



STEVE HIBBARD/THE GAZETTE

**Lee Wilson Palmer sits in his home office filled with photos, books and memorabilia.**



PHOTO CONTRIBUTED

**Lee Wilson Palmer at the Old Club in 1970.**

## 100-Year-Old's Perspective

**Lee Wilson Palmer recalls Mount Vernon's early years.**

BY STEVE HIBBARD  
THE GAZETTE

**L**ong-time New Alexandria resident Lee Wilson Palmer turns 100 years old on Christmas Eve. Born on Dec. 24, 1917, the first thing one notices is that he's in excellent physical and mental shape for his age. What is his secret to good health? He attributes it all to good luck.

"I think I've been a very fortunate man with good health, good friends, and bad enemies .... I'm healthy. I eat what I want. I stay up late. Get up when I'm ready. You can't beat that," he said.

In fact, the old saying: "I would rather be lucky than smart" has been a favorite of his for his whole life. "I just live; I did what I wanted to do," said Palmer, a life-long Presbyterian. "There's no use to worry, you can't do anything about it; I hit the bed and I'm asleep."

Sitting in his home office on 16th Street in New Alexandria where he's lived since 1956, with old photos, memorabilia, and books, Palmer recounts the good old days. He said he moved to Annandale in 1946 and got a job on the night desk at Penn-Daw Hotel on Route 1 and then moved to Jefferson Manor.

He was named manager of the Penn-Daw dining room after he wrote a letter to the owner complaining about the cherry pie, and worked there



PHOTO CONTRIBUTED

**Lee Wilson Palmer**

from 1947-1967. Before the Beltway was built, Penn-Daw's dining room was the power lunch and favorite meeting place for the political and business leaders of Alexandria. It was also the site for Alexandria's elite parties and meetings.

"In those days, the word 'motel' had not been invented. You were either a hotel or a tourist home and cabins. No cottages. We had excellent food, excellent service, and we had cottages

with four units. It was well known from Maine to Florida," said Palmer.

J. Willard Marriott Sr. and his son Bill Jr. were frequent lunch guests of the Dawsons (hence the name Penn-Daw) who studied their business before they built their empire. And Penn-Daw's operation was one of the inspirations for the Marriotts as they moved into the modern "motor-hotel" business. "Marriott got his ideas there," said Palmer.

Other lunch guests include Joe DiMaggio; Mrs. Woodrow Wilson, who visited just before the opening of the Woodrow Wilson Bridge; and Ed Walker and Willard Scott who occasionally recorded their "Joy Boys" radio show from the lobby and promoted the restaurant with banter on the air.

During the Civil Rights movement of the 1960s, Palmer was president of the Washington Metropolitan Restaurant Association and he was deter-

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## Managing Parking

**Focusing on shoppers' convenience and security.**

BY MIKE SALMON  
THE GAZETTE

**P**arking at the shopping mall can be challenging at any time of the year, but during the holiday season, it takes time and a certain amount of work to find a good spot. There are lots of cars, new rules and entrances, so forgetting where the car is happens more than once.

At Tysons, there are 11,500 parking spaces, divided between a few multi-level parking garages and open air lots. The valet parking specialist at the valet lot right outside Nordstroms can't keep tabs on everyone, so he focuses on the clients that pay the \$10 Holiday Parking special to use his lot. "They keep asking me, they don't know where they parked," he said.

Diane Peratt came in from Leesburg and didn't balk at the \$10 special. "I'm very short on time," she said, as she looked around at the big roped off area that was empty on a Wednesday afternoon. "I'm glad they have this option, this number of spots is a bit much," she added.

Over at Springfield Town Center, the number of shoppers waxes and wanes during the week, but the weekends are big, said Hayden Basse, a college student that operates the valet stand at Springfield. On one evening shift in early December, he parked 75 cars in either the 15 spots up front or the auxiliary lot that is off along Loisdale Road. "You get a lot of families, especially in colder weather," Basse said.



MIKE SALMON/THE GAZETTE

**A section of spots in Springfield has plugs for electric vehicles.**

Joshua and Jessica Ball are new to the area, but have been to Springfield Town Center a few times. "It's a nightmare on Fridays and Saturdays," Joshua Ball said. Parking on the weekends craziness

**"Our job is to provide convenient parking to the mall and restaurants."**

— Hayden Basse

is no secret, but Basse is happy to help out, saying: "Our job is to provide convenient parking to the mall and restaurants," he said. Basse gets the shopper's cell phone number upon arrival, enters it in his iPad and when the customers are ready, a signal is sent and Basse retrieves their car. "Makes it super quick," he said.

Valet spots are \$6 at the Springfield Town Center and \$7 at Tysons Corner, but in the Nordstroms lot, the \$10 Holiday Parking Special includes money-saving coupons.

Nordstrom employee Christina Curtis never has a problem even in the holiday season. "There's plenty of spaces, eventually you do find a parking space," she said, but

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# Honoring Businesses During 'Boots, Bells & Bling'

Awards for business excellence.

BY MIKE SALMON  
THE GAZETTE

**T**he small businesses that are an economic engine to the Richmond Highway corridor were recognized last Friday, Dec. 15, by the Lee-Mount Vernon Chamber of Commerce, who added a western flavor to the evening they named "Boots, Bells & Bling."

Outgoing chairman Jane Gandee had her hat, boots and western wear in the closet from a past life, so she fit in perfectly. "I grew up with horses so I didn't need to buy anything," she said. A musical duo called "Switchback," played the opening

music, which was a combination of bluegrass and holiday music.

There were other western hats and fancy boots in the party room at the Mount Vernon Country Club as the incoming chairman, Scott Stroh, took to the podium. "Let's have a big yee haw," he said, getting a laugh from the group.

After introducing the elected officials Del. Paul Krizek (D-44) and District Supervisor Pat Herrity (R-Springfield), he said a few words and handed it back to Gandee to announce the six "Biz Awards" winners for 2017. "I'll be riding off into the sunset," Gandee said.

The first award went to Doug Jones, the Citizen of the Year. Jones was chairman three times in his chamber career, and "really a supporter of small businesses in the Route 1 corridor," Gandee said. Jones has been in the chamber since the 1990s.

"We have a real chamber we can be proud of," he said.

The next three awards were for Business Excellence, and the winners were the Fairfax Retirement Community, ACC Family, and Mount Vernon Physical Therapy. The retirement community is for ages 55 and above, and it offers a beauty salon, concierge, and fishing pond for residents. "It's the little no-cost extras that make a difference," Gandee said.

The United Community Ministries won the "Non-Profit of the Year,"



Outgoing chairman Jane Gandee addresses the chamber gathering.

PHOTOS BY MIKE SALMON/THE GAZETTE



Stan Koussis and Josh Toth compare outfits.

award, and Alison DeCoursey, the executive director of UCM, noted the plans that are underway, reorganizing, strategic planning and bringing on a new executive team to enhance their mission. "UCM is changing for the better, we're helping them break the cycle of poverty," DeCoursey said.

Finally the "Rising Star Award," went to Josh Toft, a graduate of Radford University who went into the media field before finding a spot at Burke and Herbert Bank.

Chamber newcomer Daniela

Gilardelli opened a new business, "Tutor Doctor" to help students, and she talked about the number of students that graduate high school without the basics of education. Tutor Doctor "teaches how to learn," Gilardelli said. She was in a chamber of commerce near Milano, Italy and noted the differences in the chambers. "Very different, not as much networking," she said.

The next chamber event on the calendar is the Business Scholarship Donation on Dec. 30.



The Rising Star award-winner Josh Toft.



Jane Gandee, outgoing chairman, holding a bell.



Get ready for Boots, Bells and Bling.



Mark Delaney on the mandolin.

## Police Seek Public's Help in Locating Murder Suspect

Detectives from Fairfax County Police Department's Major Crimes Bureau have identified Endless Taylor, 24, of Alexandria, as a suspect in a homicide that took place on Dec. 1 in the Alexandria area of the county. Taylor is suspected of stabbing and killing 24-year-old Luis Bonilla in the 7100 block of Fairchild Drive. Taylor is wanted for murder and robbery. It



appears Bonilla and Taylor were acquaintances.

Detectives are investigating a disagreement between the two in the weeks leading up to the murder. Detectives were able to recover the victim's phone, which was taken during the

robbery, which ultimately helped us identify Taylor.

Taylor is a black man, around 5'9", and weighs 175 pounds. He has black hair and brown eyes and has tattoos on both sides of his neck. Detectives are asking for the public's assistance in locating Taylor and believe he is armed and dangerous. Anyone with information about this crime or the known where-

abouts of Taylor are urged to Contact Detective Needels at 703-246-7904.

Tips can also be submitted anonymously through Crime Solvers by visiting [www.fairfaxcrimesolvers.org](http://www.fairfaxcrimesolvers.org), or text-a-tip by texting "TIP187" plus a message to CRIMES (274637). Anonymous tipsters are eligible for cash rewards of \$100 to \$1000 if their information leads to an arrest.



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## BULLETIN BOARD

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

### HOLIDAY SOBER-RIDE

**Free Sober Rides.** The annual Holiday SoberRide program will operate 8 p.m.-4 a.m. each night from Friday, Dec. 15, 2017-Monday, Jan. 1, 2018. area residents age 21 and older celebrating with alcohol may download Lyft to their phones, then enter the code in the app's "Promo" section to receive their no cost (up to \$15) safe transportation home. WRAP's weekly Holiday SoberRide promo codes will be posted at 2 p.m. on Dec. 15, Dec. 23 and Dec. 31 on [www.SoberRide.com](http://www.SoberRide.com).

### VOLUNTEERS NEEDED

**RSVP**, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To learn more about RSVP, visit [www.rsvpnova.org](http://www.rsvpnova.org).

**Line Dance Instructor needed** for the Gum Springs Senior Program once a week on either Tuesday, Wednesday or Thursday. Volunteer Solutions, call 703-324-5406, TTY 711.

**Volunteer Fairfax** makes it easy for individuals and families, youth and seniors, corporate groups and civic clubs to volunteer. Fulfill hours, give



### Honored

**Jocelyn Garay, a congressional aide to U.S. Rep. Don Beyer (D-8), presents Ron Fitzsimmons a statement Beyer inserted into the Congressional Record lauding the growth of the local charity, Alice's Kids. Fitzsimmons is the founder and executive director of this seven-year-old charity.**

back, or pay it forward through a variety service options. Visit [www.volunteerfairfax.org](http://www.volunteerfairfax.org) or call 703-246-3460.

**STEM VOLUNTEERS.** The American Association for the Advancement of Science (AAAS) needs scientists, engineers, mathematicians, and physicians to assist K-12 STEM (Science, Technology, Engineering, Mathematics) teachers in the

Northern Virginia Area, during the 2016-17 school year. In the 2015-16 school year, the numbers of STEM volunteers in Northern Virginia were: Fairfax County - 40, Arlington - 20, and Alexandria - one. Details of the collaboration are worked out between the teacher and the volunteer, and may involve giving

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## PEOPLE



### Helping Those In Need

Boy Scout Troop 888, sponsored by Heritage Presbyterian Church, and using the kitchen of Plymouth Haven Baptist Church on Dec. 2, baked 80 apple pies, which were distributed to those in need at the Fisher House (Ft. Belvoir), the Kennedy Homeless Shelter, Christ House (Alexandria), Rising Hope Mission Church, and the Rt. 1 Community Kitchen (Elks Club).

### SCHOOL NOTES

Email announcements to [gazette@connectionnewspapers.com](mailto:gazette@connectionnewspapers.com).  
Deadline is Thursday at noon. Photos are welcome.

**Sophia R. Labas**, of Alexandria, graduated from Boston University (Mass.) with a Bachelor of Arts in English.

**Paul H. Griffith**, of Alexandria, graduated from Boston University (Mass.) with a Bachelor of Science in film and television.

Students from six Fairfax County public schools have been named to the 2017

All-Virginia Jazz Band and Ensemble. Students named to the 2017 All-Virginia Jazz Band and Ensemble include **Halen Anderson** from West Potomac High School.

Vocal musicians from 14 Fairfax County public schools have been named to the Virginia Honors Choir for 2017. Thirty-four Fairfax County Public Schools (FCPS) students were selected for the choir, and five students

were named as alternates. This select choir is open to the top 125 singers from around the Commonwealth of Virginia, and is the highest honor a choir student can attain during his or her high school career. FCPS students named to the 2017 Virginia Honors Choir include: **Rosemarie Spollen** from Mount Vernon High School and **Beatrice DiFolco** from West Potomac High School.



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**Mt. Vernon Grove \$574,900**  
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**Alex/Riverside Estates \$2,775**  
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# Long-time Resident Recalls Mount Vernon's Early Years

FROM PAGE 1

mined that he was not going to oppose integration. "I was the first to mix having black waiters and white waitresses work together," he said, always treating everyone equally.

His son Jim Palmer added that Penn-Daw's dining room may have been the first one in the area to have black waiters and white waitresses work side by side in harmony. And many became close friends and followed his father to the Old Club years later, or as he said "he followed them."

From 1968 to 1986, Palmer managed another local institution — the Old Club Restaurant, a well-established business run by the Everett family in Old Town Alexandria. He eventually became the owner in 1976. "We cashed in on the fact that it had been George Washington's Club," he said. "Sometimes we had three wedding receptions going on at the same time; we had at least one wedding every week."

In 1986, he became assistant manager of the Dixie Pig at 68 years of age, a popular restaurant and meeting spot on Route 1 for locals, where he made the menus and purchased the food. "Everybody from Alexandria came there; it was well known," he said.

He said "The Pig" bar had a regular clientele where the guests would arrive as soon as it opened. "People came in at 12 and stayed there all day. Dixie Pig was unique. It had people who showed up there and spent the day there until they closed," he said.

Jim Palmer added: "One of the main reasons that the Dixie Pig hired him was because Dad had a loyal group of friends and customers who would come and eat. It was the equivalent of Route 1's neighborhood pub. It was kind of a Road House."

His son summed up his dad's personality: "With the space of a few minutes he could be with sleeves rolled up, apron on, and hands soapy joking with the pot washer

(an eccentric, toothless, illiterate, almost homeless African-American who dad watched out for some 25 years) one minute; with jacket on visiting with the mayor over lunch the next; or sitting down creating a reception menu for a nervous bride-to-be and her mother; ordering fresh vegetables from a scruffy supplier; booking a tour group with 90 hungry kids and 30 minutes to eat who would be there in an hour; helping a waitress clear a table; listening to someone's personal problems; unplugging the toilet in the ladies room; entertaining a tourist family with tales of George and Martha Washington; and generally managing the whole chaotic show with the warmth, ease, and dexterity of a great conductor coaxing his orchestra to play better than they thought they could."

Palmer joined the Junior Chamber of Commerce and eventually the Chamber of Commerce. He was a 35-year member and president of the Mt. Vernon Kiwanis Club and is still active as the chaplain. He dressed up as Santa and went to schools to distribute gifts. The club was known for selling Christmas trees where the now demolished Reed Theatre used to be. It also did food drives at Hollin Hall. "I had a full-service life; I spent a lot of time with them. The Kiwanians were a pretty lively bunch; we used to play cards and dice after all the meetings," he said.

Added his son: "The revenue from selling Christmas trees is basically all the money they raised the whole year. And then they distributed the money into the community where it's needed. My memories as a kid was a fundamental part of Christmas selling the trees."

Prior to his life in Alexandria, Palmer served in the U.S. Army from 1944-1946 during World War II. He was assigned to the 45th (Thunderbird) Division, 180th Infantry Regiment in Oran, Northwest Algeria, North Africa, then Naples and then Anzio, Italy. But he was in actual combat for less than a year.



**The Penn-Daw Hotel on Route 1 in Mount Vernon back in the day.**

"I was a plain old 'Willie and Joe,'" he said, referring to the cartoon characters. He did not go inside a heated building the entire winter of 1944-45, although he did hide from the Germans in a barn hugging a warm

cow for a few hours one frigid night, said his son.

Because he got shot in the leg during the

SEE PERSPECTIVE, PAGE 16



**Lee Wilson Palmer holding a rifle with his squad during World War II.**



**Lee Wilson Palmer in Detroit 1942.**



**Lee Wilson Palmer during his restaurant days.**



# Merry Christmas

Warmest thoughts and best wishes for a joyful holiday season.



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# OPINION

# Merry Christmas

Whether you believe the Christmas story literally or in spirit, you know it is the story of joy, hope and love, with the promise of redemption.

**T**he pages of the Connection Newspapers (including the Alexandria Gazette Packet, the Mount Vernon Gazette, the Potomac Almanac and the Centre View) have been full of holiday spirit beginning before Thanksgiving. Group and individual efforts to help the needy, holiday parades, Santa arriving by boat, Santa arriving by horse-drawn carriage, Santa arriving at the Malls, tree lightings, Menorah lightings, stories of giving, secular celebrations, religious celebrations. Shopping locally. Giving locally. Christmas is about the birth of Jesus Christ. Whether you believe the Christmas story literally or in spirit, you know it is the story of joy, hope and love, with the promise of redemption.

It is also about embracing the teachings of Jesus: to love thy neighbor as thyself; to help the needy; to feed the hungry and clothe the poor; to care for those who are sick; to invite and welcome strangers; to treat others as you would have them treat you.

#### **EDITORIAL**

**Matthew 7:12:** “So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.”

#### **Matthew 25:35-40:**

“For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.”

“Then the righteous will answer him, ‘Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?’”

“Truly I tell you, whatever you did for one

of the least of these brothers and sisters of mine, you did for me.”

**SO LET US SHARE** the verse relating the birth of Jesus from the Bible, Luke 2: 4-19:

“And Joseph also went up from Galilee, out of the city of Nazareth, into Judaea, unto the city of David, which is called Bethlehem; (because he was of the house and lineage of David:) To be taxed with Mary his espoused wife, being great with child. And so it was, that, while they were there, the days were accomplished that she should be delivered. And she brought forth her firstborn son, and wrapped him in swaddling clothes, and laid him in a manger; because there was no room for them in the inn.

“And there were in the same country, shepherds abiding in the field, keeping watch over their flock by night. And, lo, the angel of the Lord came upon them, and the glory of the

“Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.”

Lord shone round about them: and they were sore afraid. And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people.

“For unto you is born this day in the city of David a Saviour, which is Christ the Lord. And this shall be a sign unto you; Ye shall find the babe wrapped in swaddling clothes, lying in a manger.

“And suddenly there was with the angel a multitude of the heavenly host praising God, and saying, Glory to God in the highest, and on earth peace, good will toward men.

“And it came to pass, as the angels were gone away from them into heaven, the shepherds said one to another, Let us now go even unto Bethlehem, and see this thing which is

come to pass, which the Lord hath made known unto us. And they came with haste, and found Mary, and Joseph, and the babe lying in a manger. And when they had seen it, they made known abroad the saying which was told them concerning this child. And all they that heard it wondered at those things which were told them by the shepherds.”

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

## Editor’s Note About the Rest of 2017

This is our last regular edition of 2017. Next week, after Christmas, we will publish our annual Children’s Issue, devoted entirely to the artwork and writing of local students. We have more submissions from local students than ever, and so some children’s and teens’ artwork and writing will spill over into the first week of the new year.

Our next regular edition will publish Jan. 3-4, 2018, with deadline for content and advertising of Dec. 30 (late ads accepted).

In the meantime you can reach the editors

at editors@connectionnewspapers.com and sales/marketing/advertising at sales@connectionnewspapers.com.

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accept my humble wishes for the season. I would end my note by reaffirming that Jesus (peace be upon him) is not only the beloved of Christians, but also of all Muslims.

**Sumra Zafar**

Ahmadiyya Muslim Community, Virginia

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

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A Connection Newspaper





# HOLIDAY GIFT GUIDE

## Entertaining and Educational

### Gifts to stimulate intellect and curiosity.

BY ASHLEY CLAIRE SIMPSON  
THE GAZETTE

**T**his year, popular items on children's holiday wish lists are likely video games, mobile devices, and trendy articles of clothing. There's a more enriching way to approach holiday gift giving for youths, though.

Keeping in the holiday spirit doesn't mean mentally checking out, according to Dr. Lisa Turissini, chair of Marymount University's Education Department. Stimulate their intellect and curiosity with gift giving this year, and ultimately provide children with much more than the surges of adrenaline they'll receive from unwrapping something shiny or with a battery.

Turissini, who has been an educator for more than 30 years, leans toward gifts that result in experiences. When holiday season rolls around, she suggested an array of gifts that ultimately lead to more knowledge, or more memories.

"Experiential gifts stay in our memories forever, and an interesting trip can be one of the best family gifts," she said. "Music lessons, for instance: As kids learn new skills, such as playing a musical instrument, they gain confidence. Also, the process of studying, practicing, and performing teaches kids how to set and achieve goals. Kids taking these kinds of classes or lessons are able to explore their creativity."

These types of gifts don't have to be expensive either.

"Board or card games are great because they will lead to a coming together for a family game night, which is old-fashioned fun," she said. "Developing strategies through critical thinking and learning how to be a good winner are some of the benefits. Our family in particular enjoys Risk, Monopoly and Uno."

She added that downloading a collection of good Podcasts makes a great gift, too.

Local early education experts agree that playing is an important part of childhood, and gift-giving season is a great opportunity to provide them with the tools for the best kind of play.

"Children learn through play," Turissini said. "When playing with educational toys and games, children can develop perception, intuition, and reasoning as they engage in creative activities. Educational toys can help children connect to their thought processes and further develop their capabilities to think freely. Common toys that help boost cognitive skills include puzzles and number games. By providing children with well-devised play experiences, inside and outside, children develop appropriate social interaction skills, language skills and emotional development."

While technology has changed so much about this generation of elementary school aged children, teachers continue to see the benefit of traditional learning toys. Tech-



**Fisher-Maltese**

nology isn't all bad, but, kids need time away from screens to interact with the real world.

"I've taught little people for eight years and higher ed for almost six years," said Dr. Carley Fisher-Maltese, an Early Childhood Education assistant

professor for George Mason University's College of Education and Human Development (CEHD). "Some STEM-related toys that I'd consider purchasing for my own kids would be telescopes, microscopes, and logic and/or puzzle books."

Despite the lure of mobile devices, youngsters today still seem to find fun in the simple stuff.

"I love books of science experiments, particularly kitchen science, where you can find pretty much everything you need in your kitchen. My kids love making slime — they even have kits you can buy to make it — and making volcanoes explode with a little baking soda and vinegar. I also like building toys for kids, such as marble mazes and magna tiles. There are some good robot-building kits and drones that connect to your phone or tablet that you can buy for older kids."

Think outside the box — literally. Dr. Debbie Stone, GMU CEHD assistant professor of Child, Family and Community Engagement, said some of the best gifts are impossible to wrap up or put in a gift bag.

"I am a big advocate for open-ended toys such as building materials, art supplies, a dollhouse, kitchen, etcetera," Stone said. "Anything that sparks open-ended play and problem solving gets my vote."

Children need to keep moving over holiday break, too. A gift as simple as a jump rope could help with this.

"It is important for children to engage in physical activities during holiday break," Turissini said. "Bike riding and nature walks are terrific ways for children to get the physical exercise that they need. In colder weather building a snowman or going sledding can be fun for all. By allowing children to participate in a variety of activities you will ensure continued not only healthy emotional and physical development, but also kids who are recharged and ready to get back to school."

With existing excitement in the air, it's a perfect time to spark a love of discovery within children.

"Picture a future where, rather than making a trip to the local store for a toy, your child could create toys for him or herself," Turissini said. "It sounds like something out of a futuristic movie, but conceivably, kids can make their own creations using a 3D printer, which today is extremely expensive. But, as with computers and flat-screen TVs, the price of 3D printers will eventually go down as the technology becomes more widely available. In a couple of years, your child and her friends could be printing their own dollhouse furniture, trains, and cars."



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# Finding Peace and Joy

Relieving stress and finding meaning in the holiday season.

BY MARILYN CAMPBELL

**W**hen artist Kathryn Coneway is feeling overwhelmed by the stress of the holiday season, she heads outside to find peace and calm in nature.

"I get easily overwhelmed by the crowded parking lots and busy stores," she said. "When I'm feeling overwhelmed, I'll go to Huntley Meadows Park and walk around. The beauty of nature restores me. You're with other people when you're there, but there's still solitude."

From those who are dashing to finish holiday shopping and those who are financially strapped to those grieving a loss or dreading dealing with strained familial relationships, the stretch of time between Thanksgiving and Christmas is often hectic and emotionally charged. Recharging and infusing the holidays with joy and peace might mean redefining the holiday season.

"Research shows increased happiness after thinking of three good things that happened to you today and what caused them," said Jerome Short, Ph.D., associate professor of psychology at George Mason University. "Also, people report improved mood from doing five kind acts in a day, expressing gratitude, pursuing important goals, and playing sports."

An evening of music and quiet creativity is one method that Elizabeth Rees, associate rector

at Saint Aidan's Episcopal Church in Alexandria uses to recharge during the holiday season. The event called "Healing Arts" is held at the Center for Spiritual Deepening at St. Aidan's. "Sometimes for me, meditative art helps me to get into a different space," she said. "And with instrumental cello and guitar music in the background, it [is] beautiful."

Visual imagery is another technique Rees employs. "I went to a... prayer-yoga-dance gathering this week, and [the instructor] had us physically pretend to pick up things that we want to let go of or that are weighing us down to place on an imaginary fire," she said. "I loved the imagery: my burdens and distractions going up in smoke along with my prayers rising to God to make space in me for something new."

Coneway uses the season's natural surrounding to inspire her art, which is another way in which she finds joy and relaxation. "The gift of this time of day is the display of light and colors of early morning and evening," she said. "I encourage families to gather around the table and [create] art together. Whether its parents addressing Christmas cards while children are drawing or making a collage out of wrapping paper or tissue paper, I encourage families to work on something together."

Serving others and expressing gratitude are research-driven techniques for finding happiness says Dr. Lois T. Stover, Ed.D., dean, School of Education and Human Services at Marymount University.

"Make holiday cards and send them out. It's fun to drop a word of kindness anonymously to someone in the neighborhood and then tell that person to pass along the idea, leaving words of kindness or gratitude themselves for someone else," she said.

"Create an 'I am thankful for...' wall and cover it with sticky notes that complete the sentence as new thoughts come to mind each time you pass by."

There's plenty of holiday joy that comes without a price tag, suggests Stover. "Drive through various neighborhoods just after dark and exclaim 'Oooh - aah' over homes or other buildings that have particularly fun



**Artist Kathryn Coneway and her family spend time in Huntley Meadows Park when they're feeling overwhelmed by the holiday rush.**

PHOTO COURTESY OF KATHRYN CONEWAY



**Sylvain Richard, Pat Keithly and Eileen Myers attended a "Healing Arts" event at the Center for Spiritual Deepening at St. Aidan's Episcopal Church in Alexandria. Such activities can bring peace and joy during a hectic holiday season.**

or beautiful displays of lights," said Stover. "Listen to holiday music in a variety of genres and make play lists of favorites. Sing along loudly. It's hard to feel down while belting out anything from 'Frosty the Snowman' to 'Joy to the World.'"

For those looking to maintain the religious meaning of the season, Rees suggests daily devotions sent electronically. "I've found

some wonderful daily prayers that arrive each day by email. Just a minute or two of focus on what is deep and joyful and holy help center me for the day," she said. "For me, Ignatian prayer has been speaking to me lately, imagining myself into the stories of scripture. Moments of quiet and rest and being able to be present in the moment help me to get through the frenzy."

**"Moments of quiet and rest and being able to be present in the moment help me to get through the frenzy."**

**— Elizabeth Rees, Associate Rector, Saint Aidan's Episcopal Church**

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Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

### 39th Annual Weichert Toy Drive.

Through Dec. 15, various times at Weichert Realty, 121 N. Pitt St. Members of the community are invited to drop off new, unwrapped toys at the company's sales offices which will be delivered throughout the holidays in conjunction with local charities that assist financially and physically disadvantaged children. Call 703-549-8700.

### Snow Day on Stage.

Through Dec. 16, various times at The Lab at Convergence, 1819 N. Quaker Lane. This nonverbal production features live music and lots of wintertime fun, just in time for the holiday season. \$9. Visit [www.artsonthehorizon.org](http://www.artsonthehorizon.org).

### "A Christmas Carol."

Through Dec. 16, various times at The Little Theatre of Alexandria, 600 Wolfe St. \$17. Call 703-683-0496 or visit [www.thelittletheatre.com](http://www.thelittletheatre.com).

### Del Ray Artisans' Holiday Market.

Through Dec. 17, weekend hours only, Fridays: 6-9 p.m., Saturdays & Sundays: 11 a.m.-6 p.m. at the Del Ray Artisans, 2704 Mount Vernon Ave. Free to browse. Call 703-838-4827 or visit [www.delrayartisans.org](http://www.delrayartisans.org).

### 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](http://www.fairfaxcounty.gov/parks/greenspring) or call 703-642-5173.

### 4th Annual Holiday Market Festival.

Through Dec. 23, various times in the Carlyle District, 300 John Carlyle St. Art and craft items, enjoy sweets, mulled wine and live entertainment from local musicians. Visit [www.alexandriaholidaymarket.com](http://www.alexandriaholidaymarket.com).

### The Old Bull and Bush.

Through Dec. 24, various times at MetroStage, 1201 North Royal St. An effort to reopen the famous Hampstead England pub on stage to celebrate the holidays with food, song, jokes, dance and a sing-along. Call 703-548-9044 or visit [www.metrostage.org](http://www.metrostage.org).

### Potomac Fiber Art Show.

Through Jan. 7, various times at the Torpedo Factory, 105 North Union St., Studio 29. The show will be supplemented with juried items on Dec. 5. The Torpedo Factory has new hours, 10:30 a.m. to 5:30 p.m. daily and weekends, and 10:30 a.m. to 9 p.m. on the second Thursday of each month. Visit [torpedofactory.org](http://torpedofactory.org).

### Cameras and Clay.

Through Jan. 21 at Potomac Fiber Art show through Jan. 7, various times at the Torpedo Factory, 105 North Union St., Studio 29. Featuring the work of 34 photographers and clay artists. Visit [torpedofactory.org](http://torpedofactory.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](http://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

## HOLIDAY FUN



## MetroStage Celebrates

**The Old Bull and Bush will be at MetroStage, 1201 North Royal St. through Dec. 24. An effort to reopen the famous Hampstead England pub on stage to celebrate the holidays with food, song, jokes, dance and a sing-along. Call 703-548-9044 or visit [www.metrostage.org](http://www.metrostage.org).**

### THROUGH DEC. 23

**4th Annual Holiday Market Festival.** Various times in the Carlyle District, 300 John Carlyle St. Art and craft items, enjoy sweets, mulled wine and live entertainment from local musicians. Visit [www.alexandriaholidaymarket.com](http://www.alexandriaholidaymarket.com).

### SUNDAY/DEC. 24

**Waterskiing Santa.** 1 p.m. at the waterfront between King and Oronoco streets. Free. Visit [www.waterskiingsanta.com](http://www.waterskiingsanta.com).

### SUNDAY/DEC. 31

**New Years Noon.** 10 a.m.-noon at the Barrett Branch Library, 717 Queen St. The fourth annual bash includes performances by "Oh Susannah" and "The Great Zucchini" and an 11:55 a.m. for a countdown to "Noon Year" with music and a balloon drop. All ages invited, but especially appropriate for children ages 2 and up. Visit [www.alexandria.lib.va.us](http://www.alexandria.lib.va.us) or call 703-746-1704.

**First Night Alexandria.** 2 p.m. to midnight at venues throughout Old Town. Activities include the Ninth Annual Fun Hunt, musical entertainment, food, drink and midnight fireworks over the Potomac River. Visit [www.firstnightalexandria.org](http://www.firstnightalexandria.org) or call 703-746-3299.

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](http://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/](http://www.fairfaxcounty.gov/parks/rec/mtvernon/) or call 703-768-3224.

### Medical Care for the Civil War Soldier Exhibit.

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

### Alexandria's Nurses and Hospitals During the Civil War.

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

during the war, drawing parallels with characters portrayed in the PBS drama "Mercy Street," with references to the experiences of other nurses, such as Anne Reading, who worked in the Mansion House hospital, and Jane Woolsey, who served at the Fairfax Seminary hospital. Admission is \$2. Visit [www.alexandriava.gov/lyceum](http://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 Washington's defenders. 703-746-4848 or [www.fortward.org](http://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 inspired by real events that took place at Carlyle House. [www.carlylehouse.org](http://www.carlylehouse.org) or call 703-549-2997

**Color Disorder Exhibit.** Ongoing, Thursday through Sunday, noon-4 p.m., Sundays, noon-4 p.m. at the The Athenaeum, 201 Prince St. A joint exhibition of artists Katie Baines

and Amy Chan who use diverse painting materials such as acrylic, gouache, airbrush and screen print to build energized abstract paintings. [www.nfaa.org](http://www.nfaa.org) or 703-548-0035.

**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.lataascausa.com](http://www.lataascausa.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](http://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](http://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](http://www.fortward.org) or call 703-746-4848.

**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](http://www.mountvernon.org).

### Evenings at the Athenaeum.

Athenaeum, 201 Prince St. 7 p.m. Second Thursday of every month. Visit [nvfaa.org](http://nvfaa.org) to view concert calendar and listen to upcoming Second Thursday Music artists.

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

**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.alexandriarchaeology.org](http://www.alexandriarchaeology.org).

**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. [maurispotts@gmail.com](mailto:maurispotts@gmail.com)

## CAMPS, CLASSES & WORKSHOPS

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

**Life Drawing.** Del Ray Artisans offers a range of open life drawing sessions for anyone to develop life-drawing skills further. Drop-in for the session and bring supplies to draw or paint live models. Fee ranges from \$8-\$12. All skill levels are welcome. Del Ray Artisans is located at 2704 Mount Vernon Ave. Visit [www.TheDelRayArtisans.org](http://www.TheDelRayArtisans.org) for a schedule.

### The Harmony Heritage Singers

(Mount Vernon Chapter of Barbershop Harmony Society), a daytime, a cappella, Chorus, rehearses on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays, monthly, at Sherwood Hall Regional Library, 2501 Sherwood Hall Lane, 10 a.m.-1 p.m. Newcomers welcome for fun or to book for a performance. Visit [www.HHSingers.org](http://www.HHSingers.org), or call Bruce at 703-352-5271.

### SUNDAY/DEC. 24

**Waterskiing Santa.** 1 p.m. at the waterfront between King and Oronoco streets. Free. Visit [www.waterskiingsanta.com](http://www.waterskiingsanta.com).

### THURSDAY/DEC. 28

**Piff The Magic Dragon Magician.** 7:30 p.m. at The Birchmere, 3701 Mt. Vernon Ave. A former participant on America's Got Talent. Visit



# ENTERTAINMENT



## Wedding Showcase

Weddings in Old Town will be the focus of the Alexandria Wedding Showcase, Saturday/Feb. 18, 11 a.m.-3 p.m. at The Westin Alexandria 400 Courthouse Square. 50+ exhibitors, fashion show, brides across america wedding dress giveaway. Call 703-652-5367 or visit [alxweddingshowcase.com](http://alxweddingshowcase.com)

## CALENDAR

[www.birchmere.com](http://www.birchmere.com).

### SUNDAY/DEC. 31

**New Years Noon.** 10 a.m.-noon at the Barrett Branch Library, 717 Queen St. The fourth annual bash includes performances by "Oh Susannah" and "The Great Zucchini" and an 11:55 a.m. for a countdown to "Noon Year" with music and a balloon drop. All ages invited, but especially appropriate for children ages 2 and up. Visit [www.alexandria.lib.va.us](http://www.alexandria.lib.va.us) or call 703-746-1704.

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### JAN.9-FEB. 4

**"Déjà Vu," Art Exhibit.** Various times 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](http://torpedofactory.org).

### FRIDAY/JAN.12

**Concert at Blessed Sacrament.** 8 p.m. at Blessed Sacrament Catholic Church, 1427 W. Braddock Road. Free. Email [mcushmac@comcast.net](mailto:mcushmac@comcast.net) or call 703-548-1176.

### SATURDAY/JAN. 13

**Watercolor Workshop: Painting on Yupo.** 9:30 a.m. to 3:30 p.m. at Green Spring Gardens, 4603 Green Spring Road. Paint on slick plastic called yupo with instructor Marni Maree. \$90. Visit [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes) or call 703-642-5173.

### THURSDAY/JAN. 18

**Air Force Band Concert.** 8 p.m. at Rachel M. Schlesinger Concert Hall 4915 East Campus Drive. Special appearance by tubist Patrick Sheridan. Visit [www.nvcc.edu/schlesingercenter/](http://www.nvcc.edu/schlesingercenter/).

### SATURDAY/JAN. 20

**Winter Tree Day.** 10-11 a.m. at Green Spring Gardens, 4603 Green Spring Road. Take a walk in the woods to examine trees in their wintry state. Get to know some evergreens and learn how critters use trees as their homes during our coldest months. \$6. Visit [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes) or call 703-642-5173.

### Tea Tasting: A Tea for Each Continent.

10-11:30 a.m. at Green Spring Gardens, 4603 Green Spring Road. Sample teas from each of the seven continents of the world. \$25. Visit [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes) or call 703-642-5173.

### THURSDAY/FEB. 1

**Alexandria Poetry Contest Entry Deadline.** 5 p.m. at the City of

Alexandria, The Office of the Arts, a division of the Department of Recreation. The "DASHing Words in Motion" poetry contest, topics edge on transportation, ideas might stem from The Alexandria Transit Company's DASH buses motto is "Keep Alexandria Moving." Call 703-746-5565 or email [cheryllanne.colton@alexandriava.gov](mailto:cheryllanne.colton@alexandriava.gov).

### SATURDAY/FEB. 3

**Watercolor Workshop: Paint a Winter Scene.** 9:30 a.m.-3:30 p.m. at Green Spring Gardens, 4603 Green Spring Road. Learn to paint a winter landscape in watercolor with the help of artist Erik Hottenstein, who demonstrates techniques for translating photographs into winter scenes and provides guidance for your individual piece. \$90. Visit [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes) or call 703-642-5173.

### SATURDAY/FEB. 18

**Alexandria Wedding Showcase.** 11 a.m.-3 p.m. at The Westin Alexandria 400 Courthouse Square. 50+ exhibitors, fashion show, brides across america wedding dress giveaway. Call 703-652-5367 or visit [alxweddingshowcase.com](http://alxweddingshowcase.com).

### THURSDAY/FEB. 22

**Air Force Band Concert.** 8 p.m. at Rachel M. Schlesinger Concert Hall 4915 East Campus Drive. Special appearance by percussionist Michael Burritt. Visit [www.nvcc.edu/schlesingercenter/](http://www.nvcc.edu/schlesingercenter/).

**GOOD SHEPHERD CATHOLIC CHURCH**  
Join us for Christmas Mass

CHRISTMAS EVE	CHRISTMAS DAY
Sun, December 24	Mon, December 25
4 pm (in Creedon Hall)	9 am
4:30 pm	10:30 am
6:30 pm	2 pm (español)
8:30 pm	
10 pm	
Midnight (español)	

8710 Mt. Vernon Hwy Alexandria, VA 22309 [www.gs-cc.org](http://www.gs-cc.org)

Past issues of  
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back to 2008  
are available at  
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**NINA'S DANDY**  
FINE DINING ON THE POTOMAC

**Fellow Alexandrians Thank You for 38 Years of Memorable Moments & Faithful Patronage**

The City has decided it no longer has space for us after December 31st.

Until then Alexandria is our home port & forever in our hearts.

Our staff would love to serve you one last time.  
Join us for Christmas Eve Brunch or ring in the New Year on our farewell firework cruise.

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&  
Happy New Year*  
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*Bistro & Wine Bar*

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Special Menu Selections  
**CLOSED CHRISTMAS DAY**

**NEW YEAR'S EVE**  
Enjoy our Regular Menu OR Try Our  
\$75 Tasting Menu and \$35 Wine Pairing

**NEW YEAR'S DAY 11-3PM  
HANGOVER BRUNCH!**

Menu Specials, Egg Nog and  
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**RESERVATIONS ARE REQUIRED**  
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**The Best in Family Dining**

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**MONDAY-FRIDAY**

6:00 - 10:00 AM  
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*A Message from  
Murphy's Grand Irish Pub  
this Holiday Season*

*Because the good will of those we serve is the foundation of our success, It's a real pleasure at this Holiday time to say "Thank You" as we wish you, your family, and your friends, a Merry Christmas and a full year of Happiness and Success.*

December 24: Champagne

Sunday Brunch 10am-3pm

Open until 1am. Live music by  
Siobhan O'Brein at 8:30pm

December 25: Traditional Holiday

Dinner Open at 5pm

Live music by Siobhan O'Brein at 8:30pm

December 31: Champagne

Sunday Brunch 10am-3pm. Open until 4pm

NYE Celebration, doors open at 6pm.

Tickets only

Live music by Pat Carroll and Nick and Ian at 9pm

Jan 1: Champagne New Year's Day

Brunch 11am-2pm

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*Merry*  
**CHRISTMAS**  
&

**Happy New Year**



## News

# Perspective from 100 Years

FROM PAGE 6

war, he received a Purple Heart. "We finished up at Dachau (Concentration Camp) and when I saw what one man could do to another, it all became pretty clear to me. I was glad I was part of it," he said.

Born in Liberty Hill Farm near Natural Bridge, Va., Palmer, an only child, moved with his mother to his uncle's house in Wytheville at age 5 after his father died. He describes his childhood as ideal filled with colorful characters. "I lived with my uncle. He was always good to me; he liked me. He drove a taxi in Wytheville. People liked him; he was well known and well liked. He'd take me with him a lot of times. I had a good boyhood," he said.

He added: "I'd say Wytheville was more of a summer resort. People did not want industry there. There were stores and churches and couple of feed houses; and a courthouse was at the center of town."

In 1940, he married Mary Page Trinkle, whom he had known since age 6; he had a friend whose property backed up to her house in Wytheville. She moved to Detroit when her father died but prior to that they attended neighborhood dances together. "My best buddy and she had been going to dances and things. There was a party every night some-



PHOTO CONTRIBUTED

**Lee Wilson Palmer during World War II.**

where," he said. "Couples used to dance together; I went to a lot of dances."

Mary Page had an aunt Betty and uncle Harry in Detroit who were helpful to the nephews and nieces, so they moved to Grosse Pointe, Mich., where Palmer worked for the Packard Motor Company and made PT engines for the war effort. It was in 1943 that he got drafted to South Carolina for his basic training. But the Palmers didn't start a family until 1955 due to the war.

The couple had two children: James Lee, now 62; and Elizabeth Page (nee Palmer) Reick, now 59; six grandchildren and two great-grandchildren. Mary Page died of dementia.

While he was growing up, his son said his dad always had his back. He recounts this story of his dad as an example: "My sister was playing softball and her friend was pitching and a friend of mine and I were at the game trying to annoy them. We were heckling the players. The dad who was umpiring thought we were out of line. The umpire came over to chastise us, and my dad was sitting about 20 feet behind us; and he just charged the umpire and yelled even though we were completely in the wrong. So I remember my dad always had my back no matter what," said his son.

# Easing Shoppers' Parking

FROM PAGE 1

has seen the shoppers that can't find their car at the end of the day. "A lot of people get confused with the exits, they don't know where they parked," she said.

The Tysons security office is always helping find cars. "We do that a lot," said Security Officer Rivas.

To accompany all the specialty shops that open and close around the holidays, there are a number of specialty spots for restaurant patrons, electric vehicles, pregnant women, military veterans and big spenders. What's an average Joe to do in situations like this? Go to the back of the lot, hope for a spot, and take the hike back to the shopping center, keeping an eye out for drivers who aren't being attentive.

Becca Willcox, the Tysons events and communications manager, noted that there are a certain number of spaces dedicated to electric and hybrid vehicles, valet parking and 20 VIP spots for their top 50 money spenders. On the weekends in December, there are "parking directors," maintaining order around the lots and for the specialty spots, the Tysons security "patrols them to make sure they're [specialty spots] being used correctly," Willcox said.

Parking lot safety is another concern around the holidays. The Fairfax County Police Department has a Christmas Anti-Theft Team, known as the CATT,



PHOTO BY MIKE SALMON/THE GAZETTE

**At Springfield Town Center, Hayden Basse monitors the valet spaces and uses a cell phone feature to retrieve cars when needed.**

"watching for people breaking in cars and taking merchandise," said officer Bob Otten.

According to the police, "over the 2016 holiday season, our teams collectively recovered over \$315,000 in stolen property and seized assets." In addition, there are police officers in the lots keeping the peace and making sure cars are not blocking the fire lanes or illegally parking in the disabled parking spaces, noted with the blue signs. "We ask them to move along," he said. It's a \$50 ticket if they don't, said Otten.

## FIRST NIGHT ALEXANDRIA

December 31, 2017

An Old Town New Year's Eve CELEBRATION

24 Indoor Venues in Old Town and One in Del Ray

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Don't miss the area's largest, safest, family-friendly, budget-friendly New Year's Eve celebration!

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Limited to parties of 4 or less. One coupon per party and Offer excludes alcohol, tax & gratuity. Cannot be combined with any other offer.  
Present coupon when ordering. Exp. 1/31/18



# CRIME

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

**RESIDENTIAL BURGLARY:** 8100 block of Fordson Road, Dec. 16 between 6:30 p.m. and 2 a.m. on Dec. 17. Someone broke into the residence and stole property and money.

**RESIDENTIAL BURGLARY:** 8400 block of Riverside Road, Dec. 17 between 12:30 p.m. and 2 p.m. Someone entered the residence and stole jewelry.

**COMMERCIAL BURGLARY:** 7700B Richmond Highway (Aquatic Adventures Scuba Academy), Dec. 11 around 6:30 a.m. Someone entered the business and stole property.

**COMMERCIAL BURGLARY:** 7800 block of Richmond Highway, Dec. 17 around 7 a.m. Someone broke into the business and stole property and change.

**COMMERCIAL BURGLARY:** 6100 block of North Kings Highway, between 9:30 p.m. Dec. 12 and 7 a.m. Dec. 13. Someone broke into a business, damaged property and stole items.

**COMMERCIAL ROBBERY:** 6231 Richmond Highway (Tobacco Colony), Dec. 11 around 9:40 p.m. A group of people entered a business and one of them displayed a weapon. They demanded money and left with an undisclosed amount of cash. No one required medical attention.

**BURGLARY:** 4400 block of Longworth Square, Dec. 7 between 7:30 a.m. and 2:19 p.m. Someone broke into a home and stole money and property.

**COMMERCIAL ROBBERY:** 7968 Fort Hunt Road (Rite Aid), Dec. 5 around 10:30 a.m. Two people entered the store, confronted employees and demanded their personal items. The victims did not hand anything over so the suspects stole merchandise and left the store. No one was injured. Detectives are investigating.

**ATTEMPTED ROBBERY:** 7700 block of Richmond Highway, Dec. 5 around 7:40 p.m. A man attempted to snatch a cell phone from someone's hand. He was unsuccessful and a struggle ensued over the phone. The suspect attempted to strike the victim, but was unsuccessful in those attempts as well. He ran from the scene without taking anything. The victim was not injured. The suspect was described as a Hispanic man between 30 and 40 years old, around 5'9". The investigation is ongoing.

**ROBBERY:** Buckman Road/Main Street, Dec. 1 around 4:45 p.m. A teenager was walking home when someone approached her from behind, hit her, and stole her cell phone. She had minor injuries. The suspect was described as a black man between 18 and 20 years old, around 5'8" with short hair.

**ARMED ROBBERY:** 5800 block of Edgehill Drive, Dec. 2 around 12:50 a.m. A man was delivering a pizza when two men approached him, displayed a weapon and demanded money. They took an undisclosed amount of cash and the pizza. The victim was not injured. The investigation is ongoing.

**ROBBERY:** Seven Woods Drive/Sausalito Place, Dec. 2 around 5:00 a.m. The victim was walking and was struck in the head from behind with an unknown object. He awoke and personal items were taken from him. The victim had minor injuries and the case is ongoing.

**BRANDISHING/POSSESSION OF A STOLEN FIREARM/ARREST:** 3400 block of Anker Street, Dec. 2 around 12:30 p.m. Officers were called for a report of a man with a gun. An investigation determined the suspect offered to sell someone a gun and then threatened them when they said they were not interested in the purchase. The gun was found to be stolen. A 28-year-

old man from Alexandria was charged with brandishing a firearm and possession of a stolen firearm.

**COMMERCIAL BURGLARY/DESTRUCTION:** 8228 Richmond Highway (Mega Mart Grocery Store), Dec. 2 around 4:15 a.m. Someone entered the business and attempted to steal merchandise but were unsuccessful. The investigation is ongoing.

## DEC. 18 — LARCENIES

1600 block of Belle View Boulevard, merchandise from business

2400 block of Culpeper Road, debit card from vehicle

2500 block of Culpeper Road, cell phone from vehicle

2300 block of Huntington Avenue, beer from business

6300 block of Richmond Highway, merchandise from business

6300 block of Richmond Highway, property and cash from vehicle

8600 block of Richmond Highway, liquor from business

8800 block of Richmond Highway, cell phone from business

8200 block of Russell Road, cash from business

8200 block of Russell Road, merchandise from business

## DEC. 18 — STOLEN VEHICLES

8400 block of Blakiston Lane, 2017 Toyota Highlander

## DEC. 15 — LARCENIES

1300 block of Beverly Road, wallet from business

8200 block of Cooper Street, bicycle from residence

3800 block of Joshua Place, packages from residence

## DEC. 14 — LARCENIES

7400 block of Mount Vernon Square Center, liquor from business

6700 block of Richmond Highway, merchandise from business

6800 block of Richmond Highway, merchandise from business

## DEC. 13 — LARCENIES

1600 block of Belle View Boulevard, merchandise from business

7400 block of Mount Vernon Square Center, liquor from business

8400 block of Richmond Highway, cell phone from business

9100 block of Richmond Highway, cash from residence

8200 block of Russell Road, cell phone from business

## DEC. 12 — LARCENIES

8400 block of Fort Hunt Road, cell phone from residence

7900 block of Richmond Highway, merchandise from business

8100 block of Richmond Highway, computer from business

## DEC. 11 — LARCENIES

6000 block of Richmond Highway, catalytic converter from vehicle

6300 block of Richmond Highway, merchandise from business

7900 block of Richmond Highway, computer and printer from business

8200 block of Richmond Highway, merchandise from business

8600 block of Richmond Highway, merchandise from business

## DEC. 8 — LARCENIES

1600 block of Belle View Boulevard, merchandise from business

7700 block of Richmond Highway, wallets from gym

8500 block of Richmond Highway, parking sticker from vehicle

8500 block of Towne Manor Court, packages from delivery truck

## DEC. 7 — LARCENIES

2300 block of Huntington Avenue, merchandise from business

7200 block of Richmond Highway, jewelry from residence

7900 block of Richmond Highway, merchandise from business

8200 block of Richmond Highway,

SEE CRIME, PAGE 18

# CLASSIFIED

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## Obituary

### ARBERG

**Elaine M. Arberg (Age 64)**  
On Tuesday, December 12, 2017 of Alexandria, VA. Beloved wife of Bob Arberg for 36 years. Loving mother of Katie Arberg (Joe Steinberg) and Alison Arberg (Jeff Snyder); grandmother of Jackson Steinberg; daughter of Dorothea and the late Fred Murphy; sister of Jim Murphy, Mary Irvin, Jeanne Knight, Paul Murphy, Joe Murphy, Richard Murphy, Tricia Finamore, and the late Freddie Murphy. Relatives and friends may gather from 3 to 7 p.m. on Thursday, December 28th at Everly Wheatley Funeral Home, 1500 W Braddock Rd, Alexandria, VA 22302. Memorial Mass at 2:30 p.m. on Friday, December 29th at St. Mary's Catholic Church, 310 S Royal St, Alexandria, VA 22314. Inurnment private in Massachusetts. In lieu of flowers, memorial contributions may be made to Georgetown Lombardi Comprehensive Cancer Center. Please view and sign the family guestbook at [www.everlywheatley.com](http://www.everlywheatley.com)

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## "Suit Yourself, Biscuit"



By KENNETH B. LOURIE

Talk about a superfluous statement. I was asleep in bed and awoke to find one of our five cats, Biscuit, the oldest at 11+, lying sphinx-like on the front right of our bed. Though it was dark, I could see in his yellow eyes that he was awake.

Wanting to feel a cat against my body, I said, "Biscuit, come here. Come lie against my chest." No response so I repeated the request. This time with a bit more conviction: "Biscuit, come here. I want to feel you next to me." Again, no response. In fact, no reaction whatsoever. So I muttered, without thinking even: "OKAY, Biscuit, suit yourself."

And then I laughed. Of course he's going to suit himself. That's what cats do. I should be grateful he didn't jump off the bed. After all, he was minding his own business.

And that business is the entire philosophy of the feline species captured in two words. If any of you has ever owned a cat and been sensitive to and appreciative of their differences with the canine population, cats don't really come when you call them. Nor do they respond to a million other things you ask of them. If you understand and embrace that behavior, you'll likely begin to see this non-responsiveness as part of their charm.

However, when they do come when you call them, or when they climb uninvited onto your chest while lying in bed or snuggle with you on the couch; oh, how special you feel. And if you don't feel put upon or tolerated and can instead savor the uniqueness of their knead (and do everything you can to encourage its repetition), then you can indeed find pleasure and purpose in that moment, rare though it may be – or maybe not.

Accepting the parameters of the relationship with your cat, and managing your expectations, will go a long way toward understanding what your cat is able to give you. And what cats can give you is companionship and love – on their terms of course. The mere fact that Biscuit is lying on the bed should be enough to make me happy. Expecting that he would rise due to my beck and call, at night, especially while he's cat-napping is unreasonable on my part. Biscuit is not being difficult in the least. He is simply adhering to a non-responsive-type behavior that generations of cats – and generations of cat owners, should be accustomed to, not questioned or even curious about.

As an extraordinarily experienced cat owner (almost 40 years), I should have known better. Yet I couldn't resist the temptation/control the urge to give Biscuit (a cat) the chance to change the course of presumptive cat history and come to me when I asked. The problem is, once in a blue moon – or was that a red moon (it certainly appeared to be above the fold on the front page of The Washington Post the other day), cats will break with historical convention and respond/react/reply in kind with both word and deed. They'll come, they'll snuggle, they'll talk, they'll nuzzle, they might even lick. In fact, they'll do everything they can to endear themselves to you.

But it doesn't happen often or rather it doesn't happen consistently. Yet it remains the goal of every committed (or rather should be) cat owner to make every attempt to induce their cats to succumb to their cat-seducing charms. Like right now, Twinkle, our white, five-and-half-years-old domestic medium hair, is doing everything she can to get my attention. She's walking back and forth across my note pad (as I'm trying to write; I'm busy), she's rubbing her head against my face and using the top of my pen as some sort of head scratcher, she's lying on her left side with as many as four paws outstretched across my left arm as I use it to block her advance and she's talking non-stop.

She's being such a pain, but you have to love them. If you can't appreciate their untimely intrusions and instead expect some kind of predictable dog-like obedience, you need more than "The Cat Whisperer," you need "The Cat Screamer," because it's NOT HAPPENING.

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

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## CRIME

FROM PAGE 17

merchandise from business

**DEC. 6 — LARCENIES**

7400 block of Mount Vernon Square Center, cell phones from business

6400 block of The Parkway, wallet from vehicle  
7900 block of Richmond Highway, merchandise from business

**DEC. 5 — LARCENIES**

1600 block of Belle View Boulevard, merchandise from business

1800 block of Duffield Lane, wallet from vehicle  
8200 block of Richmond Highway, property from residence

2500 block of Ross Street, bicycle and stroller from residence

**DEC. 4 — LARCENIES**

7900 block of Central Park Circle, tools from vehicle

5900 block of Edge Hill Drive, sunglasses from vehicle

2300 block of Huntington Avenue, liquor from business

2300 block of Huntington Avenue, merchandise from business

4600 block of Lawrence Street, purse from residence

2500 block of Parkers Lane, license plate from vehicle

7300 block of Richmond Highway, merchandise from business

7800 block of Richmond Highway, purse from business

7900 block of Richmond Highway, cell phone from business

7900 block of Richmond Highway, property from business

8000 block of Richmond Highway, cigarettes from business

**DEC. 1 — LARCENIES**

2300 block of Huntington Avenue, beers from business

7700 block of Richmond Highway, merchandise from business

8200 block of Richmond Highway, merchandise from business

**DEC. 1 — STOLEN VEHICLES**

8400 block of Richmond Highway, 2014 Honda Civic

## BULLETIN BOARD

FROM PAGE 4

demonstrations, assisting in lab experiments, lecturing on special topics, assisting with homework, etc. The hours are flexible, and volunteers attend a one-day training in September before being assigned to schools. To see how volunteers are assisting their teachers, view the video clips at [www.seniorscientist.org](http://www.seniorscientist.org). To volunteer, contact [donaledge@aol.com](mailto:donaledge@aol.com).

**Fairfax County's Community Services Board**

is seeking volunteer office assistants. Volunteers are needed to assist CSB staff with greeting guests, making reminder phone calls, data entry, filing, shredding, stocking shelves, and other duties as needed. Hours are flexible, but would be during normal business hours. Visit [fairfaxcounty.gov/csb/viva/volunteers.htm](http://fairfaxcounty.gov/csb/viva/volunteers.htm).

**Yoga Teachers** are needed. Help improve a person's well-being by teaching yoga classes to adults who are staying in a residential facility. The day/time is flexible, but would be during the week. Prior yoga instruction is required. Visit [www.fairfaxcounty.gov/csb/viva/volunteers.htm](http://www.fairfaxcounty.gov/csb/viva/volunteers.htm) for more.

**The Northern Virginia Long Term Care**

**Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov).

**Respite Care volunteers** give family caregivers of a frail older adult a break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact Kristin Martin at 703-324-7577, TTY 711, or [Kristin.Martin@fairfaxcounty.gov](mailto:Kristin.Martin@fairfaxcounty.gov).

Fairfax County needs **volunteers to drive older adults** to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

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