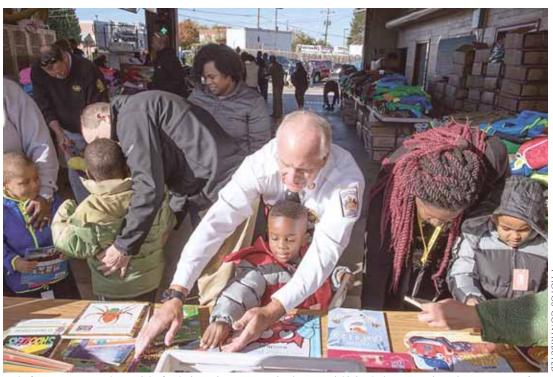
# Mount Pernon Gazette



Mount Vernon's Hometown Newspaper • A Connection Newspaper

November 2, <u>2017</u>



Fairfax County Fire Chief Richard Bowers helps a child pick out a book as part of the Firefighters and Friends annual winter coat and book distribution day Oct. 27 at Penn Daw Station 11. More than 2,600 coats and 500 books were distributed to children in need.

# Keeping Youngsters Warm

# Firefighters distribute coats, books to local charities.

By Jeanne Theismann The Gazette

ith Fairfax
County Fire
Chief Richard
Bowers at the
helm, Penn Daw Fire Station 11
held its annual Firefighters and
Friends coat distribution day
Oct. 27, with more than 2,600
new coats and 500 new books
going to 80 schools, shelters
and nonprofits throughout the

Mickey Mouse was on hand to greet more than 200 Head Start preschoolers, who were assisted by a firefighter, police officer or volunteer in selecting their own new coat and several books. The remaining distribution was done through representatives of various social services and school representatives.

"We believe a new winter coat can be more than a coat," said Fairfax County Fire Battalion Chief Will Bailey, organizer of the event and Firefighters and Friends founder. "It builds

See Keeping, Page 19



Mickey Mouse gets a hug from some of the pre-school children on hand to pick out a new winter coat Oct. 27 at the Firefighters and Friends annual coat and book distribution day at Penn Daw Station 11.

# New Headquarters Unites Departments

# Police and Fire are out of the Massey Building.

By Mike Salmon The Gazette

s Mount Vernon Supervisor
Dan Storck stood and
helped cut the ribbon on
the new Fairfax County Public
Safety Headquarters, he looked at
the advantage of putting several
agencies under one roof to improve efficiency. It was done in the
Mount Vernon District at the South
County Government Center a few
years ago, just as it was being done
now with the fire and police headquarters at the Fairfax County
Government Center some 25 miles
away

"Human services, recreation and housing are together at the South County Center, having them combined provides better collaboration, and a safe and secure environment," Storck said. He was in the group of county supervisors cutting the ribbon on the new \$142 million Public Safety Headquarters on Oct. 26.



Out front, a bell is part of the memorial to fallen police and firefighters.

"It makes absolute sense to have both departments together," said Sharon Bulova, the Fairfax County chairman of the Board of Supervisors. "It's a much, much improved work environment," she added.

Bulova was on ribbon cutting duty with the other district supervisors, Fairfax County Fire Chief Richard R. Bowers, Police Chief Col. Edwin C. Roessler Jr., past chairman Kate Hanley and James

See New, Page 21



Andrea Dorlester looks at the public safety artifacts on the second floor of the new building.

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#### DC/Observatory Circle \$375,000

Bright condo located in art deco building with impressive views of the National Cathedral from living room, kitchen & master bedroom. 2 bedrooms, parquet floors, updated kitchen, pet friendly & parking in covered garage for one. the-goodhartgroup.com/listings/3901-cathedral-avenue-nw-604/

Sue & Allison Goodhart 703.362.3221 www.TheGoodhartGroup.com



#### Old Town Village \$875,000

This sunny, sparkling house sits nestled in the treetops with lovely light streaming in from the east in the morning and glorious sunsets in the evening. The open kitchen and living room floor plan make this home ideal for entertaining. Walk to Metro and everything in Old Town. 3 bedrooms, 3.5 baths, 2 car garage. 301 S Henry Street

Lisa Groover 703.919.4426 www.LisaGroover.com



#### Alexandria City \$960,000

Major Price Reduction!!! This lovingly maintained brick home offers exceptional living space indoors and out. Beautiful gardens surround this inviting home replete with gracious rooms extending to a screened porch and slate terrace. Lower level with in-law suite, 3643 Trinity Dr.

Waldi Crawford 703.629.5655 www.WaldiCrawford.com



#### Del Ray \$569,900

Bungalow with 3 bedrooms and 1 bath blocks to the heart of Del Ray. Enter into the spacious family room with cathedral ceilings. Sunny and bright kitchen with granite and stainless appliances. Bright home with skylights and rear yard for enjoying fall evenings. 11 W Wyatt Avenue

Jen Walker 703.675.1566 www.JenWalker.com



#### Old Town \$1,095,000

New Price! Largest model end unit Brandt townhome in the heart of Old Town with 3 bedrooms & 2.5 baths. Only 1 block to waterfront & parks, a short distance to King Street, numerous updates throughout, enviable patio space with garden, 1-car garage and 1 mile to Braddock Road Metro. thegoodhartgroup.com/411-n-lee/

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#### Alexandria/Mount Vernon \$675,000

Serene oasis backs to parkland. Expanded 5 bedroom, 3 full bath with new large kitchen and baths, has 3600 square feet, deck, patio, sunroom and a large yard. 3-block walk to Stratford Landing Elementary School. 2620 Stirrup Lane

Chris Robinson 703.286.1202 www.RobinsonBriggs.com



#### Carlyle Towers \$534,900

Enjoy the ease of one-level living in this 2-bedroom, 2-bath condo with a fantastic vista of the GW Masonic Memorial. Gated luxury community with elevator, garage parking & 24/7 concierge. Blocks to King St Metro, abundant shopping, dining, & entertainment delights all around.

Meiling Yang 703.944.8403 www.MyTopAgent.com



#### Old Town \$925,000

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hardwood floors on all
3 levels, new kitchen with
quartz countertops and
stainless steel appliances,
formal dining room,
sunken living room,
elegant fireplace and
French doors leading
to private patio. Ultra
modern master bath,

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# News















On the Ballot

# A look at what's top of the ballot this Election Day.

BY MICHAEL LEE POPE

oters across Virginia will be headed to the polls Tuesday Nov. 7. Here's a look at what's on the ballot:

#### Race for Governor

Democrat **Ralph Northam** is a pediatric neurologist who was elected lieutenant governor in 2013, when he beat Republican E.W. Jackson. Before being elected to the statewide office, he represented the Eastern Shore in the Virginia state Senate. He's also a veteran, serving as an Army doctor during Desert Storm.

On the campaign trail, Northam talks about a "G3 Program" for Virginia — a plan that would help people get a job, get skilled and give back. If elected, he says he would work to expand industry certification programs, community colleges and apprenticeship programs, an effort that would focus on high-school students who do not attend a four-year college or university. He says he would support a law to make salary information more transparent so women can fight discriminatory practices. And, he says, he would push to expand Medicaid.

# Fundraising Total: \$22.8 million

- ❖ \$3 million from DGA Action
- \$ \$705,000 from Virginia League of Conservation Voters
- ♦ \$566,000 from Michael Bills of Charlottesville, founder of Bluestem Asset Management
- \* \$450,000 from Everytown for Gun Safety
- ❖ \$400,000 from the Democratic Party of Virginia

Republican **Ed Gillespie** is a former chairman of the Republican National Committee who owns the firm Quinn Gillespie & Associates, a bipartisan lobbying firm he started with Jack Quinn.

On the campaign trail, Gillespie talks about cutting the individual tax rate by 10 percent — the first income tax rate since 1972. He wants to prohibit candidates from using money raised for one office to run for a different office, and he says he would extend the length of time administration officials must wait before they can lobby their prior office. If elected, he says he would identify \$200 million in savings during the www.ConnectionNewspapers.com

course of his administration by establishing a new Office of Innovation and Efficiency.

# Fundraising Total: \$14.8 million

- \$4 million from A Stronger Virginia
- ❖ \$1.1 million from Let's Grow Virginia
- \$1 million from the Republican Governors Association
- $\boldsymbol{\diamondsuit}$  \$200,000 from Dwight Schar of McLean, NVR Homes
- ♦ \$133,000 from Jay Faison of Charlotte, N.C., of ClearPath Foundation

Libertarian **Cliff Hyra** is a patent attorney who was unopposed as the Libertarian candidate for governor when party leaders met for their convention in May.

On the campaign trail, Hyra talks about ending the business, professional and occupational licenses tax known as the BPOL. He also wants to end state occupational licensing requirements for cosmetologists, interior decorators and nail technicians. He also wants to privatize the state-owned liquor monopoly and avoid increases to the minimum wage. If elected, he says he would work to exempt the first \$60,000 of household income from the state income tax.

# Fundraising Total: \$63,000

- ❖ \$15,000 from Michael Chastain of Austin, Texas
- ❖ \$1,000 from John Berresford of Arlington, Federal Communications Commission
- ❖ \$1,000 from Don Bruckner of Albuquerque, N.M., Guebert Bruckner PC
- \*\$1,000 from Darryl Kerkeslager of Richmond, Virginia Department of Corrections
- \* \$1,000 from Carrie-Anne Mosley of Chantilly, Salesforce.com

# Race for Lieutenant Governor

Democrat **Justin Fairfax** is a former federal prosecutor who also owns a dental practice with his wife. Earlier this year, he beat out two other Democrats were were also running in the Democratic primary: longtime Democratic operative Susan Platt and former federal prosecutor Gene Rossi.

On the campaign trail, Fairfax says he wants to increase the minimum wage and expand workforce training. He wants to implement a state-based loan restructuring program, and increase access to pre-kinder-

garten education. If elected, he says, he would support expanding Medicaid and eliminate gaps in mental health coverage.

# Fundraising Total: \$2.9 million

- ❖ \$50,000 from Rose McElrath-Slade of McLean, Strategic Resources Inc.
- \* \$35,00 from the National Education Associa-
- \* \$35,000 from stockbroker Edward Hart Rice of Vienna
- of Vienna ❖ \$30,000 from Ivan Jecklin of Henrico, Weinstein Management Company
- ♦ \$25,000 from Michael Bills of Charlottesville, founder of Bluestem Asset Management

Republican **Jill Vogel** is a state senator representing Upperville who was first elected in 2007 after the retirement of long-time Republican state Sen. Russ Potts (R-27). Earlier this year, she beat out two other Republicans who were also running in the Republican primary for lieutenant governor: Sen. Bryce Reeves (R-17) and Del. Glenn Davis (R-84).

On the campaign trail, Vogel says she wants to reduce regulations and the tax burden. During the last General Assembly session, she introduced a bill that would have banned all gifts to lawmakers and prohibited candidates from using campaign funds on personal expenditures. She also introduced an effort she calls the "repeal amendment" that would allow states to repeal federal laws and regulations.

# Fundraising Total: \$2.5 million

- ♦ \$825,000 from the Republican State Leadership Committee
- ❖ \$496,000 from William Holtzman of Holtzman Oil Corp
- ❖ \$96,000 from Jill Vogel for Senate
- ❖ \$35,000 from cigarette manufacture Altria
- \* \$29,000 from Michael Smith of Middleburg, Valley Proteins Inc.

# Race for Attorney General

Democrat **Mark Herring** is a former state senator from Loudoun who was elected attorney general in 2013, when he won a 165-vote margin of victory against Republican Mark Obenshain that led to a statewide recount. He has a master of arts in foreign affairs from the University of Virginia as well as a bachelor's degree in for-

eign affairs and economics, also from UVA. He also received a law degree from the University of Richmond.

On the campaign trail, Herring says responding to the opioid crisis is one of his top priorities. As attorney general, he says he has prosecuted more than 75 cases against heroin dealers and traffickers involving more than 375 pounds of heroin and fentanyl. Herrings says he is also leading a project to eliminate Virginia's backlog of more than 2,000 rape kits. Herring is also chairman of a task force to combat campus sexual violence, and he says he helped put hundreds of child predators behind bars through aggressive prosecutions and digital forensics work.

# Fundraising Total: \$6.2 million

- ❖ \$1.5 million from the Democratic Attorneys General Association
  - ❖ \$813,000 from One Commonwealth PAC
  - \$300,000 from Everytown for Gun Safety
- ❖ \$150,000 from Michael Bills of Charlottesville, founder of Bluestem Asset Management
- ❖ \$116,000 from the Democratic Party of Virginia

Republican **John Adams** is a former Navy officer who served as an associate White House counsel under former President George W. Bush. He has a law degree from the University of Virginia, and an undergraduate degree from the Virginia Military Institute. He currently works as an attorney in private practice.

On the campaign trail, Adams says he would work as an advocate against spoofing — fighting phone scammers who impersonate the government, legitimate businesses or local telephone numbers. If elected, he says, he will leverage state resources to do "much, much more" than is currently being done to combat the opioid crisis. He says he would also support "tough but effective" law combatting drug dealing.

# Fundraising Total: \$3.4 million

- ❖ \$2.9 million from Republican Attorneys General Association
- \$225,000 from Republican Party of Virginia
   \$100,000 from Bruce Gottwald of Richmond
- of Newmarket Corp ❖ \$35,000 from Floyd Gottwald of Henrico of Newmarket Corp
- ❖ \$27,5000 of William Goodwin Jr. of Richmond of CCA Industry

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Old Town \$3,995,000 214 North Royal Street. Elegant circa 1846 detached residence with off street parking and a gorgeous walled garden with heated pool! Beautifully renovated with 4 bedrooms, 4.5 baths and over 6,000 sq. ft. of living space. Gracious rooms with tall windows, soaring ceilings, exquisite moldings and 2 gas fireplaces. This grand home with a Chef's kitchen is perfect for entertaining large groups or intimate parties with seamless flow between the interior and exterior spaces.

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214 S. Lee St. Over a million in renovations to this 3 bedroom, 3.5 bath semi-detached historic property. Expanded with a fabulous 3 story addition with over 2600 sq. ft. of living space. High end finishes and quality craftsmanship, original heart of pine floors, 2 gas fireplaces and a gourmet kitchen that opens to a family room. Deep fenced yard with extensive hardscape and 2 balconies, 1 with a river view!



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#### **Porto Vecchio**

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1250 S Washington St. #105. Spacious, updated first floor unit in sought after Porto Vecchio with stunning panoramic views of the Potomac River and National Harbor. Three bedrooms, four full bathrooms and two assigned garage parking spaces. Amenities include pool, tennis courts, 24 hour front desk, concierge, fitness center, sauna, extra storage and more! Short stroll to grocery, shops and restaurants in historic Old Town. www.homesofalexandria.com

Bobi Bomar and Ellen Patrick 703.927.2213



#### **OLD TOWN** \$849,000

717 South Royal Street Well-located in the heart of town, this 3BR, 2.5 Bath home has been freshly painted and is move-inready. Easy parking & close to transportation.

**Diann Hicks Carlson** 703.628.2440



#### Alexandria/Del Ray

406 Duncan Avenue. \$10K+ Price drop! Quaint & updated stone TH in the heart of Del Ray, minutes to metro, Aldi's, shops, restaurants, the 'Y' w/ pool/fitness & across from park/tot lot; convenient to Potomac Yards and for commuting. Deep, fenced yard w/ storage shed, deck. Over 75K of improvements & upgrades in the last 5 years incl kitchen (new '12), 2nd bath, most windows, furnace, Fr. doors.

Cindy Baggett 703.593.1418 and Leslie Rodriguez 703.400.3010



Alexandria/Kingstowne

\$469.900

7241 Worsley Way. Wonderfully renovated, spacious & bright town home with beautiful view of treed parkland from deck & patio. Bamboo wood on main level, new carpet elsewhere; open & modern kitchen; walk-out level basement w/ bonus room (4th bedroom? office?); 3.5 updated baths; 2 assigned parking spaces right in front. Minutes to Kingstowne's amenities, shops & restaurants; close to metro, 495.

> Cindy Baggett 703.593.1418 and Leslie Rodriguez 703.400.3010



Alex/Mt Zephyr

8524 Richmond Ave. You'll love this charming brick rambler -2 BRs + den and sitting room off MBR, 2 full baths, FP, hardwood floors, crown molding, family room addition, fenced yard (nearly 1/2 acre), huge deck, and patio. Bonuses include newer furnace and roof, replaced windows and workshop with electricity. Close

Mary Hurlbut 703.980.9595



**Alexandria/Jefferson Manor** 5806 Edgehill Dr. You can have it all! And a \$6K seller credit, too! Located only .2 miles from Metro & the weekly Farmer's Market; near the Jefferson Manor Park; on a 'half moon' location with treed view yet for a recently reduced price! This brick duplex has a walk-out level basement, a patio and a large deck; on a fenced double lot. In popular Jefferson Manor, known for its

> Cindy Baggett 703.593.1418 and Leslie Rodriguez 703.400.3010



#### **Alexandria** \$332,000

5970 Kimberly Anne Way. The best of all worlds. View of NOTH-ING BUT TREES! Lovely undated 2 level end unit with 2 master suites. Even has 2 balconies and parking right out front. Granite, SS appl, new HVAC. Walk to

> Julie F. Hall 703.786.3634



#### Alexandria/Montebello

\$265,000

5901 Mount Eagle Dr #1002. Spacious & contemporary 1005 SF condo with Potomac & treed views from enclosed balcony; enjoy Montebello's park-like oasis of 37 wooded acres. Vacation at home with its many amenities. 24/7 on-site security, indoor & outdoor pools, cafe, tennis, bowling, shuttle bus, \$1.4 M fitness center (2016); variety of activities. Unique open gourmet kitchen & updated bathroom; freshly painted; new 6 panel doors; storage space; HMS warranty.

Cindy Baggett 703.593.1418 and Leslie Rodriguez 703.400.3010



#### **Old Town**

Beautifully updated circa 1880, 3 bedroom, 2 bath brick Victorian. Open floor plan

with tall ceilings, abundant windows, original random width wood floors, exposed brick, handsome moldings and woodwork. Renovated gourmet eat-in kitchen, relined wood burning fireplaces in the living room and Master bedroom. Unfinished lower level with plenty of storage space and charming

> **Christine Garner** 703.587.4855

Alexandria/Old Town Office | 703-549-8700





# PEOPLE

# Local Author Plans Book Signing

SHOP LOCAL FIRST

ohn Wasowicz used to dream about writing a legal thriller when he was driving to and from work along the George Washington Parkway.He thought about it driving from his home in Wessynton to the Arlington County Courthouse, where he served as a pros-

ecutor in the 1980s, and from his law office when he was in private practice in the 1990s and early 2000s.

Five years ago — his children graduated from col-

MOUNT VERNON \* LEE

Connecting Business and Community

lege and he and his wife, Robin, enjoying life as empty nesters — he completed the book.

The result is "Daingerfield Island," a murder mystery that begins on Daingerfield Island, south of Reagan National Airport. The novel features a fictional attorney, Elmo Katz, who practices law on imaginary 771A Duchess Street in Old Town. Borrowing from his previous trial experience, and weaving together recollections of judges, prosecutors, cops, and villains, Wasowicz created a suspense novel

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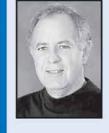
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KingsJewelry.NET

SEE LOCAL AUTHOR, PAGE 6



# Rex Reiley RE/MAX Allegiance

703-768-7730 rex.reiley@rmxtalk.com



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!



#### Mt. Vernon Grove \$594,900 9336 Heather Glen Drive Beautiful 4 BR, 2 1/2 BA colonial

Beautiful 4 BK, 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.



#### 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!



#### 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

walkout basement. Large master suite includes adjoining sitting room that can be a nursery or a home office. .34 Acres. Great location, great price!



#### 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 Pt. Belvoir (S) & a5 minuts to Old Town, Alex (N).



#### 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/car-

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



#### Alex/Woodstone \$329,900 7100 Cold Spring Court This beautifully updated End Unit is one of

the nicest properties in Woodstone. It has a beautifully fenced bkyd & expansive side yard. The interior is meticulous, updates include: kitchen w/granite counters, SS appliances, windows replaced w/double panes, plus front & rear doors replaced, all in '15. Main lvl floors replaced in '17, W/D in '14, roof in '12 & furnace in '14. BRs are huge & hall bath has a Jacuzzi tub. This is a 10!



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# News

# Smirniotopoulos Honored

# With Washington Oxi Day Foundation's 2017 Greatest Generation Award.

he Washington Oxi Day Foundation posthumously honored long-time Mount Vernon resident Col. Eleftherios D. Smirniotopoulos (Royal Hellenic Air Force-Ret.) on Oct. 26 with the foundation's 2017 Greatest Generation

Smirinotopoulos was honored for his courage, bravery, and valor as a decorated fighter pilot defending Greece at the start of and throughout World War II. Smirniotopoulos moved with his wife, Panayiota Athanasiadou Smirniotopoulos, M.D., to the Belle Rive subdivision of Mount Vernon 40 years ago. He died of natural causes on Christmas Day 2016, 10 days after his 100th birthday.

Smirniotopoulos, known to friends, neighbors, and colleagues simply as "Leftis," was born on Dec. 15, 1916, in the village of Mystra, near the town of Sparta, in the Peloponnesus region of Greece. Recruited by the Royal Hellenic Air Force while a law student, Smirniotopoulos graduated at the top of his class from the Air Force Academy flight school, and he rose in rank as an RHAF officer and fighter pilot. During the Axis Force's initial invasion of Greece, Smirniotopoulos defended Thessaloniki, as part of the RHAF's air defense of the country's second-largest city. While stationed at the air base in Thessaloniki as a young air force officer, he met Panayiota Athanasiadou, his future wife, who resided in the city with her family.

After German forces invaded and occu-



pied Greece, and disbanded its air force, Smirniotopoulos was recruited by British Intelligence Service (MI-5) and escaped to join fellow RHAF pilots in North Af-

rica. He flew Spitfires and Hawker Hurricanes with a squadron flying with Britain's Royal Air Force (RAF), participating in the decisive battle of El Alamein against the forces of Germany's chief military strategist, General Erwin Rommel (aka "the Desert Fox"), as well as in the siege of Tobruk.

Following the defeat of the Axis Forces, Smirniotopoulos returned to Greece as an active-duty Air Force officer. In 1947 his bus, carrying a number of RHAF pilots and other officers, was targeted in Thessaloniki by the Communist insurgency. Four passengers were killed in the bombing and Smirniotopoulos was severely injured by shrapnel from the blast, losing one eye and ending his decorated career as a fighter pilot. His wounds from the terrorist attack led to a medical transfer to the United States for surgery at a specialty ophthalmic hospital in New York. His fiancé, Dr. Athanasiadou, with whom Smirniotopoulos was reunited in Thessaloniki in 1947, subsequently emigrated to the U.S. in 1950 to join him and continue her medical training. They married in 1950 in the U.S., and remained together until Smirniotopoulos' passing on Dec. 25, 2016. Dr. Athanasiadou continues to live in Belle Rive. Smirniotopoulos is survived by his four children - three sons who also live in the Washington, D.C., area, and a daughter in Connecticut - nine grandchildren, and one great grandchild.

# Local Author Plans Book Signing

From Page 5

Wasowicz will be signing copies of "Daingerfield Island" at The Principle Gallery, 208 King St., during "Shop Small" days in Old Town Alexandria, Nov. 24 and 25. A donation of \$5 to Joe's Foundation will be made for each copy of the book sold at the gallery over the weekend.

Joe's Foundation is named for Joey Tennant, a childhood best friend of the Wasowicz family who died in April 1997 during his freshman year at Mt. Vernon High School.

"Joe was best friends with our older sons, Alex and Andrew, and we're honored to keep his memory alive 20 vears later by helping raise money for high school kids going off to college," said Wasowicz. Joe's Foundation has

raised over \$25,000 in scholarships given in Joe's name to Mt. Vernon High School seniors.

www.amazon.com/ Daingerfield-Island-John-Wasowicz/dp/1938144554.









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SAVANNAH WALNUT CERAMIC TILE 8" X 24"



KINGSTON OAK PORCELAIN TILE 6" X 24"



LAMINATE TIGERWOOD 12MM



MATTE WHITE PORCELAIN MOSAIC 12" X 12"



GRAY STRANDED BAMBOO 3/8" X 3 3/4"



BIRCH GINGER HAND SCRAPED ENGINEERED HARDWOOD



CLASSIC BIANCO MARBLE 12" X 12"



GLASS MOSAIC 12" X 12"



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3/4" X 2 1/4"



SOLID PREFINISHED FOREST GLEN OAK BUTTERSCOTCH 3/4" X 5"

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# OPINION

# Turn Out To Vote Races at top of ticket likely to be very close; your vote counts.

hen will you vote? Make a plan, there is less than one week left.

You can vote absentee in person until Saturday, Nov. 4. If you haven't voted by then, you will need to vote on Election Day, Tuesday, Nov. 7. Decide what time you'll go, make plans with a family member or a friend to meet at the polls. Don't

let the day get away from you. Polls are open from 6 a.m. to 7 p.m. on Nov. 7.

EDITORIAL

Consider the election four years ago of Attorney General Mark Herring (D), who is run-

ning again this year to keep his position. Herring defeated his Republican opponent by 165 votes, 1,103,777 votes to 1,103,612 - a difference of 165 votes out of more than 2.2 million cast, or less that one half of one percent difference. Herring promptly announced he would not defend Virginia's same-sex marriage ban. It's fair to say that a variety of other issues have been different because of that razor thin vic-

#### **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

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

#### Correction

In the Connection's editorial last week, Mike Casey's name was misspelled in the list of candidates for the Virginia House of Delegates. Casey, an Independent, is running against Marcus Simon, incumbent Democrat, for the seat in the 53rd House District.

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 col-

lege 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 Vir-

ginia displaying a photo; employee identification 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 identification, don't panic or give up. You will be given the opportunity to vote a provisional ballot. After completing the provisional ballot, the individual voting will be given written in-

structions from the election officials on how to submit a copy of his/her identification so that his/her vote On Election Day Polls are open from 6 a.m.-7 p.m.

can be counted. A voter will have

until noon on the Friday following the election to deliver a copy of the identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card. Also by noon on Friday following the election, the voter may appear in-person in the office of the general registrar, in the locality in which the provisional ballot was cast, and apply for a Virginia Voter Photo ID Card. At the completion of the application process, the voter may request a Temporary Identification Document. This document may be provided to the electoral board to suffice the identification require-

#### On the Ballot

General Election Day,

Tuesday, Nov. 7

#### 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)\* 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, unop- Fairfax County Office of Elections

#### **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/aboutfcps/facilities-planning-future/2017-schoolbond-referendum.

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

#### Mount Vernon Gazette

#### www.MountVernonGazette.com

@MtVernonGazette

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A Connection Newspaper



# News



Vanessa Espinoza and Joshua Meñez

# Students Praised for Emergency Response

hand, Joshua Meñez and Vanessa Espinoza were walking on Gibbs Street to band practice at Mount Vernon High School in late October, when an overly-excited dog sprinted towards the two, and dragged the owner to the pavement.

Joshua and Vanessa could see that the owner was hurt, so they rushed over to provide assistance. The dog owner was bleeding from a cut on her head and was unresponsive, so the two decided to call 911. They checked her pulse and breathing while keeping the dog under control.

Joshua and Vanessa stayed with

ith instruments in the woman until an ambulance arrived.

> She was taken to Inova Fairfax Hospital where she spent two days in the intensive care unit.

> Joshua and Vanessa spoke with a family member a week after the accident, and the family member told them the woman was better and recovering from her injuries.

> "We don't often read uplifting stories about our neighbors and I would like to recognize and commend these two high school students," said Stasia Rhoads, a neighbor and friend of the dog

> > - MIKE SALMON

# Whole House Remodeled Home Tour

SATURDAY, NOVEMBER 4<sup>TH</sup> 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!

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#### -Colonel Philip (Phil) J. Saulnier, USA, Retired and Judith (Judy) Saulnier, Residents at The Fairfax for 3.5 Years

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## Letter to the Editor

# Support Bond Referendum

To the Editor:

Studies show that students have more success in the classroom when they have a positive learning environment, and critical to facilitating that learning is a modern classroom that is equipped to prepare students for the jobs of the 21st century. I encourage voters in Fairfax County to support our students, their families, their County School Bond referen- Nov. 7. dum on Nov. 7.

The \$315 million referendum includes construction of new elementary schools, additions to existing schools, and renovations of buildings that are at the end of their life cycle. In Lee District, the Bond will fund renovations at Mount Vernon Woods Elementary and planning for Hybla Valley Elementary.

These improvements will foster an environment that provides for improved engagement between teachers and students and the success of our future workforce. Please support Fairfax County's next generateachers, and our community tion and vote "Yes" for the by voting "Yes" on the Fairfax School Bond referendum on

> Laura Goodman Alexandria

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# ANGELS TREE & LANDSCAPING SERVICE Tree & Stump Removal Bush & Tree Trimming Bush & Tree Planting Fall Cleanups & Leaf Removal Mulching Aeration & Overseeding Gutter Cleaning 703-740-6282

# News



Gov. Terry McAuliffe leads the groundbreaking.

# Honoring Puller Family Legacy

# McAuliffe breaks ground on Puller Veterans Care Center.

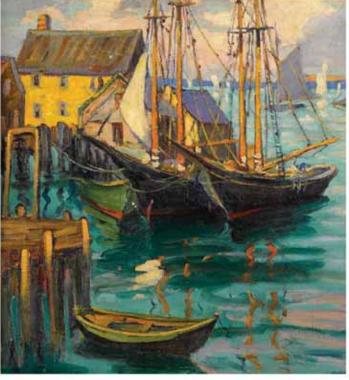
ov. Terry McAuliffe broke ground on the new Puller Veterans Care Center in Fauquier County on Oct. 26. The 128-bed long-term care and rehabilitation facility will be built on 30 acres located on the former Vint Hill Farms Station, which previously served as a U.S. Army and National Security Agency facility.

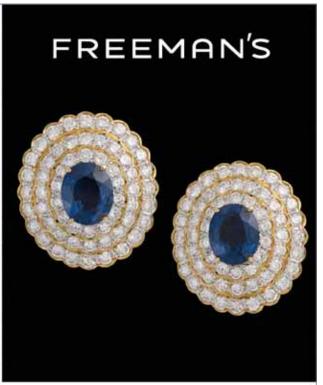
The new facility is named in honor of General Lewis Burwell "Chesty" Puller, Lieutenant Lewis B. Puller, Jr., and his wife, former state Sen. Linda "Toddy" Puller for their legacy of service to the United States and the Commonwealth of Virginia.

A native of West Point, Virginia, General Lewis Burwell "Chesty" Puller served with distinction in Central America, World War

SEE PULLER FAMILY, PAGE 12







# READY TO SELL? SPEAK TO THE EXPERTS.

Colin Clarke, VP, of Freeman's, America's oldest auction house, will be in Northern Virginia and Potomac, MD on November 9th and 10th to evaluate property for inclusion in our Spring 2018 auction season.

For more information or to make an appointment, please contact: Colin Clarke | 434.409.4549 | cclarke@freemansauction.com

Emilia Penney, AAA member and USPAP certified appraiser, covers the southeastern US from our Richmond, VA office. She specializes in verbal auction valuations for single items or entire collections and formal written appraisals for estate planning, estate tax, charitable donations, gift tax and insurance. Contact us for more information.

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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

# News

# Puller Family Legacy

From Page 10

II, and Korea before retiring in 1955. He is one of only two persons to receive five Navy Crosses and one of the most decorated U.S. Marines in history. He died in 1971.

Lt. Lewis B. Puller, Jr. served in Vietnam in 1968 where he was severely wounded leading his platoon, losing his right leg at the hip, left leg below the knee, left hand and several fingers of his right hand. He was awarded the Purple Heart and other military honors. He graduated from the College of William & Mary's Marshall-Wythe School of Law. He died in 1994 shortly after receiving the Pulitzer Prize for his autobiography. The

efits Clinic at the College of William & Mary is named in his honor. Lt. Puller met his wife, Linda

Lewis B. Puller, Jr. Veterans Ben-

Todd or "Toddy," when she was a schoolteacher in Woodbridge, Va. In 1991, she was elected to the Virginia House of Delegates and in 1999 won a seat in the Virginia State Senate. She retired from public service in 2015. During her nearly 15 years serving in the General Assembly, representing the Mount Vernon area, she was an advocate for Virginia's active military, veterans and their families.

When completed in 2020, the Puller Veterans Care Center will be one of four veterans care centers in Virginia. See dvs.virginia.gov.

#### BULLETIN BOARD

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

#### 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/superintendentbrabrand-schedules-five-communityconversations-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.

#### SATURDAY/NOV. 11

Office Hours. Mount Vernon District Supervisor Dan Storck will host Saturday office hours. Email mtvernon@fairfaxcounty.gov.

- ❖ 9-11:30 a.m. at Lorton Library, 9520 Richmond Highway, Lorton.
- ♦ 12:30-3 p.m. at the Mount Vernon district office, 2511 Parkers Lane,

www.ConnectionNewspapers.com





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# Entertainment

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

#### **ONGOING**

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

or call 703-838-4994. **Multiple Exposures Gallery.** 

Through Nov. 26, various times at the Torpedo Factory Art Center, 105 North Union Street, #312. Photo exhibit. Visit

www.multipleexposuresgallery.com. **Holiday Toy Drive.** Through Dec. 8, 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

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.

Watercolor Exhibit. Through Dec. 19, various times at Green Spring Gardens, 4603 Green Spring Road. See "Nature from Three Points of View", the work of Jan Burns, Madeleine Chen, and Shari MacFarlane, at the Horticulture Center. Sunday, Oct. 29 is the Artists Reception. Visit www.fairfaxcounty.gov/parks/greenspring or call 703-642-5173.

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

www.mountvernon.org.

Mercy in Alexandria Walking

**Tour.** Sundays at 1:30 p.m. at Alexandria Visitors Center, 221 King St. Experience an inside access tour of 19th century Alexandria. Inspired by the PBS mini-series "Mercy Street," accompany a trained military historian through Civil War-era Alexandria and learn the actual history behind the TV show. Short tours are \$15, private tours for five are \$149. Visit

www.dcmilitarytour.com for more The Lyceum: 175 Years of Local **History.** Ongoing, Monday-Saturday 10 a.m.-5 p.m. and Sunday 1-5 p.m. at The Lyceum, 201 S. Washington St. On view in the museum's Coldsmith Gallery, the historical objects and images featured represent The Lyceum, the community at work, and commemorations and celebrations. Throughout the exhibition, visitors are invited to "be the curator" and think about why the various artifacts are in the museum's collection, and about how tangible representatives of the past help tell the story of Alexandria's history. Free. Visit www.alexandriahistory.org.

Pick-Up Hockey. Ongoing,
Wednesdays and Fridays 11:30 a.m.1 p.m. at Mount Vernon Ice Skating,
2017 Belle View Blvd. Play hockey
with other hockey buffs, hitting slap
shots and learning puck handling
skills that the pros use. Players must
have full equipment. 16 and older.
Visit www.fairfaxcounty.gov/parks/
rec/mtvernon/ or call 703-768-3224.
Medical Care for the Civil War



#### Art on Tap

Celebrate with local craft beers, original artwork, and food at Art on Tap. Friday, Nov. 3, 7-10 p.m. at the Art League Gallery, Torpedo Factory Art Center, 105 North Union St. \$35. Visit torpedofactory.org.

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

Alexandria's Nurses and Hospitals During the Civil War. Ongoing at The Lyceum, 201 S. Washington St. An exhibit on the life of Clarissa Jones, a nurse at The Lyceum hospital during the Civil War. The true story of a nurse in Alexandria during the war, drawing parallels with characters portrayed in the PBS drama "Mercy Street," with references to the experiences of other nurses, such as Anne Reading, who worked in the Mansion House hospital, and Jane Woolsey, who served at the Fairfax Seminary hospital. Admission is \$2. Visit www.alexandriava.gov/lyceum.

Shield of Earth: Defending the Heart of the Union exhibit.
Ongoing, museum hours Tuesday through Saturday, 10 a.m. -5 p.m., Sundays, noon-5 p.m. at Fort Ward Museum, 4301 West Braddock Road Highlights of the exhibition include military passes issued by Provost Marshal's Office, construction tools, and original photographs of some of

4848 or www.fortward.org.

Who These Wounded Are: The
Extraordinary Stories of the
Mansion House Hospital
exhibit. Ongoing, Tuesday through
Saturday, 10 a.m.-4 p.m., Sundays,
noon-4 p.m. at the Carlyle House
Historic Park, 121 N. Fairfax St.
Come see the site that inspired
"Mercy Street," the new PBS' series

Washington's defenders. 703-746-

inspired by real events that took place at Carlyle House.
www.carlylehouse.org or call 703-

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

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

Their Fates Intertwined: The Lees of Alexandria in the War of 1812. Wednesday- Saturday, 10 a.m.-4 p.m. Sunday, 1-4 p.m. Lee-Fendall House and Gardens, 614 Oronoco St. A new exhibit on the experiences of the Lee family in Alexandria during the War of 1812 examines the contributions of Alexandria's citizens during the conflict that led to the writing of our national anthem through the lives of this iconic Virginia family. Visit www.leefendallhouse.org or call 703-548-1789

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

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

Dinner for the Washingtons. 11
a.m. at George Washington's Mount
Vernon, 3200 Mount Vernon
Memorial Highway. A walking tour
that goes behind the scenes to find
out how food was prepared and
served before the era of microwaves
and TV dinners. \$7 in addition to
estate admission. Visit
www.mountvernon.org.

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

Second Thursday Music artists.

The Monday Morning Birdwalk takes place weekly, rain or shine (except during electrical storms, strong winds, or icy trails), at 7 a.m. (8 a.m. November through March), is free, requires no reservation and is open to all. Birders meet in the parking lot at the park's entrance at 3701 Lockheed Blvd. Direct questions to park staff during normal business hours at 703-768-2525.

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

Doggy Happy Hour. Starting April 5, Tuesdays through October 5-8 p.m. at Jackson 20 and Hotel Monaco Alexandria, 480 King St. Doggy Happy Hour at Jackson 20 and the Hotel Monaco Alexandria offers specials on cocktails and beers plus treats and water for canine companions. Free, but drinks sold separately. Visit www.monacoalexandria.com for more

Wake Up Wednesdays featuring The Pop Up Cafe. 7-9:30 a.m. on Wednesday's near the King Street Tunnel - Carlyle Entrance located near 2000 Duke St. near Motley Fool. The cafe will feature coffee, live music to help commuters start the day off right and donuts from Sugar Shack. maurisapotts@gmail.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.

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@ninatisara.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 www.ConnectionNewspapers.com

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

402 Princeton Boulevard, Alexandria VAAbsolutely 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 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



#### 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



#### **Carlyle Towers**

2181 Jamieson Avenue, Unit 1010, VA PRISTINE UPGRADED 2 BR. 2 BA condo with wood floors throughout! 1165 SF plus 130 SF enclosed glass balcony. Master Bath with sep shower and jetted tub, 2 sinks, walk in closet and more! Call Marie for more information. \$525,000 Marie Louise Meyer (703) 929-1002 http://bit.ly/2zepLqg



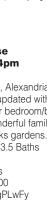
#### McLean

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 **Old Town**

317 Lee St. S, Alexandria VA Impeccably updated with recent Master bedroom/bath addition. Wonderful family room overlooks gardens. 3 Bedrooms, 3.5 Baths \$1,195,000 Liz Bucuvalas (703) 626-8400 http://bit.ly/2gPLwFy





#### Traumerei Farm

70 Legacy Lane, Fredericksburg VA This custom estate is exceptionally maintained, light-filled casual open flrpln w/ gracious Frml Rms & high-end custom finishes. Sited on 36.6 Acres w/ 3 fenced paddocks, a 7 stall barn w/ heated tack Rm, office & bathroom. Privately set high above rolling pastures w/ riding trails to explore, Orchards & Herb Garden. Located halfway between Richmond & DC, it's a quick drive with EZ pass access. \$1,545,000 Susan Gray & Alexandra Attiliis (703) 203-9900 http://bit.ly/2whNKUm



2602 2nd St S, Arlington VA Bright and open floorplan. 3 finished levels. 2 car garage in back. Fully fenced yard with room to entertain and play! Commuters dream location! \$810,000 Tracy Vitali (904) 505-1874 http://bit.ly/2lmRKy2



#### **Sleepy Hollow Woods**

6821 Murray Ln, Annandale VA Sunny and bright home. Amazing backyard with plenty of room to entertain and play! Relax poolside! Large lower level with family room, bedroom, full bath, huge laundry room and plenty of storage! \$599,000 Tracy Vitali (904) 505-1874 http://bit.ly/2hggKCK



#### Parkside at Alexandria

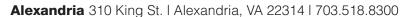
1425C Van Dorn N, Alexandria VA Desirable END unit in the heart of Parkside At Alexandria! Home offers lots of natural light from large windows on main level. New hardwood flooring and wall to wall carpet installed 2017 throughout. Private patio, great for entertaining, grilling and family meals. Close to clubhouse pool and fitness gym. Convenient to 395/495, BRAC, Pentagon and commuter bus/rail. \$306,000 Joyce Jones (703) 731-6071 http://bit.ly/2iaaPyt



Hollindale

3206 Gunston Rd, Alexandria VA JUST LISTED! 2BR Parkfairfax Condo, Light & Bright 2 levels, recessed lighting, crown molding, hardwood floors, stainless steel appliances, granite counters and updated bath. Fresh painting throughout. Easy Commute via DASH Bus and Metro Bus to Pentagon Metro. Amen. inc. outdoor pool, tennis courts & fitness center. Vacant and Move in Ready! \$309,900 Shelly Lynch (571) 336-6280 http://bit.ly/2gNQnHa

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# Entertainment

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

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 pm. 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.

Halloween Parade Rescheduled. 2 p.m. at E. Bellefonte Ave. in Del Ray. Postponed due to rain from last week. Visit visit www.visitdelray.com/halloween.

Meet the Artists. 4-6 p.m. at The Athenaeum, 201 Prince St. Meet the artists behind the sketches and studies created by members of the Washington Society of Landscape Painters, on display through Jan. 7. Visit www.nvfaa.org or call 703-548-0035.

#### **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.

#### MONDAY/NOV. 6

**Garden Sprouts: Nature** 

**Playgroup.** 11-11:30 a.m. at Green Spring Gardens, 4603 Green Spring Road. Through games, songs, activities and a garden walk to explore nature-themed topics. November's topic is "It's Fall." \$6.



Visit www.fairfaxcounty.gov/parks/greenspring or call 703-941-7987.

#### TUESDAY/NOV. 7

Celebrate Centenarians Luncheon.

noon-2 p.m. at The Fairfax, 9140 Belvoir Woods Parkway, Fort Belvoir. Celebrate Centenarians is an annual luncheon event dedicated to recognizing Centenarians in the Northern Virginia Region. Visit celebratecentenarians.com.

Organ Concert. 7:30 p.m. at Virginia

Theological Seminary's chapel, 3737 Seminary Road. The Northern Virginia Chapter of the American Guild of Organists marks the 500th anniversary of the Reformation with an Organ Vespers, and J. Thomas Mitts, with four students from Shenandoah Conservatory participating. Free. Visit novaago.org.

#### WEDNESDAY/NOV. 8

**Slavery at Mount Vernon.** 7 p.m. at the Alexandria Black History

Museum, 902 Wythe St. Join Director of Archaeology Luke Pecoraro and Associate Curator Jessie MacLeod to learn more about the people who lived in bondage on Washington's plantation. Email black.history@alexandriava.gov, or call 703-746-4356.

Sustainable Landscaping Practices
Lecture. 7-8:30 p.m. at the Mount
Vernon Recreation Center in Del Ray,
2701 Commonwealth Ave. The
Alexandria Beautification
Commission is partnering with
Virginia Cooperative Extension with
a presentation on ways residents can
beautify their homes and
neighborhoods using sustainable
landscaping practices. Email
AlexandriaBeautification@gmail.com.

#### THURSDAY/NOV. 9

Historic Start. The inaugural meeting of the Mount Vernon Historical Society will be held 7-9 p.m. at the Mount Vernon Governmental Center, 2511 Parkers Lane. The guest speaker will be Sean Thomas, director of Leadership Programs for George Washington's Mount Vernon. Free and open to the public.

Pizza and a Project. 6:30-8 p.m. at Fairlington United Methodist Church Fellowship Hall, 3900 King St. Enjoy a free pizza dinner while participating in community service stations, which will provide hands-on projects to help our neighbors. Free and open to all ages. Visit www.fairlingtonumc.org.

#### NOV. 9-12

**Alexandria Film Festival.** Various times at AMC Hoffman 22 Theater, 206 Swamp Fox Road and Beatley Central Library, 5005 Duke St. More

# THE CAMPAGNA CENTER'S SCOTTISH CHRISTMAS WALK WEEKEND **HEATHER & GREENS SALE** AVAILABLE ONLINE NOW! -Sunday, Nov. 19th early bird pick up available for orders placed by Nov. 7th. DECORATE YOUR SEASON WITH LOVE All proceeds benefit The Campagna Center programs Heather & Greens Sale Event Friday, Dec. 1 Pick Up. Saturday, Dec. 2, Pick Up & Sale Both days 9am - 4pm The Campagna Center, 418 S. Washington Street ORDER ONLINE AT CAMPAGNACENTER.ORG Alexandria Gazette Jacket McEnearney The The ASSOCIATES Campagna Center A Community Partner Heather & Greens Ewent Sponsor



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.

MOUNT \* VERNON

# Entertainment

# 5 Dates to Circle in November

BY HOPE NELSON

hink Thanksgiving is slowing down the food and drink scene in November? Think again. There's plenty to do this month all across Alexandria, so get after it.

#### Rustico Novemberfest, Nov. 4

Removed a few weeks from the usual Oktoberfest activities, Rustico on Slater's Lane is hosting its sixth annual Novemberfest celebration on Saturday, and all food- and beer-lovers are invited. Eighty beer and

#### APPETITE

cider options are on the menu at the annual block party, and the restaurant's kitchen will be working overtime to serve up turkey legs, BBQ pork sandwiches, and more in short order. Kick back and listen to some live bluegrass, and bring the kids for some family-friendly games and activities. Noon-5

#### Port City Tidings Release Party, Nov. 4

p.m., 827 Slaters Lane. Tickets \$25.

It's become a hallmark of the holiday season: Port City Brewing launches its annual Tidings winter seasonal this weekend. The spiced Belgian-style blond ale tastes just like the holidays with hints of cinnamon and cardamom subtly below the surface. Help the brewery welcome winter back to Alexandria with a tasting, a tour - and maybe a six-pack to take home. Noon-9 p.m., 3950 Wheeler Ave.

#### Virginia Cider Festival, Nov. 18

Who knew there was such a thing as Cider Week? Blessedly, there is, and this year Alexandria's Lloyd House serves as home base for the Virginia Cider Festival, which caps off the week in style. More than a dozen Commonwealth cideries are represented at the event, which also features live music and autumnthemed fun. 2-6 p.m., 220 N. Washington St. Tickets \$45 in advance, \$55 at the door.

#### **Empty Bowls Alexandria, Nov. 18**

Where else can you enjoy dinner, help those in need, and bring home a souvenir? ALIVE -Alexandrians Involved Ecumenically – is partnering with local artists and restaurants to host its third annual Empty Bowls event at the Durant Arts Center, where guests will choose a handmade bowl and then fill that bowl (or plate in its place) with a simple supper. Take the bowl home as a reminder of the event – and a call to action to continue filling bowls throughout the community to alleviate hunger. 6-8 p.m., Durant Arts Center, 1605 Cameron St. Tickets: \$40 and up.

#### Saturday Street Food Festival, Nov. 18

Neighborhood newcomer Sunday in Saigon joins forces with DC's Himitsu to host the restaurant's first "SSFF" – Saturday Street Food Festival – outside the North Old Town establishment on St. Asaph Street. Enjoy a hearty sampling of Asian street food and beer pairings from Bell's Brewery. And feel good about eating well: A portion of the day's proceeds will benefit the Wounded Warrior Project. Noon-4:30 p.m., 682 N. St. Asaph St. Tickets: \$50 early bird, \$60 general admission.

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

#### Calendar

than 50 free and ticketed films to the city to delight, entertain, and inform area film enthusiasts. Visit AlexFilmFest.com.

#### FRIDAY/NOV. 10

"Salute To Veterans" Concert. 7:30 p.m. at the Del Ray United Methodist Church, 100 East Windsor Ave. The Alexandria Citizens Band plays favorite tunes of Allied partners, as well as American classics, including the Armed Forces Salute. Visit alexandriacitizensband.com/.

#### NOV. 10-12

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

#### SATURDAY/NOV. 11

#### Lee-Fendall House as a Hospital.

11 a.m. at the Lee-Fendall House, 614 Oronoco St. Highlights include themes of nursing, soldiers, civilians, medical practices, and free people of color. \$8/\$10 at door. Visit www.leefendallhouse.org or call 540-431-8241.

#### Adventure at Green Spring

Gardens. 1:30-2:30 p.m. at Green Spring Gardens, 4603 Green Spring Road. Learn about the adventurous history of this activity that combines clues, nature and navigation skills at the Letterbox Hunt, \$6, Call 703-642-5173 or visit www.fairfaxcounty.gov.

**Meet the Author.** 2-3:30 p.m. at River Farm, 7931 E. Boulevard Drive. Award-winning author Marta McDowell presents her new book, "The World of Laura Ingalls Wilder:

The Frontier Landscapes that Inspired the Little House Books." Visit www.ahsgardening.org.

#### SUNDAY/NOV. 12

Christmas Market. 9 a.m.-1 p.m. at Christ Church - Meade Room, 121 North Columbus St. Choose from a variety of Christmas merchandise and other gift ideas. All profits go to local and international charities. Call 703www.historicchristchurch.org/.

#### TUESDAY/NOV. 14

Meet the Artists. 5:30-6:30 p.m. at Holiday Inn-Carlyle, 2460

## **Anniversary** Celebration

The 500th anniversary of the Reformation with an Organ Vespers will be recognized on Tuesday, Nov. 7 at 7:30 p.m. at Virginia Theological Seminary's chapel, 3737 Seminary Road. J. Thomas Mitts, with four students from Shenandoah Conservatory participating. Free. novaago.org for more.

J. Thomas Mitts, center, with four students from Shenandoah Conservatory Angela Garcia-Clark, Walter Litzenberger, Sean Dye and Catherine Lupien.

Eisenhower Ave. The National Art Education Association (NAEA) is showcasing artwork from art educators across the country in a juried exhibition at the association's headquarters. Email daniel.selnick@yahoo.com or call 703-347-5540.

#### WEDNESDAY/NOV. 15

Genealogy Lecture. 10 a.m.-noon at Beatley Central Library, 5005 Duke St. Professional genealogist Sharon Hodges explores "Tracing Your Family Roots through Genealogy." Free. Call 703-836-4414 ext 110 or visit www.seniorservicesalex.org

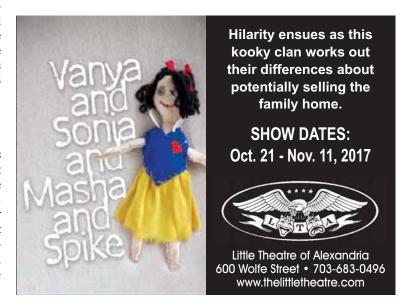


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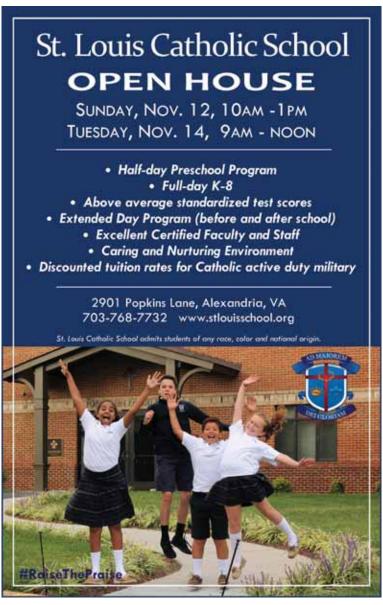
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5:00 AM and returns at 10:00 PM 703-799-9400 • 8601 Richmond Hwy, Alexandria, VA 22309











#### Annual Holiday Shop

This quilt will be raffled at the Mt. Vernon Unitarian Holiday Shop, Saturday, Nov. 18 from 9:30 a.m.-4 p.m. at Mt. Vernon Unitarian Church, 1909 Windmill Lane. Holiday Shop is a local tradition with 50 artisans. Call 703-298- 2176 for more.

#### Calendar

#### THURSDAY/NOV. 16

Greendale's Turkey Cup. 9 a.m. at Greendale Golf Course, 6700 Telegraph Road. Dinner is on the line as golfers compete in the 6th Annual Turkey Cup at Greendale Golf Course. The tournament is a twoplayer scramble, and winners take home Thanksgiving dinner and dessert. Prizes will be awarded for top finishes in each division, as well as closest to the pin. Call 703-971-6170 or visit www.fairfaxcounty.gov/ parks/golf/greendale/.

#### SATURDAY/NOV. 18

Floral Workshop. 9:30-11 a.m. at Green Spring Gardens, 4603 Green Spring Road. Thanksgiving Table Arrangement is the topic of the workshop. Professional floral designer Betty Ann Galway shares tips and tricks of the trade for you to practice on your own designs at home. \$38, and the supply fee is \$25. Visit www.fairfaxcounty.gov/parks/ greenspring or call 703-642-5173. **Mt. Vernon Unitarian Holiday** 

**Shop.** 9:30 a.m.-4 p.m. at Mt. Vernon Unitarian Church, 1909 Windmill Lane. Holiday Shop is a local tradition with 50 artisans. Ouilt will be raffled. Call 703-298- 2176.

Alexandria Bus Tour. 10 a.m.-4 p.m. at Mount Vernon, 3200 Mount Vernon Memorial Highway. African American History of Alexandria Bus Tour, "From Slavery to Freedom," a collaboration between the Office of Historic Alexandria, George Washington's Mount Vernon, and the Gum Springs Museum. Lunch included. \$50. Visit shop.alexandriava.gov.

Concerts at St. Luke's. 7:30 p.m. at St. Luke's Episcopal Church, 8009 Fort Hunt Road. A wind quintet plays the works of Brahms' Waltzes, Beethoven, Liszt and Chopin. \$20

adult; \$15 senior; free to students 18 and under. Visit www.saintlukeschurch.net.

#### SUNDAY/NOV. 19

**Christmas Cookies: History and** Tea Tasting. 1-3:30 p.m. at Green Spring Gardens, 4603 Green Spring Road. Chef and culinary historian

Nora Burgan tells the story of the Christmas cookie, a mainstay of the holiday table from medieval times to today. \$42 with tea, \$18 program only. Visit www.fairfaxcounty.gov/ parks/greenspring or call 703-642-

Emerging Artist Concert. 4 p.m. at Saint Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. Julia Angelov, from Alexandria, and Oscar Paz-Suaznabar, age 12, on the piano, play orchestra favorites. Visit www.amadeusconcerts.com.

#### TUESDAY/NOV. 21

Music in History. 1-3 p.m. at the Hollin Hall Senior Center, 1500 Shenandoah Road. Performance of "Hamilton & Washington: The Musical vs. Reality." Peter Henriques talks about the collaboration between Alexander Hamilton and George Washington, its importance in the nation's founding, and their portrayal in the musical, "Hamilton." Visit www.mvgenealogy.org

#### SATURDAY/NOV. 25

Frosty Follies. 6 p.m. at Market Square, 300 King St. The Metropolitan Arts Dance School presents the annual Frosty Follies. Call 703-339-0444 or visit www.metropolitanarts.org.

#### MONDAY/NOV. 27

Yoga for Gardeners. 9:30-10:30 a.m.

at Green Spring Gardens, 4603 Green Spring Road. This class features a gentle introduction to the vinyasa method which helps participants increase the strength, flexibility and endurance necessary for gardening. Class held indoors. Visit www.fairfaxcounty.gov/parks or call 703-642-5173.

#### **DEC. 1-2**

Scottish Christmas Walk Weekend.

Various times at the The Campagna Center, 418 S. Washington St. The 47th Annual Scottish Christmas Walk Weekend has activities throughout the weekend. Email developmentoffice@campagnacenter.org or call 703-224-2395.

#### SATURDAY-SUNDAY/DEC. 2-3

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

#### THURSDAY/DEC. 7

An Introduction to French Comics. -9 p.m. at The Lyceum, 201 S. Washington St. Arlington resident RM Rhodes leads this lecture about comics. Visit www.alexandriava.gov/ Lyceum or call 703-838-4994.

#### JAN.9-FEB. 4

"Déjà Vu," Art Exhibit. Various times at at the Torpedo Factory, 105 North Union St., Studio 29. Potomac Fiber Arts Gallery show "Déjà Vu," highlights the work of artists Elizabeth Davison, Elise Miller, and Dianne Harris Thomas. Visit torpedofactory.org.

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# News



Volunteers sort through winter coats for local children as part of the Firefighters and Friends annual coat distribution day Oct. 27 at Penn Daw Station 11.

# Keeping Youngsters Warm

From Page 1

self-esteem and tells a child 'You are worth it and we care.' We also see that it inspires pride and joy within a child."

Sponsors of the drive include: Operation Warm; Apple Federal Credit Union; Whole Foods Market; Nationwide Credit Corporation; Ken & Kelly Savittiere Foundation; Medocracy, Inc.; Promax Realtors; Progressive Firefighters of Fairfax Local 2068; Fire & Rescue Retirement Asso.; Fairfax County Federation of Teachers; Fairfax County Police Dept.; Fairfax County Sheriff's Office; Modern Technology Solutions; Fairfax County OP3; Rotary Club of Tyson Corner; Communities of Trust; and Firefighters and Friends to the Rescue.

The Alexandria-based nonprofit InspireLit provided several new books for each child while Caring Angels Therapy Dogs and their handlers were on hand for children to pet prior to returning to school.

"I think the number one way to break the cycle of poverty is through education," Bailey added. "But without a warm coat, many kids miss school, which also means they miss the education they need as well as a free or reduced breakfast and lunch that fuels their bodies. As firefighters, we try to find ways to help the community when we are not running 911 emergencies. Today it was providing new coats and books to children in need."



Firefighter Ken Savittiere helps fit a young girl with a new winter coat as part of the Firefighters and Friends coat distribution day Oct. 27 at Penn Daw Station 11.



A volunteer with Caring Angels Therapy Dogs was one of 10 handlers on hand for children to pet prior to returning to school.







# WELLBEING

# $Creating\ Balance\ \ {\tt Advanced\ planning\ is\ one\ key\ to\ holiday\ harmony.}$

BY MARILYN CAMPBELL

he stretch of time between Halloween and the New Year can be a source of merriment and joy, but it can also be a cause of stress, say mental health professionals. According to a study by the American Psychological Association more than 60 percent of Americans found the holiday season a frequent source of stress and fatigue. While joy is still the primary emotion, finding a way to create bal-

ance and manage the additional demands brought on by the holiday season can make holidays merry.

"Part of managing stress is identifying the causes of stress and being aware of what is going on with you and what is going to trigger you," said Maria Mangione, Psv.D.. clinical psychologist at Washington Center for Weight Loss Manage-

ment. "Look back at past holiday seasons and ask, 'What got you sad? What made you nervous? What made you angry? While we're outside of the holiday season, if you can look back at past seasons and think about the times that you were stressed, you can come up with a toolbox of things that could be helpful to you."

From shopping and budgeting to overeating and dealing with emotional issues, Mangione says crafting a plan in advance of the holiday season is a key to maintaining balance. "When someone is dealing with people or situations, it's hard to figure out how to deal with it in the moment," she said. "If people prepare and have a plan in place, they can go on autopilot."

"The holidays are a time in which we are potentially confronted with a lot added responsibilities outside of our day-to-day,' added Monica Brand, Ed.D., assistant professor, Department of Counseling,

"The holiday cycle starts with Halloween and ... can snowball as people get more and more stressed."

> — Rachel Trope, clinical exercise physiologist at Washington Center for Weight Management

Marymount University. "As a result, we can be thrown off and stressed simply because we are not on our usual routine."

UNRESOLVED FAMILY ISSUES often resurface during the holidays and lead to tension. "Overall, our change in routine, increased interaction with family and the expectations we place on ourselves can all have some impact on our stress levels during the holidays," said Brand. As a result, people tend to brace themselves for whatever may come their way. A more basic method of avoiding stress is both mentally and physically preparing before company, travel, or hosting duties. Many people do this by creating to do lists, getting organized, and planning before the beginning of their holiday."

Be mindful of limitations and boundaries and limit the expectations we place on ourselves and others, advises Brand. "If you are

> one who is so caught up in festivities or is easily overwhelmed, setting reminders on your phone, smartwatch, or having someone hold you accountable in taking breaks from the festivities may recharge your batteries," she

> Financial imbalance is a common plight during the holiday

season, especially when a desire to give generously outweighs one's budget. "I cannot stress enough how important it is to set a spending limit for each person you will be shopping for ahead of time, before you go shopping," said Brian Neely, professor of Accounting & Finance at Northern Virginia Community College. "It is very easy to get caught up in the festive moment and spend far more than you really need to before you even realize what you have done. This will always result in buyer's remorse and can strip away the true joy that should go handin-hand with the customary giving of gifts."

Neely says that during the holidays most Americans have been programmed to spend the vast majority of their discretionary income all at once. "The worst aspect of this annual spending spree is that it generally goes on a credit card or two or three and it stays on there for a very long time," he said. "Once a purchase goes on a credit card, you are still paying for those purchased items for many months afterwards with accrued interest. So now, those presents under the tree on Christmas morning are still increasing in total actual cost until you pay that debt off from your credit cards."

Avoiding store-issued credit cards is a key aspect of maintaining a sane budget, advises Emily Knarr, visiting faculty member in Marymount's Department of Accounting, Economics & Finance at Marymount University. "They offer so many promotions during the holidays that it is tempting to take advantage of them, especially if your other cards are maxed out and you still need to buy presents," she said. "However, even if the terms of the cards and promotions are good, it still affects your credit rating

SEE BALANCE, PAGE 22







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# News



All hands on the golden scissors to open the new Public Safety Headquarters.

# New Headquarters Unites Departments

From Page 1

Patteson, the county director of Public Works and Environmental Services. The new building is LEED (Leadership in Energy & Environmental Design) certified at the silver level, and is an improvement over the Massey Building, as many in the group reminded the crowd.

"The Massey Building, in the City of Fairfax, needed to come down, it's time has passed," said Supervisor Pat Herrity (R-Springfield).

"We had to get it done before the Massey building collapsed," joked Supervisor John C. Cook (R-Braddock).

"The Massey Building once had it's heyday," added Bulova.

It will be the third headquarters for David M. Rohrer, the deputy county executive who's been with the county for 37 years. "It has been worth the wait," he said.

The Massey Building was built in 1970, when asbestos was a common fireproof building material used, and it had outdated electrical and cooling systems that were hard to repair, according to the Fairfax County website.

The new nine-story building is dominated by glass and green features such as low-flow plumbing, permeable paving, rainwater harvesting equipment and LED (light emitting diode) lighting throughout. The architect that designed it was HOK, Inc. and the builder was Manhattan Construction. The building was "below budget and almost on time," said Patteson.

Out front, there are memorials to commemorate

# Features of the new Public Safety Headquarters:

- ❖ Nine stories tall
- \* 274,000 square feet of space
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- ♦ Low-flow plumbing fixtures
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- Permeable pavement
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- Maximized daylight into work spaces



Supervisor John Cook (R-Braddock District) talks about the technological advantage the new building will bring.

the fallen police officers and firefighters who died on the job through the years. They were put in front because "we want everyone to pass by and see the sacrifice," said Bowers. In years past, there was a softball field on the spot where the new building is, noted Bowers, but the new office "really is a field of dreams," he said. There is also a tree out front that they managed to hold on to, despite the cranes and equipment coming and going through the two-year project. "We saved the tree as we promised," said Patteson.

With a new building, advanced technology and two public safety departments co-located for further efficiency, will the residents of the county feel safer? "The protection is always there no matter what building they're in," said Ellen Rohrer, who was at the ceremony.

The new Public Safety Headquarters is next to the Herrity Building, named after Herrity's father John Herrity who was a past chairman, he pointed out with



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# L'Arc de **Triomphe**



#### By KENNETH B. LOURIE

Though I studied French for five years, grades seven through 11 and became quite proficient, this column has nothing to do with French or this most famous of monuments. This column finishes the three-column arc concerning the before, during and after of my bulb installation. Having safely landed on my feet, figuratively and literally, it's time to complete the arc, especially considering my triumph.

The bulbs are all in. No breakage to me or the fixtures, the sconces or to the house. Just a relatively simple and straightforward (for me anyway) installation: on the refrigerator door (the night light), in the living room (in the sconces) and back in the kitchen (the flush-mounted light fixtures in the ceiling). I don't want to over exaggerate my success, but when you have had as many failures – in this context, as I have, one tends to find great joy in having avoided great complications.

I wouldn't say or even admit to beating my chest with great pride because I do understand the level of difficulty here but, previously I have given myself a nickname when a similar task at hand has met with similar success: Taras Bulba, who had nothing to do with bulbs other than part of his name included b-u-l-b. For some reason, I also had the knowledge that Yul Brynner played the title role in a 1962 film of the same name, but had no other information of substance other than I remember him being bald – which

As to what I remember about what I was thinking when we purchased a 250-year-old farmhouse on two acres in Montgomery County back in 1992: the price was reasonable/we could afford it, it was two acres of land in an extremely desirable county/location, it was close to I-95; and it was about time in our lives that we bought our first home. As to what I was supposed to do next; soon after we moved in, we had a two-day party (to accommodate people's availability); for those two days I held a clipboard and took notes as many of our friends made casual observations/suggestions about what work needed to be done, inside the house and out.

We needed tile in both bathrooms – since there was none. We needed plumbing fixtures in one shower/tub – since there were none. We needed a "one-fixture rough-in" for a washing machine – since there was none. We needed central air conditioning and ducts - since there was none. We needed phone jacks/telephone wiring since there was only one phone outlet for the entire house. We needed a new oil boiler since the unit in the basement was from "the year one" (to use one of my late mother's expressions). We needed chimney repairs and liners. We needed an upgraded electrical panel.

As for the property/grounds; do you think a lifelong renter with zero interest, aptitude or experience had any of the tools necessary to maintain two acres? That's a rhetorical question if there ever was one. In over my head doesn't begin to scratch the surface of the depths of my immersion.

But my wife, Dina, loved the house. It reminded her of Chester County in Pennsylvania where she grew up. And the price offered good value. Within one minute of our initial visit to the house, after walking through the living room across the old-fashioned wide pine floor boards pass the cooking fireplace and stepping up into a formal dining room with another fireplace, I knew Dina was sold. Fifteen minutes later we exited the house; didn't flush a toilet, didn't turn on a faucet, didn't flick a light switch, did nothing except walk around. We made an offer the next day, and the rest is basically this column.

As much as I thought I knew, little did I know what I was actually getting myself into. It's been 25 years and I'm still way better in French than I am in homeowner. I don't call myself Taras Bulba for nothing. I call myself Taras Bulba for something: bulb replacement. It's not much I realize, but it's the best this man can do.

C'est la vie.

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



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# WELLBEING

# Balance

From Page 20

when you take on more debt. It can also be difficult to close the cards once started."

Neely has developed a foolproof way of managing holiday finances. "I always write out a list showing each item I have purchased for each person and track the amounts I have spent on each person separately each night after I have finished shopping for the day," said Neely. "Seeing it all written down on paper can really help you curb your enthusiasm when it comes to frantic holiday spending."

#### MAINTAINING AN EXERCISE REGI-

**MEN** is an important part of maintaining balance during the holidays says Rachel Trope, clinical exercise physiologist at Washington Center for Weight Management. "Physical activity is going to increase mood and decrease anxiety," she said.

Advanced planning is a key to making sure it doesn't fall by the wayside, advises Trope. "For example, if you're traveling, take your exercise clothes and shoes," she said. "If you schedule exercise, you're less likely to push it off and it's more likely to be successful. Get a friend that you can meet and exercise with."

Roll exercise into family traditions. "If you can't get to a gym, try walking and try integrating your holiday traditions into something active," said Trope. "Try to establish new traditions that are active that you can enjoy with your family and not take away from family time or create the stress of having to choose."

Put pen to paper when you develop a plan. "When you come up with a plan, write it down and put it someplace where you can see it and remind yourself of it," said Trope. "Write down what kind of reward you're going to give yourself."

Stress can lead to overeating during the holidays, and although holiday meals are often associated with decadence, not all those dishes are fat and sugar-laden, advises Sara Ducey, professor of Nutrition and Food at Montgomery College in Rockville. "Our holiday dinners feature many nutritious food choices [such as] poultry and fish, sweet potatoes and squash, peas and other green vegetables and salads and fruits," she said. "But there are also starchy, fatty and sugary foods [such as] mashed potatoes, rice dishes, cakes and pies and ice cream, whipped cream and marshmallows."

Ducey recommends variety. "The more types of food you have, the more you and your guests will eat," she said. "This is called the buffet effect. So offer many [colorful] vegetable dishes to make your buffet look beautiful and inviting ... [But] if you see the food, you will eat it. Keep the food away from the table, so guests have to get up to refill their plates."

It is easy to get caught in the chaos of the holidays, but it's important to remember the traditions, values and beliefs that are unique to each family, suggests Brand. "[The holidays] should be a reminder to us that not everyone has the resources, access, or privileged to spend time with the people they love on the holidays," she said.

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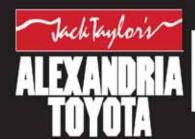
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