH OFFER
-See Website

AMERICAN FINE CRAFT SHOW WASHINGTON
Formerly at Convention Center & DC Armory

CraftShowDC.com

BUY TICKETS ONLINE & SAVE

CHILDREN UNDER 12 FREE
CASH ONLY AT BOX OFFICE



Join Us for Lunch:

PASTA

Thursdays
EVERY THURS. 11 a.m. to 2 p.m.

MADE TO ORDER

- Choose Your Pasta
- Choose Your Toppings
- Choose Your Sauce
- Includes Salad Bar & Hot Bread

\$8.50 per person

SCAN Image with Smart Phone using QR code reader to view content on our website

FREE WiFi   

Royal Restaurant
ALEXANDRIA'S NEIGHBORHOOD RESTAURANT • SINCE 1904

734 North Asaph Street, Alexandria VA 22314
703-548-1616 www.RoyalRestaurantVA.com

10% OFF
BRING THIS AD and RECEIVE 10% OFF Your Entire Bill.
Limited to parties of 4 or less. One coupon per party and Offer excludes alcohol, tax & gratuity. Cannot be combined with any other offer.
Present coupon when ordering. Exp. 11/30/17

What To Believe? Data or Driving on Parkway?

FROM PAGE 4

was unable to explain the lack of injury data before 2014.

Of note is separate accident data contained in a 2016 study by the Federal Highway Administration of the Morningside Lane intersection on the Parkway, a point about halfway between Belle Haven and Fort Hunt Park. The FHA analysis, which U.S. Rep. Don Beyer requested, reported that 30 crashes had occurred there during the seven years, 2006-2012, an average of 4.3/year; the vast majority of the incidents happened in clear, dry and daylight conditions. During the period above, 2011-2016, the Park Police reported 37 accidents in six years (6.2/year), an increase despite an unexplained drop in 2013.

Virginia's Department of Transportation reports annually on traffic volume on federal roadways in the commonwealth, but notes that statistics are supplied by an "external source." But even this information had inconsistencies. For example, for the 8 1/2 mile section from Mount Vernon to the southern city limit of Alexandria at Great Hunting Creek, VDOT reported an annual daily traffic total of 40,000 in 2006, versus 27,000 reported for 2005 by the NPS. Oddly though, the VDOT total for 2016 is listed as 16,000.

"It is disappointing that the National Park



PHOTO BY MICHAEL K. BOHN/THE GAZETTE

Parkway traffic near the Alexandria Avenue overpass in early October.

Service does not have better data," state Sen. Scott Surovell said of the recent NPS information. "U.S. Route 1 congestion, computer-aided navigation software, and Fort Belvoir are conspiring to push more and more people onto the Parkway. Many of whom don't live here and have less regard for this community's safety than ever before."

Krizek offered his view of the statistics: "This information is quite interesting, and, though I'd prefer more data, this is suggesting that traffic volumes have been relatively constant since 1991. Actually, about 2,000 fewer cars were on the road last year despite BRAC." Krizek offered two additional points: "I understand from the NPS that 85 percent of the cars are speeding, and that

is my biggest safety concern. Plus, I think this points to the only real solution being increasing public transportation options to reduce the traffic burden on the GW Parkway and other roads."

When queried about the new NPS information Beyer's press secretary passed along a copy of Beyer's Oct. 13 letter to Rick Obernesser, acting regional director of the National Capital Region of NPS. Beyer wrote that in 1932, the southern portion of the GWMP "was not envisioned as a major arterial for tens of thousands of daily commuters. The strain of this usage is showing."

Beyer requested Obernesser, at his earliest convenience, schedule a meeting with "local officials to discuss the problem and brainstorm solutions." Further, as noted in the Gazette's Sept. 13 edition, Beyer recently has proposed federal legislation that would "require the Secretaries of the Interior and Transportation to submit a study evaluating possible measures to increase roadway safety on the George Washington Parkway in Alexandria, Virginia."

Mount Vernon District Supervisor Dan Storck offered his assessment of the new information: "I am surprised at the traffic volume data produced by the Park Service for the southern end of the GWMP, espe

SEE GW PARKWAY, PAGE 22



Route 1 Legal

The one route to peace of mind

**A NON-PROFIT LAW FIRM WITH
AFFORDABLE SLIDING-SCALE FEES
FOR WORKING FAMILIES**

Abogados de habla hispana para familias trabajadoras

Executive Director: Jonathan Y. Short, Attorney at Law
5845 Richmond Highway, Suite 230, Alexandria, VA 22303
(703) 962-7286

**Criminal Law
Landlord/Tenant Law
Consumer Protection
Family Law
Debtor Defense
Elder Law**

**Claim Your
\$40
Credit!**

(703) 382-1011
www.mtvac.net
Expires 10/19

**PROMO CODE:
FIT4LIFE17**

BECOME A MEMBER TODAY & SAVE!

*Alexandria's #1 Fitness & Tennis
Facility for 40+ Years!*

SHOP LOCAL FIRST

**MOUNT VERNON ★ LEE
Chamber
OF COMMERCE**

Connecting Business and Community

Find local businesses at
www.MtVernon-LeeChamber.org
703-360-6925

Monthly Networking
Second Thursday Business Breakfast
2nd Thursday of each month
8:00 am to 9:30 am
Belle Haven Country Club

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

**THE CONNECTION
NEWSPAPERS**

**Alexandria
Gazette Packet**

Mount Vernon Gazette

**Potomac CENTRE VIEW
ALMANAC**

You can read any of this week's
15 papers digital editions here:

www.ConnectionNewspapers.com/PDFs

Roundtable Addresses Opioid Crisis

FROM PAGE 1

partment EMS Division; Maj. Amanda Lambert, director of Support Services, Prince William-Manassas Regional Adult Detention Center; Ginny Atwood-Lovitt, executive director of the Chris Atwood Foundation; Dr. Husam Alathari, medical director, INOVA CATS program; Jennifer Lofland, field intelligence manager with the U.S. Drug Enforcement Agency; Lyn Tomlinson, assistant deputy director of the Fairfax Falls Church Community Service Board; and Dr. Gloria Addo-Ayensu, director, Fairfax County Department of Health.

Each speaker brought their own perspective to the issue, highlighting the profound negative effects being felt at all layers and levels of society, strengthening the argument that it will take the efforts of all of these elements of the community, along with the public, to wage an effective war on the opioid epidemic.

"We can't arrest our way out of this," said Hazel. "This is an addiction epidemic, not an opioid epidemic, and there are really only three outcomes to addiction: live with it, recovery, or death."

Hazel, and other panel members, spoke of the effects of the crisis, beyond the immediate loss of life and the heartbreaking impact that loss has on family and friends.

Drug addiction also causes or exacerbates other medical conditions. Drug addiction in pregnant women often leads to the birth of addicted infants, or babies suffering from other medical problems. In addition to the human cost to these innocent lives, Hazel pointed out that neo-natal care for these afflicted newborns can cost about \$70,000 per child.

To highlight that point, Lambert reported that 100 percent of the pregnant women currently incarcerated in Prince William County are in need of methadone to counter addiction.

Often-times, elevated crime rates are found in areas experiencing high addiction levels, and "there's certainly a negative impact on the workforce and productivity," said Hazel.

Chesek spoke of the added dangers now facing first responders when called out to drug-overdose emergencies. Some of the new drugs can be transferred to the responder through touch, or even through inhalation. New gear and new methods of protecting police and emergency personnel, as well as hospital staff, are now required, and the chief expressed his gratitude for a grant from the state to provide doses of Narcan to help protect those on the frontline, as well as the victims they assist.

The panelists were in agreement that the first step in stopping the epidemic is to end the stigma attached to addiction.

MANY OF THOSE suffering from opioid addiction came to their situation as the result of legally prescribed medications to alleviate pain, often following a surgery or as the result of some accident or injury.

"You have to understand," said Alathari, "that these drugs can literally re-wire your brain." Alathari cited studies showing that even limited use of opioids can lead to changes in brain chemistry that makes the drug user willing to "give up food, water and sex — the main life drivers — for the drug." The doctor said that physicians need to do their part and recognize addiction as a chronic medical condition. "These patients struggle every day. There are FDA-approved medications that can help, but the because of the stigma, the patients are often encouraged to stop taking them."

Atwood-Lovitt also pointed to the stigma associated with addiction as an obstacle to those engaged in the war against it. Atwood-Lovitt lost her brother Christopher to an opioid overdose. During the years that Christopher and his family struggled with his addiction, Atwood-Lovitt recalled the friends and family members who "turned their backs," no longer wanting to associate with Christopher because he was "one of those people." Employment and normal social outlets were suddenly beyond reach "when he needed them the most."

"Denial is deadly," said Atwood-Lovitt. Stigma reduction, education and prevention is essential. The Chris Atwood Foundation is now engaged in advocating for opioid addiction education and treatment, and provides training in the use of Narcan, as well as helping to make the overdose revival medication more readily available.

Although in his opening remarks Connolly declared that the day's proceedings would avoid putting politics on the table, there were a few occasions when the congressman felt compelled to address the need for "political will" as part of the solution.

"Expanding Medicaid in Virginia would bring an additional \$100 million to aid in the fight against opioid addiction. Another \$200 million would be available for mental health treatment and initiatives. We need all of the resources we can get to fight this."

CONNOLLY also announced his introduction of the "Opioid Immediate Suspension Order Act (H.R. 4073)." The legislation is designed to restore the DEA's authority to suspend a pharmaceutical distributor's license if the Attorney General finds their actions to be causing an imminent danger to the public health and safety. H.R. 4073 is Connolly's response to the potentially crippling effect of the Ensuring Patient Access and Effective Drug Enforcement Act of 2016 on the DEA's ability to stop over-distribution.

Connolly doesn't think this is the time to make it harder for the Drug Enforcement Agency "to do their job," citing an example in a small West Virginia town, with a population of 2,924, where one distributor was able to provide one pharmacy with 258,000 hydrocodone pills in one month, not to mention the fact that "more than 300 million opioid prescriptions were written in the U.S. last year — enough for every man, woman, and child to have their own bottle of powerful painkillers.

Members of the audience were given an opportunity to make comments and ask questions. Many of those who spoke, used their time to recount personal stories of family members or of their own struggles, like Nick Yacoub, who began his addiction at the age of 10 and who is now a recovery coach.

"Recovery is possible," said Yacoub, who described himself as a successful product of the Fairfax Falls Church CSB treatment programs, "especially if we stop viewing addiction as a moral failure."

The roundtable concluded with messages of hope and support, and promises by the speakers to continue the fight and to continue working with each other to end the epidemic. Bulova urged members of the public to share the information and to direct others to the video of the event, and to the county's website for information and resources. The Board of Supervisors has also recently established an Opioid Crisis Task Force that will be charged with developing plans to fight the epidemic.

"The prescription opioid and heroin epidemics are driven by biological, psychological, and social problems that require multi-dimensional solutions," said Connolly. "We must never forget the human cost of these epidemics. We must win."

Announcements

We pay top \$ for STERLING,
MEN'S WATCHES,
JEWELRY, COSTUME JEWELRY,
FURNITURE, PAINTINGS AND CLOCKS.
Schefer Antiques
703-241-0790
theschefers@cox.net

Yard Sale

Multi-Family Yard Sale
in MASON HILL 22307
Saturday, October 28 9am until 1:00
Something for everyone:
Furniture, toys, tools, household,
decor and more!
Rain date: Sunday, October 29

Legals

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

Announcements

Announcements

Earn more with Quality!
★★★ **30 YEARS OF SERVICE** ★★★
Looking for CDL A or B drivers to deliver new trucks all over the US and Canada.
Experience preferred. Must have DOT physical and be willing to keep logs. No DUIs in last 10 years, clean MVR.
Quality Drive-Away INC.
Apply Online at
www.qualitydriveaway.com
or call 574-642-2023

Announcements

Announcements

Lifetime METAL ROOFING
by VA CAROLINA BUILDINGS, INC.
40 YEAR WARRANTY ON THE FINISH - ENERGY EFFICIENT SUPERIOR DURABILITY - SENIOR CITIZEN DISCOUNT
FACTORY DIRECT - WE FINANCE - CALL NOW!
WWW.METALROOFOVER.COM 1-800-893-1242

Weakened Wherewithal



By KENNETH B. LOURIE

Say that three times quickly. Heck, say it one-time slowly. And then welcome to my whirled: the world of cancer treatment and survival. A 'whirled' in which, eight years and nearly eight months post diagnosis, I continue to live, breathe and write.

Occasionally it happens, as it is happening now, that some of the most excruciating demands of being a cancer patient, occur simultaneously – or a reasonable facsimile there of. For me that means 24-hour urine collection, pre-chemotherapy lab work, chemotherapy infusion, CT Scan and then the appointment with my oncologist to discuss all the results; occurring over 13 days – with intermittent days off for good behavior.

Typically; meaning every minute, every hour, every day, every week, etc., maybe not every second, I am thinking about cancer; though I wouldn't say I'm preoccupied (others might). And of course, it's certainly understandable and reasonable to do so when every day over a fortnight, you are waiting – as we say in the sales world – "for the other shoe to drop."

Having endured this cycle over the last eight and a half years with varying regularity, I can honestly say that whatever symptoms have manifested themselves – or not – have never provided any consistent assurance that my life/life expectancy had not changed for the worse. It's not until the appointment with my oncologist occurs – or sooner if he emails me the scan results, that I learn the facts of my case.

All of that being said, as my friend Frank has often said to me: "You're in pretty good shape for the shape you're in." Don't I know it.

However, yes there's always a 'however' in the cancer-patient-surviving-against-all-odds 'whirled,' there are no guarantees. In fact, there are only two guarantees: death and taxes. The former is way too close for comfort and the latter, I'm already taxed to the hilt, emotionally. Somehow, I have to get through because "the alternative is gloomy" to quote Dr. Mobley, the doctor in Miles City who treated Augustus McCray in the epic miniseries, "Lonesome Dove." And so I try not to be gloomy.

However, there's that word again, circumstances/schedules randomly bring down the weight – and wait of my 'whirled.' These 13 days can never pass quickly enough. But that presumes a good result, which one would want to know as soon as possible. But what of a bad result, leading to an exponential increase in anxiety – and fear, ultimately leading to a treatment unknown. That I might not want to know so soon. Not that not knowing serves any point or helps coordinate the next treatment plan, I'm more afraid of hearing something I haven't heard much of since February 2009. To quote my late mother quoting somebody: "No one gets out of this life alive."

That of course is the point of this column, and the effect of having all this cancer stuff happen at the same time. I can take it, generally; as my late father used to say: "KB, I have confidence in you. You have broad shoulders." Nevertheless, I worry about the figurative straw breaking my emotional back. Cancer can do that. It did it to my mother-in-law, Peggy, where over a few days the situation went from bad to worse to finally, the worst.

Somehow, I have to compartmentalize all this negative energy and focus on the positive. And that positive turns out to be an early email from my oncologist basically saying that my lung cancer remains stable. Now we can go to my appointment on Monday "unencumbered," to once gain quote my late father. The pressure is semi off. Talk about relief.

Now maybe I can relax and try not to think about my next infusion, my next scan and my next appointment with the oncologist. There's no harm in trying, right?

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

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

TO ADVERTISE YOUR BUSINESS, CALL KAREN AT 703-778-9422

ELECTRICAL	ELECTRICAL	LANDSCAPING	Good is not good, where better is expected. -Thomas Fuller
K&D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc... Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com		A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465	
GUTTER	GUTTER	LANDSCAPING	LANDSCAPING
GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES lic/ins 703-802-0483 free est. email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!		Patios & Drainage Your neighborhood company since 1987 703-912-6886 J.E.S. Services Free Estimates • Fully Licensed & Insured • Planting & Landscaping Design • Drainage & Water Problems • Concrete Driveways, Replacement or New • Patios and Walks • Masonry Work or Dry Laid • Paver, Flagstone, Brick, any style you choose • Retaining walls of all types All work Guaranteed	
IMPROVEMENTS	IMPROVEMENTS	LANDSCAPING	LANDSCAPING
Power Washing Go from green to clean, do you have mold on your siding rotten wood that's a hoa violation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing. Licensed & Insured • Free Estimates email: jnave@comcast.net 703-987-5096		GOLDY BRICK CONSTRUCTION Walkways, Patios, Driveways, Flagstone, Concrete FREE ESTIMATES Licensed, Insured, Bonded 703-250-6231	
A&S Landscaping		TILE / MARBLE	TILE / MARBLE
• All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing 703-863-7465 LICENSED Serving All of N. Virginia		Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Summer Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience – Free estimates 703-868-5358 24 Hour Emergency Tree Service	
 RN. CONTRACTORS, INC. Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic Phone: 703-887-3827 E-mail: rncontractorsinc@gmail.com www.rncontractors.com BBB		 Sign up for FREE DIGITAL SUBSCRIPTION to any or all of our 15 papers WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE	
TILE / MARBLE	TILE / MARBLE	BATHROOM REMODELING by Brennan Bath and Tile Partial or Full, Kit. Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp. www.brennan-tile.com 703-250-2872 Licensed • Bonded • Insured	

NEWS

GW Parkway

FROM PAGE 20

cially the decline since 1991. I have driven on the Parkway for almost every day for nearly 30 years, and today it has the intensity of an urban roadway rather than a feeling of a scenic riverside drive. So I fully support Congressman Beyer's request of the Park Service to convene a meeting with local officials to identify solutions to Parkway problems."

BULLETIN BOARD

FROM PAGE 8

www.mountvernon.org.

SATURDAY/OCT. 28

Operation Medicine Cabinet Cleanout. 10 a.m.-2 p.m. at Mount Vernon District, 2511 Parkers Lane, Alexandria. Drop off unused or expired medications at a Fairfax County Police district station. Pills or liquids only, no pressurized canisters or needles. Safe disposal of unused or expired medications prevents drug abuse and misuse, accidental poisoning, and protects the environment. Disposal is free, convenient, confidential, and safe. Visit www.fairfaxcounty.gov/police/stations/ or www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html for more.

APPLICATION DEADLINE OCT. 30

Mount Vernon Planning Commissioner Wanted. 5 p.m. application deadline to Mount Vernon Chief of Staff christine.morin@fairfaxcounty.gov. The Planning Commissioner, plays a role as an arbiter of land use issues, a liaison with the community, homeowners and developers, and a planner for the district's future. Visit www.fairfaxcounty.gov for more.

SATURDAY/NOV. 4

Jeff Todd Way Fall Cleanup. 8:30 a.m. at Roy Rogers Restaurant, 8860 Richmond Highway. Join with the Mount Vernon-Lee Chamber of Commerce to pick-up trash on this road named after a deceased community activist. Call 703-360-6925 or visit www.MtVernon-LeeChamber.org.

MONDAY/NOV. 6

Public Information Meeting. 6:30-8:30 p.m. at Mount Vernon High School, 8515 Mount Vernon Road. Meeting will cover widening Route 1 and multimodal improvements from Jeff Todd Way to Napper Road in Fairfax County. Bus Rapid Transit will not be constructed as part of this project, but is being administered by Fairfax County as part of the Embark Richmond Highway initiative. VDOT and Fairfax County will continue to coordinate as both projects move forward. Visit www.virginiadot.org/projects/northernvirginia/richmond_highway.asp for more.

WEDNESDAY/NOV. 8

FCPS Community Conversations. 6:30-8 p.m. at Hayfield Secondary School, 7630 Telegraph Road, Alexandria, Lecture Hall 1604 (Region 3). Fairfax County Public Schools (FCPS) Superintendent Scott S. Brabrand will host Community Conversations to hear what students, parents, employees, and members of the community are thinking about and what issues are important to them. Brabrand welcomes citizens to attend and take part in any of the upcoming sessions that are convenient for them. Citizens needing a translator can make a request for services online. Visit www.fcps.edu/news/superintendent-brabrand-schedules-five-community-conversations-fall.

THURSDAY/NOV. 9

Business Breakfast. 8-9:30 a.m. at Belle Haven Country Club, 6023 Fort Hunt Road. Protect Yourself in an "active shooter" situation is the topic, meet some of Fairfax's finest who work at the Mount Vernon Police Station and learn how to be safe. \$25/\$35. Visit www.MtVernon-LeeChamber.org or call 703-360-6925.

WWW.CONNECTIONNEWSPAPERS.COM

11

VIRGINIA

2017

Special VIP Offer for your Toyota

BUY 3 TIRES AND GET ONE FREE

BONUS: ADD A 4 WHEEL ALIGNMENT FOR \$39.95

SEE SERVICE ADVISOR FOR DETAILS.
GOT TIRES?

INCLUDES ROAD HAZARD PROTECTION, TIRE WARRANTY, AND FREE COURTESY INSPECTION.
NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/17

Jack Taylor's
ALEXANDRIA TOYOTA

3750 Jefferson Davis Hwy
Alexandria, VA 22305
703-684-0710
www.alexandriatoyota.com

CHECK ENGINE LIGHT DIAGNOSIS

NO CHARGE

INITIAL DIAGNOSIS

WE WILL RETRIEVE VEHICLE CODES
& GIVE YOU AN ESTIMATE OF REPAIR COSTS.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/17

Jack Taylor's
ALEXANDRIA TOYOTA



Service & Parts Dept. Hours:
Monday - Friday, 7:00am to 9:00pm
Saturday, 8:00am to 5:00pm

**YOU HAVE SATURDAY OFF.
THAT'S EXACTLY WHY WE DON'T!**

ToyotaCare Customers

Don't Forget Your **FREE** Service.
5,000 • 10,000 • 15,000 • 20,000 • 25,000
Mile Services
Call your ASM for details

ToyotaCare Plus \$329⁰⁰
Covers up to 4 years/45,000 miles

NOW AVAILABLE

BASIC LUBE, OIL & FILTER CHANGE SERVICE

\$29⁹⁵

NON-SYNTHETIC

\$44⁹⁵

SYNTHETIC

Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil*, inspect windshield wipers, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/17

BRAKE SPECIAL

\$79⁹⁵

INCLUDES: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only.

MACHINE ROTORS ADDITIONAL

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/17

SIGHT LINE WIPER BLADES

\$10 OFF

Sight Line only.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/17

FREE

BATTERY CHECK-UP

Check cold cranking amps and visual inspection of battery condition. Includes battery condition print out.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/17

4 WHEEL ALIGNMENT

\$64⁹⁵

Your car's alignment suffers, and can cause uneven tire wear and steering problems.

INCLUDES: Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/17

15% OFF

ANY ONE REPAIR

Maximum Discount \$200.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/17

Jack Taylor's
ALEXANDRIA TOYOTA

TRUESTART BATTERY

\$99⁹⁵

INCLUDES BATTERY INSTALLATION

Includes: 84 month warranty, 24 month **FREE** replacement, 24 month **FREE** roadside assistance.

Does not apply to hybrid batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/17

Check your windshield. Does your sticker say **10/17, 11/17, or 12/17?** If so, your VA Safety Inspection is now due

VIRGINIA STATE INSPECTION

FREE

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/17

CALL FOR AN APPOINTMENT AT **703-684-0710** OR SCHEDULE ONLINE AT **ALEXANDRIATOYOTA.COM**



CHRIS WHITE

Planning to sell in 2017?

Now is the time to call Chris & Peggy White!

*Leading the Area in Real Estate. **SOLD!!!***

LONG & FOSTER
REAL ESTATE

CHRISTIE'S
INTERNATIONAL REAL ESTATE



1904 Sherwood Hall Ln
\$1,275,000

Amazing Opportunity!!

Fabulous new home near Old Town! Unique opportunity for new home amenities in prime location. Brand new custom home with numerous upgrades on picturesque .90 acre lot. Features include: 3 finished levels, 5 BR's, 5.5 BA's, main level suite, chef's kitchen. Over 5,000 total sq ft. Remarkably priced compared to surrounding new home comparables!



1902 Sherwood Hall Ln
\$1,295,000

Select your finishes!

The hard work has been done. The structure for this spectacular home is complete. Now the exciting part can begin. Personalize to meet your taste and select your preferred interior finishes. The most dramatic, open floor plan you'll find in the area. Schedule a walk through today to envision your dream future home!

2 NEW HOMES!



3705 Riverwood Ct.
\$889,500

JUST LISTED!

Gorgeous updated & expanded home in fabulous Riverwood, one of the area's premier riverfront communities. Features include:

OPEN SUNDAY

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.



8709 Curtis Ave.
\$559,000

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



4708 Ferry Landing Rd.
\$475,000

Opportunity is knocking!

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

JUST LISTED

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



8307 Crown Court Rd.
\$729,900

Vacation at Home!

Owner invested over \$250,000 in renovating this spectacular 5 Bedroom, 5 Bath home featuring large room sizes, soaring cathedral ceilings, and oversize two car garage. Large deck overlooks truly stunning back yard scene with custom pool, spa, and extensive landscaping. Vacation at home in setting that resembles luxury upscale resort!



9201 Cherrytree Dr.
\$584,500

Great Value!

CONTRACT



9024 Buckner Rd.
\$495,000

One Story Living!

SOLD



9317 Maybrook Pl.
\$598,500

Classic Colonial!

NEW PRICE

New price for immediate sale! Amazing value! Approx \$70k below tax assessment. Spacious 3 level Colonial, 5 Bedrooms on upper level including luxury master w/ fire place and updated bath, hardwood floors, sun room, open kitchen, garage. Nothing like it at this price!



4403 Mt. Vernon Memorial Hwy
\$925,000

NEW HOME!

3 new luxury homes by Wakefield Homes! This Radford Model provides all the new home bells & whistles at a remarkably reasonable price! Open floor plan enhanced by high ceilings and large windows. Great setting just down the road from Mt. Vernon Estate. FREE finished basement rec room w/ bath & \$10,000 seller credit* for limited time! Visit our website for more info on this build & project!



9211 Volunteer Dr.
\$550,500

Resort Living!

CONTRACT



1111 Cameron Rd.
\$615,000

Substantially Updated!

SOLD



4102 Sulgrave Dr.
\$519,500

Just Listed!

SOLD



9309 Maybrook Pl
\$549,500

Great Value!

SOLD



8571 Enochs Dr.
\$409,500

So Many Updates!!



8721 Plymouth Road
\$1,467,998

Brand New Home!



SOLD!

LONG & FOSTER
REAL ESTATE

CHRISTIE'S
INTERNATIONAL REAL ESTATE

CHRIS WHITE 703.283.9028

www.chrisandpeggywhite.com

chris.white@longandfoster.com

Alexandria/Old Town Historic - 400 King Street, Alexandria, VA 22314

BEST
WASHINGTONIAN
2017