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# Alexandria Gazette Packet

25 CENTS

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OCTOBER 4, 2018



PHOTO BY GERALD A. FILL/GAZETTE PACKET

## Filling the Pumpkin Patch

Volunteers offload pumpkins from the delivery truck for the Pumpkin Patch at Immanuel Church-on-the-Hill. Story, more photos on page 36.

## Senate Election Is Blast from the Past

Kaine and Stewart both played key roles in 2016, now they're at top of the ballot this year.

BY MICHAEL LEE POPE  
GAZETTE PACKET

**E**lections rarely get do-overs. Winners make victory speeches, and losers slink away to become consultants. But this year's election for U.S. Senate features two key players in the 2016 presidential election that upended American politics. For both sides, it's become a proxy of sorts. Democrats are eager to undo what they see as the damage that happened two years ago. And Republicans are aiming to improve on their lackluster performance in Virginia. And yet even though voters will be confronted by a ballot that includes Democrat Tim Kaine and Republican Corey Stewart, it's likely that voters will view this race squarely as a referendum on President Donald Trump.

"This is a president who's really dominating the narrative every news cycle," said Stephen Farnsworth, director of the Center for Leadership and Media Studies at the University of Mary Washington. "That creates a very difficult environment for candidates to be heard in their own voice, be they Democrats or Republicans this year."

Kaine, a former governor,

worked his way up in Virginia politics by serving as mayor of Richmond and lieutenant governor before becoming governor and ultimately U.S. senator. Stewart is a chairman of the Prince William Board of Supervisors who became a lightning rod in the immigration debate after leading the charge to have officers in his county check the citizenship for everyone suspected of violating state or local law. Kaine was on the ticket in 2016 as Hillary Clinton's running mate. Stewart served as the chairman of Trump's campaign in Virginia until he was fired after leading a protest at the Republican National Committee.

"When Corey Stewart says 'Take Virginia Back,' Virginians don't want to go back," said Kaine during a recent debate in Northern Virginia. "There's nothing in the rearview mirror that looks better to Virginia than what we can see in the windshield going forward."

Stewart has been trailing in the polls for months, and the latest poll from the University of Mary Washington has Kaine leading the race by 16 points. Kaine has a 15-to-1 fundraising advantage, in part because a lot of the big-money Republican donors are staying away from Corey Stewart —

SEE SENATE, PAGE 29

## Planning Approves TC Lights

City Council hearing set for Oct. 13.

BY JEANNE THEISMANN  
GAZETTE PACKET

**I**n a 5-2 vote, the Planning Commission approved the plan by Alexandria City Public Schools to add lights to Parker-Gray Stadium at T.C. Williams High School during a marathon meeting Oct. 2 at City Hall.

Thirty-two speakers, both for and against the plan, signed up to be heard at the meeting, which lasted until just before 2 a.m.

"The city and school board should honor its commitment to the African American community," said resident Phyllis Burke as part of comments relayed by the Alexandria chapter of the NAACP. "It is imperative that we not continue to traumatize this community."

Burke and several speakers referenced a decades-

old agreement between the city and residents who were displaced from the historically African American community to make way for the school in the early '60s. The agreement was last renewed in 2013 and a lawsuit was filed Aug. 14 in Alexandria Circuit Court to enforce that agreement.

However, prior to the public hearing portion of the meeting, Commissioner David Brown asked for confirmation from city staff on its legal position regarding the agreement.

"It is my understanding that the city has taken a position that there is no enforceable contract?" Brown asked.

Commission chair Mary Lyman added that "a condition in an SUP [special use permit] is not a promise."

Frances Terrell, president of the Seminary Civic Association and one of the original residents displaced in the '60s, noted that "several city documents refer to

a 'no lights' promise so an agreement is in place."

"This property has been owned and lived on by our ancestors as far back as the Civil War," Terrell

**"A condition in an SUP [special use permit] is not a promise."**

— Planning Commission chair  
Mary Lyman

SEE PLANNING APPROVES, PAGE 37





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|                                      | English              | Math  | Science | English          |     |      |       |       | Math    |       |       |        |    | Chronic Absent                  | Dropout Rate | Grad Rate |        |      |      |
|                                      | Overall              | Asian | Black   | Disadv           | EL  | Hisp | Disab | White | Overall | Asian | Black | Disadv | EL | Hisp                            | Disab        | White     | Absent | Rate | Rate |
| Charles Barrett Elementary Full      | 1                    | 1     | 1       | 1                | 1   | 1    | 1     | 1     | 1       | 1     | 1     | 1      | 1  | 1                               | 2            | 1         | 1      | N/A  | N/A  |
| Cora Kelly Magnet Elementary Full    | 1                    | 1     | 1       | 1                | 1   | 1    | 2     | 1     | 2       | 1     | 1     | 1      | 1  | 1                               | 3            | 1         | 1      | N/A  | N/A  |
| Douglas Macarthur Elementary Full    | 1                    | 1     | 1       | 2                | 1   | 3    | 2     | 1     | 1       | 2     | 1     | 3      | 1  | 1                               | 3            | 1         | 1      | N/A  | N/A  |
| Francis C. Hammond Middle Full       | 1                    | 1     | 1       | 2                | 1   | 1    | 1     | 1     | 2       | 3     | 1     | 2      | 1  | 1                               | 3            | 1         | 1      | N/A  | N/A  |
| George Mason Elementary Full         | 1                    | 1     | 1       | 1                | N/A | 1    | 1     | 1     | 1       | 1     | 1     | 1      | 1  | 1                               | 1            | 1         | 1      | N/A  | N/A  |
| George Washington Middle Full        | 1                    | 1     | 1       | 2                | 1   | 1    | 2     | 1     | 2       | 3     | 1     | 3      | 1  | 3                               | 3            | 1         | 1      | N/A  | N/A  |
| James K. Polk Elementary Full        | 1                    | 1     | 1       | 1                | 1   | 1    | 1     | 1     | 1       | 1     | 1     | 1      | 1  | 1                               | 1            | 1         | 1      | N/A  | N/A  |
| Jefferson-Houston Elementary W/ Cond | 1                    | 2     | 1       | 2                | 1   | 2    | 1     | 1     | 3       | 1     | 3     | 2      | 1  | 1                               | 3            | 1         | 1      | N/A  | N/A  |
| John Adams Elementary Full           | 1                    | 1     | 1       | 1                | 1   | 1    | 1     | 1     | 1       | 1     | 1     | 1      | 1  | 1                               | 1            | 1         | 1      | N/A  | N/A  |
| Lyles-Crouch Elementary Full         | 1                    | 1     | 1       | 1                | 1   | 1    | 1     | 1     | 1       | 1     | 1     | 1      | 1  | 1                               | 1            | 1         | 1      | N/A  | N/A  |
| Maury Elementary Full                | 1                    | 1     | 1       | 2                | 1   | 2    | 2     | 1     | 1       | 3     | 1     | 3      | 1  | 1                               | 3            | 1         | 1      | N/A  | N/A  |
| Mount Vernon Elementary Full         | 1                    | 1     | 1       | 1                | 1   | 1    | 1     | 1     | 1       | 1     | 1     | 1      | 1  | 1                               | 3            | 1         | 1      | N/A  | N/A  |
| Patrick Henry Elementary Full        | 1                    | 1     | 1       | 1                | 1   | 1    | 1     | 1     | 1       | 1     | 1     | 1      | 1  | 1                               | 1            | 1         | 1      | N/A  | N/A  |
| Samuel W. Tucker Elementary Full     | 1                    | 1     | 1       | 1                | 1   | 1    | 1     | 1     | 1       | 1     | 1     | 1      | 1  | 3                               | 1            | 1         | 1      | N/A  | N/A  |
| T.C. Williams High W/ Cond           | 1                    | 3     | 1       | 1                | 1   | 1    | 1     | 1     | 3       | 1     | 3     | 3      | 1  | 3                               | 3            | 1         | 1      | 3    | 3    |
| William Ramsay Elementary Full       | 1                    | 1     | 2       | 1                | 1   | 1    | 1     | 1     | 2       | 1     | 2     | 1      | 1  | 1                               | 3            | 1         | 1      | N/A  | N/A  |

SOURCE: VIRGINIA DEPT. OF EDUCATION, WWW.SCHOOLQUALITY.VIRGINIA.GOV.

Disadv = economically disadvantaged (i.e., eligible for Free and Reduced Price Meals, Medicaid, TANF); EL = English learner (i.e., not born in U.S., migrant status, native language other than English); Hisp = Hispanic; Disab = Students with Disabilities (receives special education and services under Disabilities Education Act); Chronic Absent = chronic absenteeism (missing 10 percent or more of the school year); Grad Rate = DOE's composite Graduation and Completion Index (includes Board of Education-approved diploma and partial credit for HS equivalency, still in school, local certificate of program completion).

# State Updates School Report Cards

Following accreditation results, more details about public school performance.

BY DAN BRENDEL  
GAZETTE PACKET

Alexandria City Public Schools (ACPS) saw mixed results in its annual report card from the Virginia Department of Education (DOE), published last week.

In its School Quality Profiles, the DOE tracks school divisions and individual schools' performance by a variety of measures. These include students' scores on standardized tests, which gauge basic grade-level knowledge in English reading and writing, math, science and history. They also includes

standardized measures under headings of college and career readiness, learning climate, teacher quality and school finance.

DOE uses some of these measures as the basis for assigning or denying school accreditation, this year according to a revised, more lenient methodology. Under the old classification, binary pass/fail rates on standardized tests for the student population taken as a whole almost exclusively determined ratings. The revised classification still looks at pass/fail rates. But it also takes into account trends of improvement, or lack thereof, over time; achievement gaps between demographic subgroups; absentee-

ism; and, for high schools, the dropout rate. Starting in 2021, the DOE will begin including a college, career and civic readiness index as well.

The new accreditation method uses a three-tiered rating system. Level One means a school meets the state's benchmark for a given measure, or doesn't meet the benchmark but is improving at a "sufficient" rate. Level Two means a school doesn't meet the state's benchmark, but is close or improving toward it. Level Three means a school is farther below the state's benchmark, or has remained at Level Two for too many years running. If a school's performance in the most recent year would earn it a lower rating, but its three-year average would earn it a higher rating, DOE grants the higher rating.

A school receives full accreditation if all

applicable measures attain Level One or Level Two thresholds. It receives accreditation "with conditions" if one or more measures attains only to Level Three. It's denied accreditation if it "fail[s] to adopt or fully implement required corrective actions to address Level Three school-quality indicators," according to the DOE.

Fourteen of 16 ACPS campuses received full accreditation for the 2018-19 academic year, based on 2017-18 performance. None were denied accreditation. William Ramsay Elementary School and Francis Hammond Middle School moved from provisional accreditation statuses last year under the old system to full accreditation this year under the new system. Jefferson Houston School moved from a denied accreditation status to being accredited with conditions. T.C.

SEE SCHOOL PERFORMANCE. PAGE 31

## 'Staying as a Teacher'

BY DAN BRENDEL  
GAZETTE PACKET

A 60-year veteran teacher advises students to work hard, teachers not to burn out, parents to begin educating their children early, and public officials to keep schools up to snuff.

Louis Kokonis, a calculus teacher at T.C. Williams High School, began his career as an educator in 1959. Now 86 years old, he's still at it, with no plans to retire, as long as his health keeps. In a Sept. 24 interview, he shared some of his life experience.

Kokonis grew up in Washington, D.C. After a stint driving trucks in Europe for the Army, Uncle Sam put him through college. He went on to earn two master's degrees, one in education and another in math. He taught first at Francis Hammond High

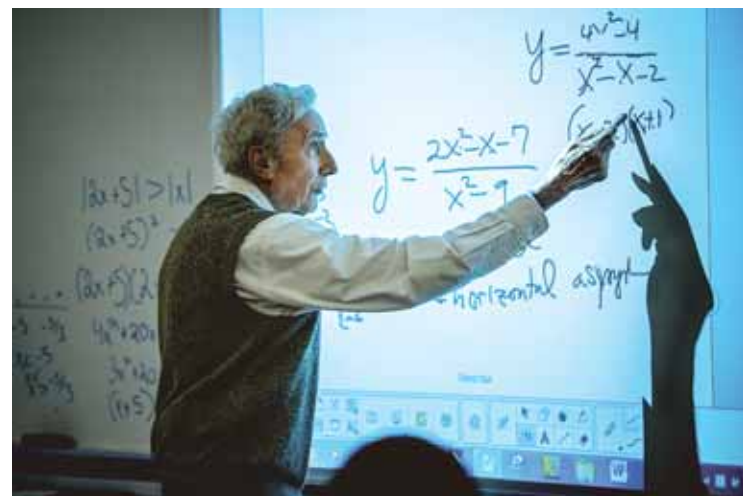
School, moving to T.C. Williams when Alexandria integrated its schools. Now he also teaches two dual-enrollment math classes at Northern Virginia Community College (NOVA), through which high school students can earn college credits.

Asked what's kept him coming back, he said, "I love teaching math. ... And I like kids. I enjoy the interaction I get here, with kids and the teachers. ... It's a good job, doing something you like." He's kept up with a couple former students — one now a chemist, another an engineer.

The territory comes with plenty of challenges. For their part, students face more pressure related to college.

"When I went to college, it was just, 'Come on in,'

A dedicated teacher reflects on six decades, and counting.



ACPS PHOTO

Louis Kokonis, a math teacher at T.C. Williams, enters his seventh decade as a professional educator.

SEE TEACHER. PAGE 31





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**"Mayor on Your Corner."** 10 a.m.-11:30 a.m. at Clyde's at Mark Center, 1700 N. Beauregard St. Join Mayor Allison Silberberg for her next monthly coffee, "Mayor on Your Corner." No need to RSVP. No charge to attend. There is a \$5 flat fee for pastries and coffee. See [www.allisonsilberberg.com](http://www.allisonsilberberg.com) for more.

#### SUNDAY/OCT. 7

**Domestic Violence Awareness.** 2-4 p.m. at Cameron Station Clubhouse, 200 Cameron Station Blvd. Alexandria member, Kate Ranta, will discuss her personal experience with domestic violence. Open to the public. Visit [alexandria-va.aauw.net](http://alexandria-va.aauw.net).

#### WEDNESDAY/OCT. 10

**Death Cafe.** 7-8:30 p.m. at James M. Duncan, Jr. Branch Library, 2501 Commonwealth Ave. At a Death Cafe people drink tea, eat cake and discuss death. This Death Cafe will be hosted by Amy Johnson, a hospice and palliative care worker. Free. Visit [deathcafe.com/](http://deathcafe.com/) for more.

#### WEDNESDAY/OCT. 17

**Community Conversation.** 3-4:30 p.m. at the Glory Days Grill Community Room, 3141 Duke St. and 6:30-8 p.m. (childcare available) at William Ramsay Recreation Center, 5650 Sanger Ave. Email [aura.durham@alexandriava.gov](mailto:aura.durham@alexandriava.gov) or call 703-746-5450, or visit [www.alexandriava.gov/Recreation](http://www.alexandriava.gov/Recreation) for more.

**8th District Congressional Candidates Forum.** 7-9 p.m. at Grace Presbyterian Church, 7434 Bath St., Springfield. This event is free and open to the public. Email [voterserviceslwvfa@gmail.com](mailto:voterserviceslwvfa@gmail.com) for more.



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# NEWS



PHOTO BY DELIA SULLIVAN PHOTO

Participants in last year's Walk to Bust Cancer raised more than \$40,000 to help uninsured and underinsured women in the fight against breast cancer. This year's walk will take place Oct. 14 at Fort Hunt Park.

## Walk to Bust Cancer

Annual event to raise funds for women in need.

BY JEANNE THEISMANN  
GAZETTE PACKET

cancer. Dr. David Weintritt, founder of the National Breast Center Foundation in Alexandria, joined with breast cancer survivors to organize the walk after the Vola Lawson Walk to Fight Breast Cancer was

The third annual Walk to Bust Cancer will return to the region Oct. 14 to raise funds to help women in need gain access to screening and treatment for breast

SEE WALK, PAGE 38

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# Vision and Action for the Arts

Sherry Wilson Brown's volunteer efforts reaches across the city.

BY JORDAN WRIGHT

**W**hen Sherry Wilson Brown moved to Alexandria in 1968, she saw a lot of opportunities to get involved in her new community. The Georgia native dreamed of living in an All-American city. Alexandria seemed like the right fit for her aspirations. At her first Scottish Walk parade, she set out to meet local leaders. By the following year she had met most of them. Inspired by her mother's volunteering, Brown saw she too could make a difference. Jumping in with both feet, she started teaching Sunday School at the Presbyterian Meeting House and got involved with the youth program. Soon after, she found herself volunteering in the arts program at Jefferson-Houston School, which became an arts focus school in the 1990s, and where her mother was a volunteer teacher.

Brown found her niche as chair of the Alexandria Arts Forum, serving from 1999-2009, as well as vice-chair of the Alexandria Performing Arts Association and member of the Public Arts Committee, assisting in its steady growth. Now known as the Alexandria Arts Forum, this organization is the cornerstone of the Alexandria arts scene.

According to Cheryl Anne Colton, regional program director, CPRP, CPP, Alexandria Department of Recreation, Parks and Cultural Activities, Office of the Arts, "Ms. Brown often testified at City Council on the importance of the arts, increased funding for the arts, the need for funding of public art in the city and the need for increased visibility of the arts within city government structure. She rallied the arts community, businesses and civic groups to also speak on behalf of the arts at council meetings. Sherry Brown is a gifted spokesperson who provided a voice for the arts when it was needed."

**FOUNDED IN 1998**, Agenda:Alexandria is proud to call itself a non-partisan, non-profit organization. With wide ranging dinner programs on local topics and the motto "Taking a look at issues without taking sides," this informative community group is open to all.

Brown served as executive director of Agenda:Alexandria for 15 years from 2002-2017. Marlin Lord and Kathryn Brown say, "One would say that her role in, and providing the glue that kept together Agenda:Alexandria from its inception, has been legendary." Agenda:Alexandria chair, Bob Wood, says of Brown, "We offer our highest respect and heartfelt thanks to Sherry Brown as she leaves the executive director position. She has been so essential to Agenda:Alexandria's success for so long. She moves to a lifetime emeritus member status of Agenda with our heartfelt thanks."

Throughout the many years Brown was



PHOTO BY STEVEN HALPERSON/TISARA PHOTO.

**Sherry Wilson Brown**

involved in donating her time and talents, she was also working full time as director of personnel of the U. S. Customs Service and part time as president of the board of the 1600 Prince Street Unit Owners' Association.

**WHEN THE CITY** was planning the concourse beneath Duke Street as an underground pedestrian tunnel connecting Duke Street with the King Street Metro, Brown, as a member of the ad hoc King Street Metro Task Force and PTO – Carlyle Livability Task Forces during the period from 1999-2005, envisioned its vast walls as a place both for local artists to introduce visitors and residents to their work and to inform Metro riders of the city's upcoming arts events.

She also was instrumental in convincing a local artist to design and install the murals on their Duke Street side exterior. During this same time Brown chaired the 2004 Alexandria Arts Festival.

Brown's keen interest in advocating for the performing arts brought her to MetroStage, the city's Helen Hayes Award-winning theater. While attending a performance, she noted the theater manager had run out of change. A friend volunteered her to help out and she soon found herself involved in the usher program, eventually becoming the volunteer director for management and resources for 11 years.

According to Carolyn Griffin, producing

artistic director of MetroStage, "Sherry Brown was an invaluable part of MetroStage for 10 years. She was the gracious presence at the box office greeting every patron as a friend. In addition, she helped in the administrative tasks in the office, taking phone calls and reservations, creating an administrative manual of SOPs, and any duty that needed doing. She has always been an arts advocate and always a believer in professional theatre in Alexandria." In 1991, she was chosen the theatre's "Volunteer of the Year" in recognition of her tireless energy.

Continuing her legacy of total immersion volunteering, Brown served a three-year term on the board of Living Legends of Alexandria in the role of corresponding secretary from 2011 through 2013, writing personalized letters to each donor.

She served an important role in organizing the registration process for the 2011 and 2012 Meet the Legends receptions includ-

ing designing and running pre-event orientations for the volunteers. With her impressive writing skill, she is also the published author of numerous articles about individuals recognized as Living Legends.

Along the same lines, she has enjoyed spinning tales about the English countryside, penning a children's cookbook of recipes from the British Isles and writing fanciful stories featuring her very own godchildren.

**FOR OVER A DECADE**, she has been instrumental in the implementation and logistics of the Ladies' Annual Sherry Party. Harlene Clayton says, "She certainly has been a terrific help keeping records for the Ladies' Annual Sherry Party. Back in the day when I became a co-host with Lois VanValkenburgh, Bev Steele and Beverly Beidler, no records were kept. Super-duper Sherry decided to organize us by printing out labels, doing the mailings and presiding at the registration table at this no-cost, bi-partisan, annual event that brings together Alexandria's leading women to influence local policies."

In 2001 on the 20th anniversary of the Commission for Women with Del Pepper and Lois Walker presenting, Brown received the city's prestigious Cultural Affairs Award for advocating for the arts in Alexandria. The committee described Brown's services this way, "She has led the Alexandria Arts Forum, a coalition of artists, arts administrators and patrons to create an ongoing dialogue with City civic, education and business leaders about the multi-faceted role of the arts in our community. During her many years with the Alexandria Arts Forum, she has inspired many collaborative efforts including her creative bus tour of Alexandria's public art called, Site to Sight."

In her role as an innovator and arts advocate, Brown would like to see more young people become involved in the arts community. She envisions high school students participating in usher programs where they could watch a program and later bring a friend to see it for free, thus expanding the theater's future audience. Excited by the changes she has seen over the decades — the Old Town Trolley, the Ramsay House Visitors Center and the expansion of the Farmers Market — she holds out hope the city will increase its nonprofit arts funding budget, stagnant for the past three decades.

## Living Legends: The Project

The mission of Living Legends of Alexandria is to identify, honor and chronicle the lives of individuals who have contributed to the community in an exemplary and lasting way that has significantly impacted the quality of life in Alexandria and serves as an inspiration to others. For information, to volunteer, become a sponsor or nominate a future Legend, visit [www.AlexandriaLegends.org](http://www.AlexandriaLegends.org) or contact [AlexandriaLegends@outlook.com](mailto:AlexandriaLegends@outlook.com)





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## NEWS

# GOP Women Host Candidates

The four GOP candidates appearing on the November 2018 ballot in Alexandria received enthusiastic support from local party members at the Sept. 27 annual Meet the Candidates Dinner hosted by the Commonwealth Republican Women's Club. CRWC held its event at Joe Theismann's Restaurant.

Thomas Oh, candidate for the 8<sup>th</sup> Congressional District, spoke of his new endorsements and his frustration with incumbent U.S. Rep. Don Beyer's refusal to participate in more debates. Oh, a Korean American and veteran, is running a "People Before Politics" campaign.

Corey Stewart, candidate for the U. S. Senate, was represented by Chris Redder, who detailed Stewart's America's First agenda. Stewart credits the President and Republicans for the country's economic recovery, growth, job creation and record low minority unemployment.

In the City Council race, six seats are available and the GOP hopes to win two. Kevin Dunne, is running for City Council as a man for all people, a moderate, and fiscal conservative. He wants to improve transparency and efficiency in city government and feels that technology will further this goal. He argued that even Democrats want to make government competitive, improve policy outcomes and voter satisfaction, and added that the city's unelected staff have too much sway in running the city.

Michael Clinkscale, also running for City Council, focused on the importance of the one-on-one discussion of issues with Alexandria voters. He emphasized that many local Democrat voters agree with



PHOTO CONTRIBUTED

**Michael Clinkscale, Kevin Dunne, and Thomas Oh are three of the four GOP candidates on Alexandria's November ballot.**

Republican positions when issues are discussed as issues not "politics." Moreover, he is concerned that the city is not controlling spending due to poor policy decisions, which is harming Alexandria citizens and must be corrected. He is particularly concerned about the need for quality education and promotes principles of self-reliance and self-respect.

The next gathering of CRWC is Oct. 25. Traditionally this is a work day when members phone, mail or do other volunteer tasks for the local candidates working in shifts at Republican Headquarters. For more information see [www.alexandriacrwc.org](http://www.alexandriacrwc.org).

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# OPINION

## Demand Increasing, But Not Resources

Suicide prevention efforts need more funds, volunteers.

September was Suicide Prevention Month, and the Connection sponsored outreach efforts of PRS, the local nonprofit that provides CrisisLink service and trained staff to answer the “hotline” in Northern Virginia.

It’s clear that demand is increasing for crisis call services, but resources are not.

When Kate Spade died of suicide on June 5 this year, and Anthony Bourdain died of suicide June 8, crisis calls spiked around the country. High profile deaths locally and of celebrities will always trigger more calls and more people seeking help.

PRS CrisisLink program handled nearly 80,000 crisis calls and text messages from the Northern Virginia region last year, said CEO Wendy Gradison, and those numbers will continue to increase with successful outreach.

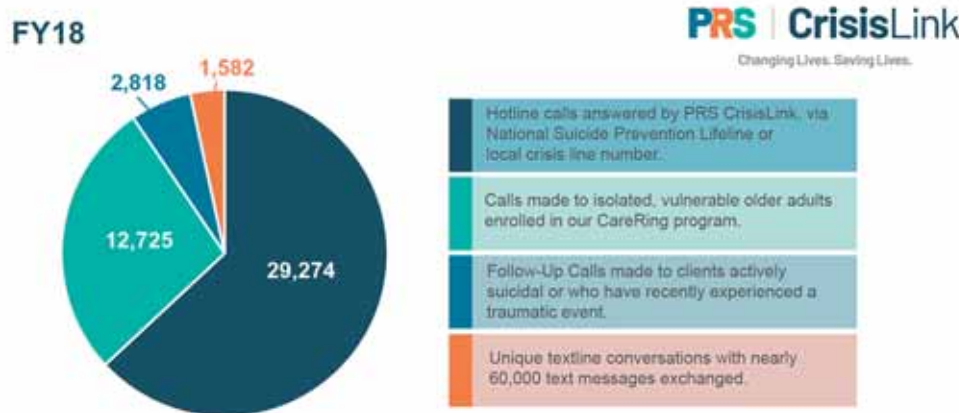
PRS provides a variety of mental health services. Crisis calls and texts are answered mostly by volunteers who can respond with the empathy and understanding that someone in crisis needs right then. Answering local calls means these volunteers can connect those in need of crisis help to local resources for care. “Most of these voices are volunteers

from our community — neighbors and friends — who share the gift of listening to those who hope to be heard,” Gradison said.

Call or text to the crisis hotline or textline: (800) 273-TALK [8255] or text “CONNECT” to 85511.

PRS is the northern Virginia call center to respond to the National Suicide Prevention line when calls come in to 1-800-273-TALK from local area codes.

Centers like PRS CrisisLink are provided an annual stipend to provide the Lifeline and rely heavily on local government, donations and a



### VOLUME CHANGES AT PRS CRISISLINK

|  | FY15  | FY18         |
|--|-------|--------------|
| <b>ACTIVE SUICIDE CALLS</b><br>Calls in which a client responds to “Are you currently thinking of suicide?” with “yes”           | 3,623 | 5,342 (+47%) |
| <b>ACTIVE RESCUES</b><br>Cases in which a caller was at imminent risk of death or injury without emergency resources             | 343   | 373 (+9%)    |
| <b>CRISIS CALLS NON SUICIDE</b><br>Calls about domestic or sexual violence, child abuse, significant trauma, requiring follow-up | 2,031 | 3,046 (+50%) |
| <b>TOTAL CRISIS CALLS</b><br>Total suicide and crisis calls combined; all of these calls are eligible for follow-up care.        | 5,654 | 8,388 (+48%) |

### Crisis calls and response have increased.

volunteer workforce to offset the financial challenges centers face to participate in the Lifeline.

If centers like PRS CrisisLink are unable to answer the calls distributed to the center from the Lifeline, a caller will wait longer and longer each time the call is queued or sent to another center, usually outside the state. When sent out

of state, callers are not necessarily connected with local resources.

And the efforts to provide help in a crisis save lives. For every death, more than 275 people who attempt suicide or have thoughts of suicide survive and recover.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

## Serving as a ‘Medical Home’

BY STEVE HUNT  
NEIGHBORHOOD HEALTH

Neighborhood Health, the local community health center, offers health services to the entire family, but it is their pediatric services that particularly shine for the more than 7,900 children and adolescents it serves. Neighborhood Health is unlike a private practice, and it takes pride in being adept at treating the whole child and family.

Just walking through the halls on any given day is an education on what it means to serve as a “Medical Home.” Does your pediatrician ask about your daughter’s dental care? Does he or she apply fluoride during her well-child check-up? If your son had an anomaly in his mouth, would your pediatrician be able to walk down the hall and ask the dentist to come take a look? If your toddler were having trouble sleeping, would your pediatrician be able to introduce you and your child to the on-site behavioral health therapist who is trained in dealing with child-

hood sleep concerns? What if your income was stretched thin and you didn’t have enough money for a winter coat for your child — would your pediatrician’s office help you with that?

Well, at Neighborhood Health, parents can just sign up with the Family Support Worker to receive a winter coat from a local charity. What if your baby needed a referral to a cardiologist, but you couldn’t find one who accepts your insurance? Neighborhood Health has Referral Coordinators who help parents navigate the tricky world of specialty care.

These are just some of the wrap-around supports that Neighborhood Health offers to its pediatric patients, with more served every year due to the growth in demand.

Pediatric care begins before a newborn child even leaves the hospital. Neighborhood Health’s Medical Director and pediatrician Dr. Martha Welman notes that while a new mother is still in the hospital recovering after giving birth, an appointment is made for her baby with a Neighborhood Health pediatrician for a thorough evaluation within one or two days after discharge. From there, regular check-ups

give the child an excellent early start — as well as same day visits when a child is sick or gets injured. Parents receive extensive education about appropriate nutrition and best parenting practices. Nurses are on-call after hours to answer questions from worried parents — and can call the pediatrician for more complex cases.

Neighborhood Health’s seven Board Certified pediatricians and three nurse practitioners have many years of experience offering a full range of services following the American Academy of Pediatrics’ recommendations. That includes a strong focus on preventive care — and Neighborhood Health is a leader in Virginia in making sure that its pediatric patients receive all their vaccines. In fact, Neighborhood Health vaccinates 96 percent of its patients by age three years — substantially better than the average of 49 percent for Virginia. Neighborhood Health uses a “no-missed” opportunity approach to vaccinating children, which means fewer illnesses are roaming the halls of local day care facilities and preschools. That’s a ben-

SEE SERVING AS, PAGE 28

### COMMENTARY

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**Gazette Packet**

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**Cost: \$165.00 Per Person (Includes Show Tickets) • Bus Only: \$75**

Price includes: Round Trip Bus Transportation to New York City and Admission to the Radio City Christmas Spectacular show at 11:30 AM (Seating in the 3rd Mezzanine) Bus departs from the Mount Vernon VA area at 5:00 AM and returns at 10:00 PM.

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VIRGINIA RAILWAY EXPRESS

## NOTICE OF PUBLIC HEARINGS

The Virginia Railway Express (VRE) will hold a series of public hearings to solicit comments on a proposed fare increase that will average approximately 3% over current fares. The VRE Operations Board will act on the FY2020 Budget, which includes the proposed fare increase, on December 21, 2018. If adopted, the fare increase would take effect the first week of July 2019.

See locations below to attend a public hearing near you.

| Date and Time                                    | Location  |
|--|---|
| Tuesday, October 30, 2018<br>12:00 to 1:00 p.m.  | Crystal City Marriott<br>Jefferson Room<br>1999 Jefferson Davis Hwy.<br>Arlington, VA 22202                             |
| Tuesday, October 30, 2018<br>7:00 to 8:00 p.m.   | Burke Centre Conservancy<br>The Commons CC<br>5701 Roberts Parkway<br>Burke, VA 22015                                   |
| Thursday, November 1, 2018<br>12:00 to 1:00 p.m. | Holiday Inn Capitol<br>The House Room<br>550 C Street SW<br>Washington, DC 20024  |
| Thursday, November 1, 2018<br>7:00 to 8:00 p.m.  | Stafford County Government Center<br>Board Chambers<br>1300 Courthouse Road<br>Stafford, VA 22554                       |
| Wednesday, November 7, 2018<br>7:00 to 8:00 p.m. | Germanna Community College<br>Fredericksburg Campus—Room 105A<br>10000 Germanna Point Drive<br>Fredericksburg, VA 22408 |
| Thursday, November 8, 2018<br>12:00 to 1:00 p.m. | Union Station<br>Starlight Room – Near Gate D<br>50 Massachusetts Ave NE<br>Washington, DC 20002                        |
| Thursday, November 8, 2018<br>7:00 to 8:00 p.m.  | Manassas City Hall City<br>Council Chambers<br>9027 Center Street<br>Manassas, VA 20110                                 |
| Tuesday, November 13, 2018<br>12:00 to 1:00 p.m. | VRE Headquarters<br>Suite 202<br>1500 King Street<br>Alexandria, VA 22314   |
| Tuesday, November 13, 2018<br>7:00 to 8:00 p.m.  | PRTC<br>Second Floor Board Room<br>14700 Potomac Mills Rd<br>Woodbridge, VA 22192                                       |
| Thursday, November 15, 2018<br>7:00 to 8:00 p.m. | Rappahannock<br>Regional Library<br>Room 2<br>1201 Caroline Street<br>Fredericksburg, VA 22401                          |

Visit [vre.org/publiccomment](http://vre.org/publiccomment) for more information. Written comments will be accepted through **Friday, November 23, 2018**. Written comments can be mailed to: Public Comment, 1500 King Street, Suite 202, Alexandria, Virginia 22314. Comments may also be submitted via email to [publiccomment@vre.org](mailto:publiccomment@vre.org) or via fax at (703) 684-1313. The public hearings are conducted in locations accessible to persons with disabilities. Individuals with disabilities who require special assistance or need to request a sign language interpreter, please contact Lucy Gaddis by e-mail at [lgaddis@vre.org](mailto:lgaddis@vre.org) or call at (703) 838-5433 or TTY (703) 684-0551 at least ten business days prior to the public hearing you're planning to attend. For information about the VRE Operations Board visit [vre.org/about/board](http://vre.org/about/board).

## OPINION

# Chicken Butt to Chapter Books

### From student, Malcolm

I have been working with Ms. Renuka for two years. We meet at the library and read graphic novels and chapter books. One of my favorite books that we read is “Chicken Butt.” It was funny. I have learned how to sound out words and how to pick out books at the library. I enjoy the Wright to Read events. I like going to IHOP and getting the reading challenge for winter break. I enjoyed reading at Readers Take the Stage, because it was fun. I’m a better reader and Ms. Renuka is a great tutor!

### MENTOR OF THE MONTH

### From the tutor/mentor, Renuka Bhaskar

I started volunteering with Wright to Read in 2014 and have been working with Malcolm for the last 2.5 years. I really enjoy my sessions with Malcolm, he is incredibly creative, smart, and just hilarious. Sometimes we write stories together and I’m always amazed at the imaginative twists and turns his stories take. We also enjoy reading in different accents, his British and Texan accents are my favorite.

It’s been wonderful to see him work so hard and really improve in his reading. In our first session we read the book “Chicken Butt” (which he still claims is his favorite) but are now reading all kinds of books including chapter books and graphic novels.

We’ve really enjoyed some of the Wright to Read events, especially IHOP and the Readers Take the Stage Thanksgiving event last year. I’m very thankful for this opportunity and am grateful to Luisa [Luisa Reyes,

program director for Wright to Read] for all her help and book suggestions as well as to Malcolm and his mom for their dedication. I also wanted to thank



Malcolm with Renuka Bhaskar.

the staff at Duncan Library for all of their help these past years. They’ve been wonderful to work with. I’m excited to continue to work with Malcolm!

*Wright to Read, a program of The Campagna Center, is a member of the Alexandria Mentoring Partnership (AMP). AMP was created in 2006 to ensure that quality mentors and mentor programs are available for Alexandria’s youth and young adults in need. To learn more about Wright to Read, visit: <https://www.campagnacenter.org/programs/elementary-level> or to learn more about AMP, visit: <http://www.alexandriava.gov/Mentoring>.*

## LETTERS TO THE EDITOR

### Traffic Safety

To the Editor:

Just recently, the Alexandria Police Department received a first place award (for municipalities with 226-375 officers) for promoting traffic safety in 2017. As an Army veteran of 23 years, and having lived in Alexandria for 33 years, I have a great deal of respect for Alexandria Police Officers, who risk their lives on a daily basis to keep Alexandria safe.

However, I disagree with this award on the basis of what I see with my own eyes, and what has been a chief concern of mine. I have been writing about the traffic lawlessness on our streets for the last 20 years.

As an example, at the King and Union Street intersection during weekends or holidays, pedestrians, automobiles and bikers jostle each other to traverse that particular intersection. Another longstanding issue is that during peak traffic hours, the numerous choke points at Route 1 and the Parkway create traffic jams due to a lack of enforcement on parking in the box, bringing all traffic to a

halt.

In either of these cases, we only rarely encounter law enforcement officers directing traffic at those intersections. The irony is that it doesn’t need to be an Alexandria Police Officer directing traffic. This function could be performed by an officer from the Sheriff’s Department, a parking enforcement individual, or even a school crossing guard.

In this instance, the direction to assist must come at a higher level than the Police Department. They get it right in Baltimore, D.C. and Capitol Hill, why can’t we get it right here? Oh wait, they have real leadership ....

**Townsend A.  
“Van” Van Fleet  
Alexandria**

### Someone To Trust

To the Editor:

As someone who has passed three score and ten, I am concerned about the quality of life here in Alexandria in the years ahead – not just for me but for all Alexandrians.

Who will lead us? Who has talent and vision?

One person I recently met with leadership qualities is Kevin Dunne, who is running for City Council. Kevin is energetic and believes that good government if it really is “good government” — whether you consider policy or practice — must be good for all parties. Good government should be transparent, growth friendly and use high-tech to make city staff more efficient. After all, the city is using our money for all of our services.

Personally, I want my tax money used to best advantage. Kevin Dunne gives me the feeling that I could trust his judgment on issues and that I could trust him with my money. I wish I felt that trust for more of the people on the present City Council.

**Linda Greenberg  
Alexandria**

### ‘Trying’ Not Enough

To the Editor:

Should we cheer Alexandria’s

SEE LETTERS, PAGE 13

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)





Rebuilding Together's volunteers at work.

# All in the Family

BY KATHARINE DIXON  
REBUILDING TOGETHER DC • ALEXANDRIA

In 1957, Will's parents gave each of their sons a plot of land on North Quaker Lane on which to build a home. "I think we only had \$25 but we got a house built somehow," remembers Will's widow, Amy.

In the fields surrounding their new home, Will would pull the neighborhood kids around on sleds by the tractor he had owned at their previous home in Farmville, Va. The children would also "go across the way and sled on the hill and ice-skate on a nearby frozen pond." In the warm months, kids would play kick ball and jump rope together while neighborhood parents watched and caught up on each other's lives.

For many years, the community would throw Halloween block parties — with bands and cookouts and dancing contests! All the neighbors enjoyed this tradition. "You didn't have a lot of money and you didn't have a lot of things, but you were happy," recalls Amy.

Will's brothers and parents also lived in the same community and his mother was known as the "neighborhood mom." Amy

## LETTERS TO THE EDITOR

FROM PAGE 12

schools getting better marks from the state standards of learning than in the past and Jefferson-Houston's accreditation being restored or instead should we worry about the state education department's new standards of learning?

Giving students a passing grade for trying, even if they haven't obtained a basic grasp of the subject matter, was once vogue, but (or so most folks thought) fell out of favor. But after lots of political pressure, Gov. Northam's education department has finally given in to this notion when it comes to rating those students' schools.

Under new Virginia standards of learning, a school will be denied accreditation only if it isn't making a "good faith effort" to implement a corrective action plan approved or developed by the state education department. Every sub-par school's "F" will

fondly remembers her mother-in-law often coming over to cook dinner for the family — cooking was not on Amy's list of "most favorite things to do," so after work she would come home and play with the children, clean up the house, and happily clean up dishes from a home-cooked meal made by her in-law.

Amy, looking around her home, has "so many wonderful memories in this happy place." Rebuilding Together's volunteers are happy to help maintain her home so she can safely live there, building more memories. Rebuilding Together Alexandria, now Rebuilding Together DC • Alexandria, is an award-winning, mission-driven organization that creates healthy neighborhoods for residents by maintaining housing for low-income homeowners, revitalizing community spaces, and creating homeownership opportunities. Since 1986, more than 28,000 volunteers have worked on 2,200 projects, leveraging \$8.8 million worth of in-kind value to Alexandria, and in 2019, we'll bring our services to DC.

We are now accepting applications from Alexandria homeowners for free home repairs. Visit [www.RebuildingTogetherDCA.org](http://www.RebuildingTogetherDCA.org) or call 703-836-1021.

be upgraded to a "D" just because it's trying (meaning making a good faith effort to implement the state's corrective action plan).

Public education's Achilles heel is the conflict of interest inherent in the same government which provides and pays for the education also evaluating it. Never would regulators stand for so low a standard for evaluating a private school. Yet, we see for public education endless Mulligans brought on by a state constitution which, in the name of "local control," prohibits state takeovers of failing schools and unrelenting political pressure from state legislators to relax standards in order to make them "fairer" by measuring progress rather than results.

**Dino Drudi**  
Alexandria

Joseph Ribkoff

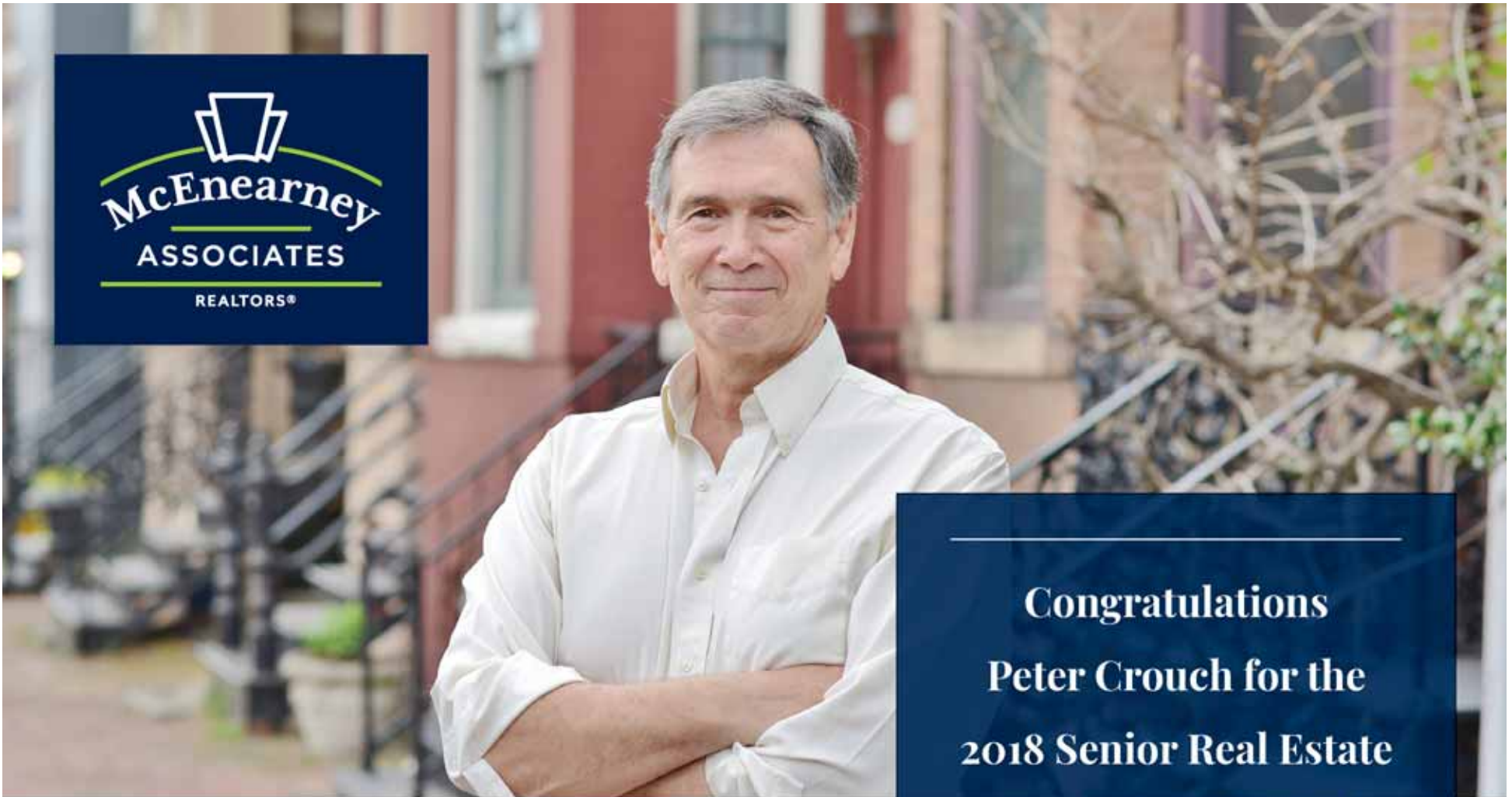
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# Senior Living

FALL 2018

Alexandria  
Gazette Packet



# Into the Pool

The 2018 Northern Virginia Senior Olympics held seven swimming events at the newly opened Dulles South Multipurpose Center in South Riding on Sept. 21. Competition started with the 100 yard breaststroke and ended with the 900 yard freestyle.



Swimmers dive into the pool in the first event of the day — the 100 yard breaststroke.



Jim Park from Alexandria won a silver medal in the 50 yard breaststroke in the 50-54 age group with a time of 44.94.



Geneva Park from Alexandria swims in the 50 yard backstroke. She placed second with a time of 50.65 in the 50-54 age group. It was Park's first Senior Olympics and her first time competing in an official swim meet.

SWIMMING PHOTOS BY  
TOM MANNING/THE  
CONNECTION

# 'Senior Selfies'

Paul Spring residents help fight against Alzheimer's.

Residents at Paul Spring Retirement Community dressed to impress for "Senior Selfie" happy hour which helped support the fight against Alzheimer's Disease. For each selfie taken, Synergy Home Care donated \$5 to the Alzheimer's Association.

— JEANNE THEISMANN



Lynn D'Alessandra and Janet Barnett celebrate "Senior Selfies" at Paul Spring Retirement Committee. Synergy Home Care donated \$5 to the Alzheimer's Association for every photo taken.



World War II veteran Joe Lucchi, seated at left, celebrates "Senior Selfie" day at Paul Spring Retirement Community with Janet Barnett and Mitch Opalski. Lucchi, who recently celebrated his 103rd birthday, participated in the Senior Selfie event sponsored by Synergy Home Care, which donated \$5 for every selfie to the Alzheimer's Association.

PHOTOS BY MICHAEL LANE





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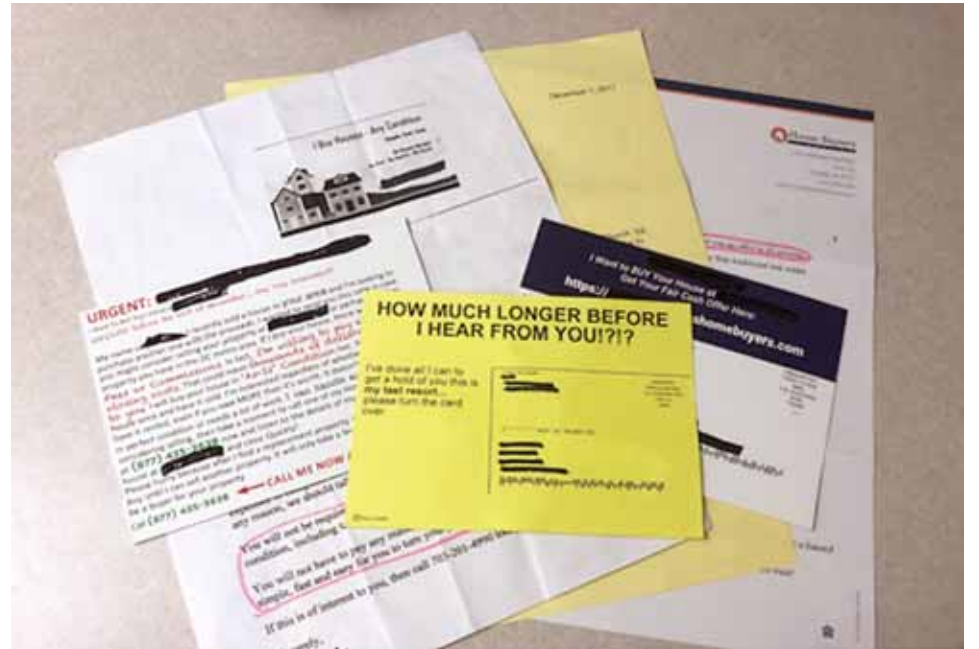
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## SENIOR LIVING



## Don't Get Flipped

Unless you know all  
the options.

BY PETER B. CROUCH

**W**e have all seen the TV shows “Flip This House” or “Flipping Las Vegas.” Being an entrepreneur and flipping houses definitely has its appeal. Recently, however, a client gave me a few of the “flipper” solicitations he had received in the mail. These were from real estate investors or companies wanting to buy his house — all at a “fair price.” Some were from companies who also advertise on TV — with bylines such as “We Buy Your Home in 7 days!,” “Is Your Home Less Than Perfect?” and others with a similar appeal to those who need money quickly or do not want to fix the house/remove the contents. Some of the mail items were even aggressive/intimidating, such as “How Much Longer Before I Hear From You?!?” My client, who is an attorney, mostly chuckled as he ignored the solicitations. We wondered together, however, how many folks were susceptible to and/or succumbed to the appeal. Let's be clear: flippers want to buy your house inexpensively, do some work (maybe) and sell it for profit.

The related TV and radio ads are “Learn to Flip Houses at My Free Seminar.” Seminars that teach people how to become flippers. Well, I went to a couple of those to check them out. First and foremost, the seminars I went to teach that the ideal seller has high equity and is in some sort of urgency scenario. So, who has high equity and may have some sort of urgency (such as health difficulties or need for a change of housing)? The answer is seniors!

Second, these two seminars both taught that the ideal property was to be purchased for 40-50 percent of “ARV – After Renovation Value.” Plus that the work required to flip should not exceed 10 percent of that number. Do the math, and then ask if that is a “fair price.” Let's be clear: it is rarely a

fair price.

So, if someone owns such a house or has such a need for speed, what are the alternatives? This is going to sound self-serving (yes, I am a real estate broker), but let's look at the numbers. A recent client was offered \$450,000 for her house as-is. We looked at the house, and suggested that what it needed was to be emptied of contents, interior paint, hardwood floor refinishing, and a little landscaping. We arranged to donate most of the contents, paid a small amount to clear out the remaining items, and supervised those three vendors. Total cost to prepare for market: \$12,500. It then sold with multiple offers for \$628,000. Even after paying for costs, including real estate fees, the client made well over \$100,000 more than she would have with the flipper.

Similar story with another recent client in Old Town. And one in South Alexandria. Other Senior Real Estate Specialists (SRES – a designation from the National Association of Realtors) have similar tales.

All of these clients needed to move to smaller, one-level living. None were urgent, as they had liquid funds, other than their equity, to tide them over till the house sold. So what if there are not other funds and you need to move quickly? There are often ways to make this work as well — without giving a flipper your hard-earned equity. Some of our great vendors/partners will advance funds to help someone move — and do clean-out plus limited fix-up in preparation for market. They are paid at settlement, but the house obtains full market exposure and much, much closer to market value.

So, bottom line — know the options, and even if there comes a time of urgency, Don't get flipped! You earned the equity in your home — protect it!

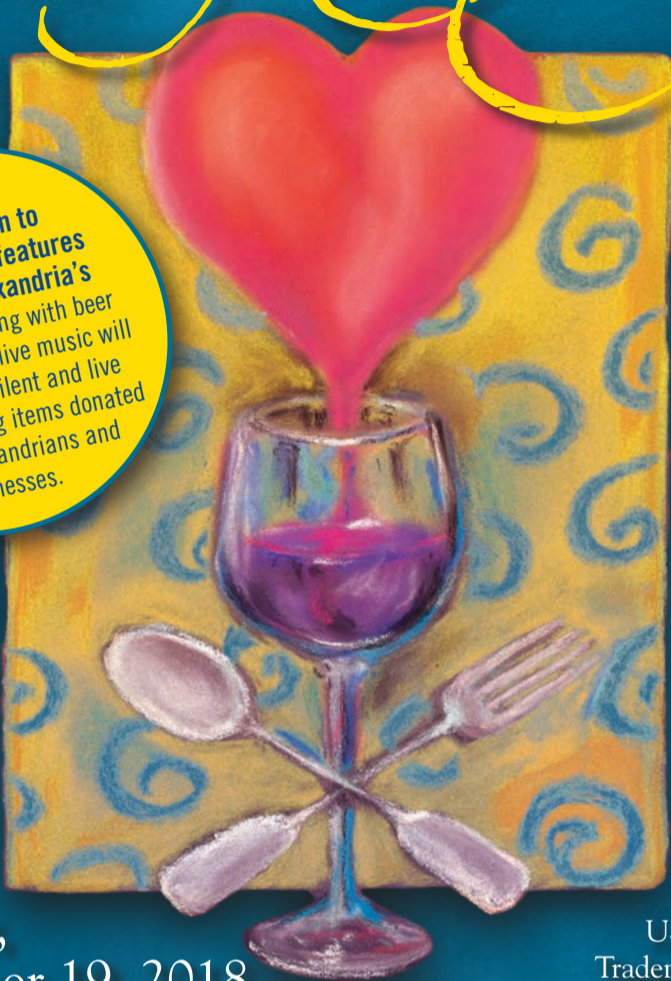
*Peter B. Crouch is Associate Broker, 50- and Better Moving Specialist, SRES, at McEneaney Associates, Inc. in Alexandria. He is an Advisory Council member, sponsor and volunteer for At Home in Alexandria (AHA) and sponsor and volunteer for Mount Vernon at Home, Senior Villages*



# Taste for Giving

TO BENEFIT ALEXANDRIA CHARITIES

A festive evening open to the public that features the best of Alexandria's restaurants. Along with beer and wine tasting, live music will compliment a silent and live auction featuring items donated by local Alexandrians and businesses.



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## Taste for Giving 2018

Alexandria  
Rotary Foundation



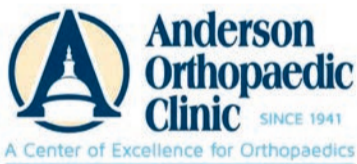
The Alexandria Rotary Foundation's 11th annual "Taste for Giving" will be held on Friday, October 19, 2018, at the US Patent & Trademark Office in Alexandria. This is a festive evening open to the public that features the best of Alexandria's restaurants. Along with beer and wine tasting, live music will compliment silent and live auctions featuring items donated by local Alexandrians and businesses. The "Taste for Giving" is a highlight of every Rotary year and is a wonderful way for the community to support many outstanding non-profits which help the underserved and disadvantaged citizens in our community. The evening exemplifies the Rotary mission of "Service above Self."

*"100 percent of our funds from the Taste for Giving go to local charities and organizations with goals that include literacy, healthcare, housing, childcare and nutrition," says current President, Paul Anderson. "The Taste for Giving raises significant funds to support local charities and service organizations in the Alexandria Community."*

Tickets for "Taste for Giving" must be purchased in advance.

For more information and tickets go to: [rotaryclubofalexandria.net/taste-for-giving-2018](http://rotaryclubofalexandria.net/taste-for-giving-2018)

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**T**hroughout its existence, the **Rotary Club of Alexandria** has focused its interest on the welfare of the children of Alexandria. This past June, the Alexandria Rotary (Club) Foundation along with the “Alexandria Day Nursery & Children’s Home”, an affiliated Alexandria Rotary corporation, distributed over **\$135,000 to 54 local Alexandria nonprofits at our Annual Contributions Day**. Many of these local Alexandria nonprofits work to help the underserved and disadvantaged members of our local Alexandria community.

The money raised at the **Annual Taste For Giving** provides the Alexandria Rotary (Club) Foundation’s funding for Contributions Day.

**In addition to Contributions Day, The Rotary Club of Alexandria has a long history of service and commitment to other local Alexandria community projects, and international service efforts.**



*“Whatever Rotary may mean to us, to the world it will be known by the results it achieves.”*

— PAUL P. HARRIS, FOUNDER

## 2017-2018 Accomplishments

- Monthly Meals On Wheels, Alexandria Senior Services
- 2 College Vocation Career and Technical Scholarships totaling \$5,000
- Salvation Army Holiday Bell Ringing Campaign raising over \$9,400
- The Alexandria Rotary “Cliff Dochterman Good Scout Service Award” was presented to Rotarian Bill Vosbeck, raising \$12,500 for the Boy Scouts of America
- Monthly recognitions of local Alexandria high school students who demonstrate “Service above Self” in addition to their regular academic/athletic responsibilities
- Monthly service projects supporting ALIVE, the Campagna Center, the Neighborhood Health organization, and Rebuilding Together Alexandria
- The Rotary Club of Alexandria donated \$2,500 to Polio Plus to help eradicate polio worldwide
- The Rotary Club of Alexandria contributed funds for Texas and Florida Hurricane/Flood victims
- Bangladesh Water and Sanitation Project participation was approved in 2017
- Bangladesh Vision Project for a corneal slicing machine sponsored by the Alexandria Club in partnership with clubs in Bangladesh and Towsontowne, MD.
- Partnered with the Northern Virginia Strategic Water Alliance to provide funding for clean and accessible water sources in Zambia, Africa
- Past Rotary Club President, Dr. Tom Roberts, along with 6 other dentists from the U.S. and Finland and support staff, participated in a children’s Rotary dental mission project in South Africa. Supported and hosted by the Rotary Club of Knysna and the Rotary Club of Dundee, South Africa.
- The Rotary Club of Alexandria Gordon Peyton, Jr. Community Caring Award was presented to Lynnwood Campbell
- President Paul Anderson attended the International Rotary Convention in Toronto, Canada in June
- Alexandria Rotary Club was granted the International Fellowship of Scouting Rotarians Youth Service Award
- The Rotary Club of Alexandria inaugurated a new **Flags for Heroes** project for Independence Day placing 200 flags along Route 1 next to Simpson field in honor of Alexandria’s heroes
- The 10th Annual Taste for Giving (2017) raised over \$80,000. And along with the Alexandria Day Nursery donation, the Rotary Club of Alexandria was able to distribute over \$135,000 to 54 local Alexandria nonprofits at our Annual Contributions Day in June

updated 9/27/18



THE ROTARY CLUB OF ALEXANDRIA  
**“SERVICE ABOVE SELF”**

For more information and tickets go to: [rotaryclubofalexandria.net/taste-for-giving-2018](http://rotaryclubofalexandria.net/taste-for-giving-2018)





The Alexandria Rotary (Club) Foundation together with its affiliate, the Alexandria Day Nursery & Children's Home, Inc., continued its decade-long tradition of awarding grants to local Alexandria Nonprofit organizations at their Annual Contributions Day luncheon at Belle Haven Country Club this past June. On that occasion, checks were presented to 54 nonprofit organizations serving the Alexandria community for a total of \$135,000. The Rotary contributions proudly support programs such as the Alexandria Police Foundation which serves local law enforcement, Bridges to Independence which helps families secure affordable permanent Housing and Operation Warm, Inc. that provides winter coats to children in Alexandria.

In addition to honoring the contributions that these nonprofits make to the local community, the annual Rotary luncheon provides a time for the leadership of these organizations meet, talk and find opportunities to collaborate.



## ROTARY CLUB OF ALEXANDRIA

# Alexandria Organizations Receiving Rotary Grants in 2018

Alexandria Police Foundation  
 Alexandria Seaport Foundation  
 Alexandria Symphony Orchestra  
 Alexandria Tutoring Consortium  
 ALIVE  
 Arts on the Horizon  
 Best Buddies Boys and Girls Clubs  
 Beverley Hills Church Preschool  
 Bridges to Independence  
 BRYCE Project  
 The Butterfly House at the Virginia Theological Seminary  
 The Campagna Center  
 Carpenter's Shelter  
 Casa Chirilagua  
 Child & Family Network Center  
 Community Lodgings  
 Emmanuel Episcopal Preschool  
 Fairlington Preschool

First Night Alexandria  
 FOCUS Alexandria  
 Friends of Alexandria Mental Health  
 Friends of Guest House  
 Grace Episcopal Preschool  
 Habitat NOVA  
 Latino Economic Development Center  
 Liberty's Promise  
 Literacy Council of Northern Virginia  
 Meeting House Cooperative  
 Neighborhood Health  
 Next Step Pilates  
 Northern Virginia Family Services  
 Nueva Vida Operation Warm  
 Ratcliff Thomas Foundation  
 Rebuilding Together Alexandria  
 RunningBrooke Foundation  
 Saint Clement Episcopal Church

SCAN (Stop Child Abuse Now)  
 Senior Services of Alexandria  
 Space of Her Own  
 The Arc of Northern Virginia  
 The Kathy Wilson Foundation  
 The Reading Connection  
 Together We Bake  
 Upcycle Creative Reuse Center  
 Urban Alliance  
 Valley Drive Cooperative Preschool  
 Volunteer Alexandria  
 Washington Street United Methodist Church Preschool  
 Westminster School  
 Westminster Weekday Preschool  
 Wright to Read



For more information and tickets go to: [rotaryclubofalexandria.net/taste-for-giving-2018](http://rotaryclubofalexandria.net/taste-for-giving-2018)



# WELCOME TO ROTARY

We are neighbors, community leaders, and global citizens uniting for the common good.

*With you, we can accomplish even more.*



Our organization started with the vision of one man – Paul P. Harris. The Chicago attorney formed one of the world's first service organizations, the Rotary Club of Chicago, on 23 February 1905 as a place where professionals with diverse backgrounds could exchange ideas and form meaningful, lifelong friendships.

ROTARY is a grass roots world-wide organization of more than 1.2 million business, professional and community leaders that volunteer time, talent and resources in order to remedy vital community needs. Our motto is Service Above Self.

Members of rotary clubs provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace throughout the world.

Belonging to a Rotary club provides members with an opportunity to make a difference, to give back to the community and to connect with likeminded leaders and friends. As signified by the motto Service Above Self, Rotary's main objective is service – in the community, in the workplace and throughout the world.

## Come and Join Us

The Rotary Club of Alexandria welcomes new members. If you are community minded, live or work in the Alexandria area, and have a soft spot for fellowship, charity and enlightenment, why not contact us and ask about joining? We are happy to have you drop in on a few meetings to find out more about what we do. There are no secret handshakes – we don't need them. The secret is to give more than you receive. The secret is to participate. Rotary is an international network of influential, successful people. In this age of networking, what better place to call home than your local Rotary Club of Alexandria?



YOU ARE THE MISSING PIECE.



## Rotary Membership Provides the Opportunity to:

- Become connected to your community
- Work with others in addressing community needs
- Interact with other professionals in your community
- Assist with Rotary International's global humanitarian service efforts
- Establish contacts with an international network of professionals
- Develop leadership skills
- Involve family in promoting service efforts

**Come and join us.** The Rotary Club of Alexandria meets every Tuesday at 12:15 pm at the Belle Haven Country Club on Fort Hunt Road. For more information, please visit our website at:

[www.rotaryclubofalexandria.net](http://www.rotaryclubofalexandria.net)

Or contact President Paul Anderson at [paul@paulvanderon.com](mailto:paul@paulvanderon.com)

## THE FOUR-WAY TEST

The Four-Way Test is a nonpartisan and nonsectarian ethical guide for Rotarians to use for their personal and professional relationships. The test has been translated into more than 100 languages, and Rotarians recite it at club meetings:

OF THE THINGS WE THINK, SAY OR DO

- 1 Is it the TRUTH?
- 2 Is it FAIR to all concerned?
- 3 Will it build GOODWILL and BETTER FRIENDSHIPS?
- 4 Will it be BENEFICIAL to all concerned?
- and 5 Is it FUN ?

THE ROTARY CLUB OF ALEXANDRIA

**"SERVICE ABOVE SELF"**

For more information and tickets go to: [rotaryclubofalexandria.net/taste-for-giving-2018](http://rotaryclubofalexandria.net/taste-for-giving-2018)



## SENIOR LIVING



PHOTO CONTRIBUTED

### Pickleball Winners

Northern Virginia Senior Olympics wound down Wednesday, Sept. 26 after 10 days of events ranging from horseshoes, swimming, track events, canasta and bunco to pickleball. Winners of the singles pickleball match include JJ Smith of Alexandria with gold, and Arlingtonians Horace Reyes (right) with silver and Chuck Toftoy (left) with bronze.

## 'Taking the Health Care Journey'

— "what you need to know."

BY MARY LEE ANDERSON  
EXECUTIVE DIRECTOR  
SENIOR SERVICES OF ALEXANDRIA

A hospital stay can be very stressful. Hospital procedures may seem confusing when we don't know what to expect, and it is so important to understand who is responsible for patient care and communications. This is especially critical as we age and face more and more health issues. Planning ahead and being proactive in learning how the system works and what decisions we may face can make the difference in getting the best care available.

There are so many unknowns: Who do I talk to if I have any questions during my hospital stay? What happens when I go home and still need care? If I am a caregiver, what services are available to both of us in the hospital and when we leave? It can be overwhelming and difficult to figure out who can address our concerns

and determine the best way to develop a plan for when you or your loved one is released from the hospital.

On Friday, Oct. 19, Senior Services of Alexandria is teaming up with Inova for a Senior Speaker Series event entitled "Taking the Health Care Journey: What you Need to Know." A panel of experts from Inova Hospital, Senior Services and other community-based skilled service providers will address concerns and help solve the puzzle that can surround a hospitalization and subsequent discharge. Attendees will also have the opportunity to speak with the presenters after the formal presentation.

"Our panel of experts will help you navigate the discharge planning process from the hospital. As experts in their field, they will offer insights and solutions on what your options are for future care," said Inova's Elizabeth McDaniel.

This free event will be held on Friday, Oct. 19 from 9:30 a.m. - noon at Beatley Central Library, 5005 Duke St. A light breakfast will be served. Make reservations online at [www.wseniorservicesalex.org](http://www.wseniorservicesalex.org) or call 703-836-4414 ext. 110.

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\*\*Burial includes basic services of the funeral director and staff, transfer of remains to funeral establishment, and transportation of remains to cemetery. Price quoted does not include any merchandise, such as casket, or cemetery property or services. Prices may vary based on selections.

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# Run, Dixon, Run

Since age 50, Dixon Hemphill, now 93, has competed in more than 60 triathlons.

BY MARY JANE DYE  
GOLDEN GAZETTE

“He leaned and I didn’t,” says 93-year-old Dixon Hemphill, appraising last year’s upset loss in the 60-meter dash.

The race took place at the 2017 USA National Masters Indoor Track and Field Championship in New Mexico. Hemphill was facing just one competitor, Orville Rogers.

He had already beaten Orville in four other events. A YouTube video, which went viral, continues to tell the story of the 60-meter dash. At the shotgun start, Hemphill blazes ahead, confident and steady. Suddenly, 99-year-old Rogers kicks it up a bit, and ... they are neck and neck. As they near the finish line, Hemphill clearly remembers thinking he’d still win.

But then, Orville stretches his upper body forward, just a bit, and edges him out by a fraction of a second. The winning time for Orville was 18.00 seconds to Dixon’s 18.05.

Runner’s World wrote about the race and rivalry, posting the video under the headline, “99-Year-Old Upsets 92-Year-Old in Thrilling Sprint.”

**HEMPHILL SAYS THAT**, despite the loss, he was impressed that a man seven years his senior could beat him. Nevertheless, losing by a mere fraction of a second immediately nagged at him. Dixon wanted a rematch. “I was not going to let Orville beat me ever again.”

So, he began to strategize for the next race. “It’s just the way I am. I knew that I could improve.” Hence, the sport’s newest and oldest rivalry would continue in Landover, Md. at the 2018 National Masters Indoor Track and Field Championships.

According to Dixon, the two World War II Navy veterans enjoy an adversarial relationship, but genuinely like each other.

When possible, they go out to dinner. They discuss future races via email. “He



Dixon Hemphill with Laurie Strickland, fitness director at South Run Rec Center.

“You you can get a lot done from age 50 to 90.”

— Dixon Hemphill, 93, Champion runner

“I was not going to let Orville beat me ever again.”

— Dixon Hemphill

bought my dinner after I lost the race in Albuquerque. He’s a good guy. We care about each other.”

Originally from Connecticut, Dixon is practically a native to Fairfax arriving in 1965. He spent many years owning and operating two running centers—one in Fairfax and one in Alexandria, while also raising four children with his wife. After selling his businesses, he went into race management.

Since age 50, he has competed in more than 60 triathlons and won many championships. Before that, he played a little golf and tennis, however in his youth, he was a college athlete.

At 74, he was hit by a car while training on his bike for a triathlon. He spent more than a month in the hospital, but that did not deflate his enthusiasm for running.

“I was seriously injured, but knew I’d compete again.

“You know, you can get a lot done from age 50 to 90,” he laughs.

Laurie Strickland, fitness director at South Run Rec Center, says Dixon has a shuffle when he runs; common for older runners. To address this, she said, “I helped him to increase the length of his stride by improving flexibility.” Strickland chides Dixon for being a good student but “not practicing.” Hemphill admits it’s true.



Dixon Hemphill, 93, was a pole vaulter in college.

“I am disciplined with the running, just not the stretching exercises.”

But obviously he did something right. Because when the rematch took place last March— with double the number of entrants—he beat Rogers handily.

“I knew he had slowed down,” he said. “After all, he is 100 now.”

With no longevity in his genes, Dixon attributes his full and long life to always having a goal along with a positive attitude. “I really see the glass as half full.” Hemphill likes to talk with groups about exercise, diet, hobbies and the importance of attitude.

“You are never too old to start something new.” In fact, at 94, he turned his hobby of converting wind-up clocks into electric ones has turned into a business.

“Why not?” he says.

Watch for Dixon and Orville when they compete in the 2019 National Masters Championship, March 1-3, in Winston-Salem, North Carolina.

A version of this story first appeared in the Fairfax County “Golden Gazette.” For information on services, recreational activities and volunteer opportunities, go to [www.fairfaxcounty.gov/OlderAdults](http://www.fairfaxcounty.gov/OlderAdults). You will also find a subscription link to the free monthly Golden Gazette.



USATF VIDEO SCREENSHOT, PHOTO



Runners Dixon Hemphill, top right, and Orville Rogers, left, at the 2017 USA National Masters Indoor Track and Field Championship in New Mexico.



## SENIOR LIVING

# Traveling in the Golden Years

Getting in shape, even a little, before can make a trip more enjoyable.

BY MARILYN CAMPBELL

Last summer Jim and Debbie Patera of traveled to Greece with their adult children and two grandchildren. While sharing the splendor of the Acropolis with their offspring was one of the most rewarding experiences of their lives, the couple, both 75, had considered canceling their long-planned trip because they felt the stair-climbing and suitcase lugging that goes with international travel would be overwhelming.

"We started working with a personal trainer about four months before our trip," said Debbie Patera. "We worked on improving our balance and stamina, and that made a huge difference for us. We still got tired at times, but not to a point where it ruined the trip for our grandchildren."

From walking down cobblestone streets to lifting luggage into an overhead bin, the physical demands of international travel are harder if you are not in shape. Especially for travelers over 65, fitness preparation before a trip is key, says personal trainer Christian Elliot of TRUE Whole Human.

Building stamina can make travel more enjoyable and running out of energy can put a damper on a trip, particularly for those who, like the Pateras, take multi-generational trips.

"The more lead time they have the better, but even a period of two weeks is enough to see some positive changes in ability," said Elliot. "The simplest activity anyone can engage in with the most far-reaching benefits is walking everyday. Depending on ability level, increase the time spent walking by 5-15 minutes each week until

walking for an hour without a break is no problem."

Paying attention to your feet and ankles can help prevent unpleasant injuries that can ruin a trip, advises Margaret Hennessy, who leads international Christian missions trips. "Make sure that you have good, supportive shoes if your trip will include a significant amount of walking," she said. "Don't skimp on shoes, buy the best that you can afford and wear them to break them in before your trip so that you don't get blisters."

Take time to improve balance, advises Elliot. "Do some one-legged exercises," he said. "Hold on to something for balance until you don't need to use it. For an extra challenge, trying doing it on an unstable surface. As your confidence grows, so will the enjoyment of your vacation. Especially if your vacation involves being on

a boat."

Planning each part of a vacation and familiarizing oneself with the activities that each will entail can avoid unpleasant surprises.

"Take the time to do research to determine the physical elements of the trip and train for those conditions," said Joan Foley, a personal trainer in Fairfax, Va.

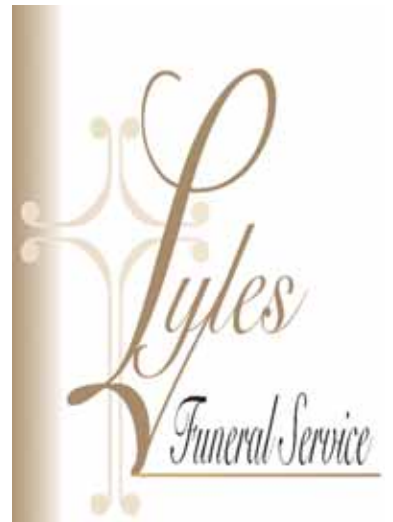
Practice getting up and down off the floor 10 times from a seated or lying position, advises Elliot. "As we age we tend to neglect this simple motion, and its use it or lose it," he said.

"Even better, try the classic cross-legged, stand test. If you can't do that from the floor, and most people can't, sit on a surface where you can do it, and as it gets easier with time, slowly use a lower and lower starting surface until doing it from the floor is possible."



Getting in shape before travel can reduce the risk of injury, particularly for seniors says Christian Elliot of TRUE Whole Human.

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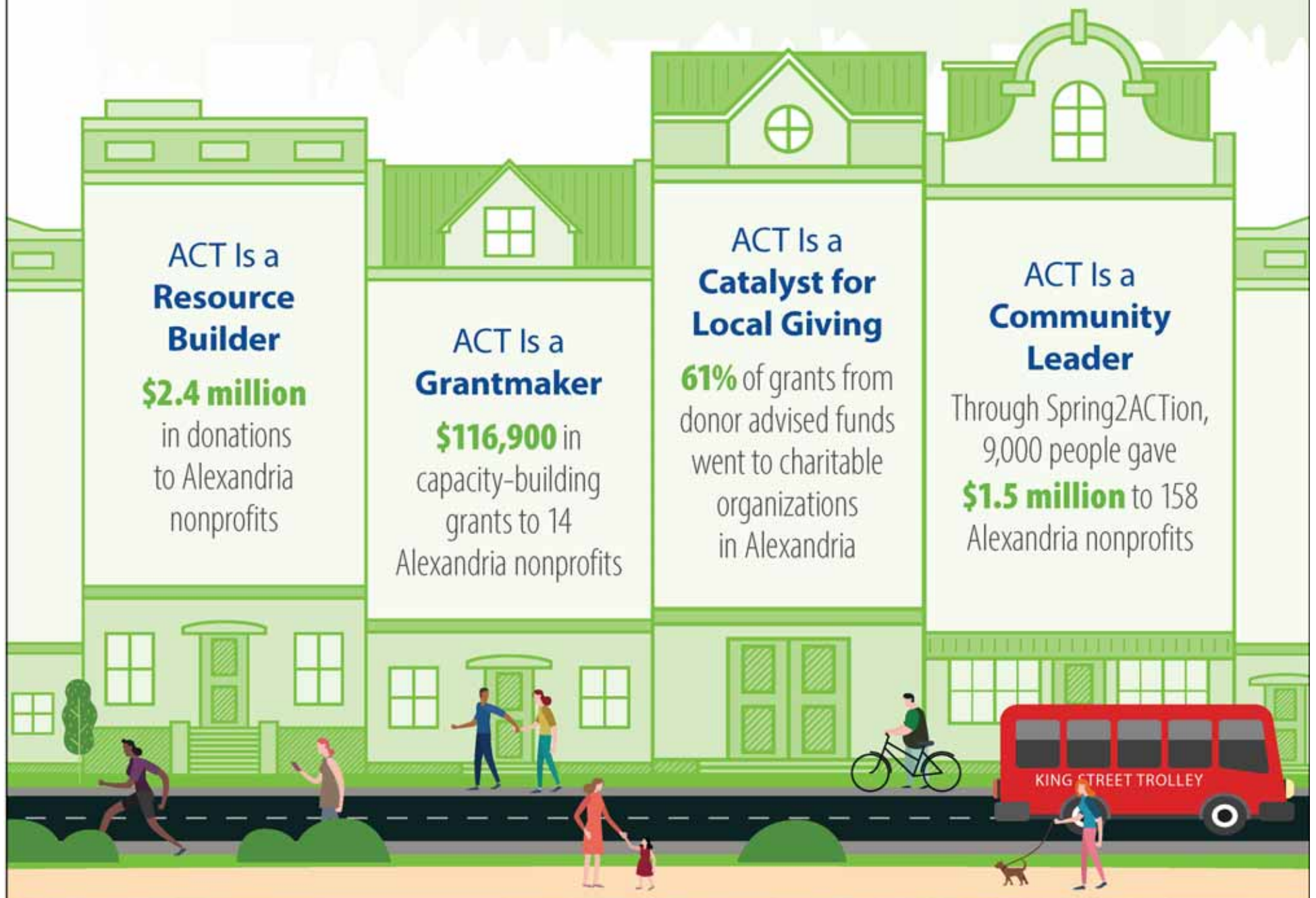
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# 2017 Year in Review



**ACT for Alexandria (ACT) is Alexandria's community foundation.** ACT improves the lives of Alexandrians by turning ideas into action and resources into results. In partnership with donors, nonprofits and civic leaders, we help community organizations do more good in Alexandria.



## ACT Is a Resource Builder

**\$2.4 million**

in donations to Alexandria nonprofits

## ACT Is a Grantmaker

**\$116,900**

in capacity-building grants to 14 Alexandria nonprofits

## ACT Is a Catalyst for Local Giving

**61%** of grants from donor advised funds went to charitable organizations in Alexandria

## ACT Is a Community Leader

Through Spring2ACTion, 9,000 people gave **\$1.5 million** to 158 Alexandria nonprofits

ACT makes a clear impact in Alexandria. ACT provides capacity-building grants, which are vital to nonprofit organizations. It takes capacity for nonprofits to grow, develop and innovate.

- Tammy Mann, Ph.D., CEO, The Campagna Center

ACT for Alexandria's donor-advised fund (DAF) program was the perfect solution for our family to help those who need help and leave a positive impact as part of our legacy.

- Jane Hess Collins, public relations and communications consultant, founder of Heard, a nonprofit arts program serving underserved populations

Learn more about ACT's community impact at [ACTforAlexandria.org](http://ACTforAlexandria.org)

Another <sup>Alexandria</sup> Gazette Packet Mount Vernon Gazette Community Partner



# Breaks with Impact — Doing Good in the Neighborhood

BY MYRA CRUZ,  
VOLUNTEER ALEXANDRIA

**T**his summer a couple dozen Alexandria public and private middle and high school students took time out of their summer to spend three full days volunteering through our newest program: Breaks with Impact – Doing Good in the Neighborhood (BWI).

BWI is a three-day service learning program in which students learn more about issues facing their community and ways they can improve Alexandria, both today and in the future.

“The program gave my daughter a sense of the larger issues facing people in her community. She enjoyed meeting people and participating. Not only did she enjoy going every day, and participating in the work, but she talked about what she did during her day when she got home. That sparked a lot of good conversations in our house and got us thinking together as a family,” wrote one parent.

Each day of the program focused on different issue areas. One day was spent examining hunger in Alexandria, ways to advocate for those in need and how food is distributed to those who need it most. In addition, they collected over 650 pounds of food for ALIVE! at a local Safeway asking customers to donate cans. After the food drive, the youth readied the donations for distribution. From this experience, students gained speaking and advocacy skills, learned more about a fully volunteer run program, and how a few people can affect

the lives of hundreds of people each month.

Another day focused on how nonprofits create healthy communities. They visited Neighborhood Health’s headquarters and heard from a nurse and other staff members about the work of a community clinic. Students gained insight into how they can volunteer today and different career paths, from accounting to human resources to dentistry, all contribute to Alexandria’s health. Later that day, the students painted residential rooms at Alexandria Community Shelter and heard from a current resident about homelessness. They helped to create a welcoming space for their neighbors who are experiencing homelessness.

Middle school students had the opportunity to visit and tour Christ House and Guest House. At both locations, the students learned more about how each organization help individuals in need in different ways and heard from several courageous residents who shared their life stories.

On the final day the students learned how they can be environmental stewards and cleaned up five parks in Del Ray. They learned how trash and waste affect their neighborhoods in many ways, not only making the parks look bad and potentially unsafe places for children to play, but also how trash can be eaten by local wildlife, go into the sewer system and affect rivers and the bay and finally how certain waste can degrade and enter soil and water.

Later in the day they learned how the Alexandria Renew manages storm runoff and sewage, waste and sanitary sewage for the City of Alexandria and parts of Fairfax County, and how they can help with clean water efforts and to keep utility costs low



PHOTO CONTRIBUTED

**Students learned how the Alexandria Renew manages storm runoff and sewage, waste and sanitary sewage for the City of Alexandria and parts of Fairfax County.**

and ensure that the treated water is good for the river and bay.

“It’s always a big deal when the kids come back from something they think will be boring, and instead can’t stop talking about everything they learned and did,” stated a parent who had two children participate. “Keeping kids engaged for a 10-hour day is hard work, and I am astounded at how successful you were. The size of the program and mix of ages was really appealing to me, as well as the diversity of locations visited. The boys also liked taking the bus every-

where. They have asked to do it again next year.”

Breaks with Impact enabled the students to get involved and engaged in community, learn more about real issues, hear from clients served by our nonprofit partners, and what they can do to help.

This program was made possible by grants from the City of Alexandria’s Fund for Human Services and the Gannett Foundation and through generous support from the LizLuke Team and the Kiwanis Club of Alexandria.

## Former Medical Assistant Sentenced for Oxycodone Conspiracy

A Maryland woman was sentenced Sept. 7 to 10 years in prison for her role in leading a conspiracy to distribute oxycodone.

According to court documents, Louise S. Edwards, 38, was previously employed as a medical assistant at doctor’s offices in Arlington and Alexandria.

From 2011 through December 2017, Edwards stole blank prescription pads and electronically-generated fraudulent prescriptions using a medical recordkeeping system to which she had access by virtue of her position as an employee. Edwards had others write or fill the fraudulent prescriptions and return the full bottles to her.

Edwards then sold the full bottles for further distribution. During the conspiracy, Edwards facilitated the fraudulent filling of at least 353 prescriptions, totaling 42,360 pills of 30 milligram oxycodone.

“Today’s sentence serves as a reminder of the responsibility those in the medical profession have in serving the community

and a deterrent for anyone thinking about trying to make a buck while fueling the opioid epidemic,” said Matthew J. DeSarno, Special Agent in Charge, Criminal Division, FBI Washington Field Office. “The FBI remains dedicated to working with our partners to stop the flow of illegal opioids into our communities.”

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## OPINION

# Serving as a 'Medical Home'

FROM PAGE 10  
efit to the entire community.

On a recent visit to their health center, Dr. Welman explained that in addition to preventive care, Neighborhood Health pediatricians also perform screenings on children for possible developmental delays — such as autism spectrum or problems with motor skills — at every well child visit. When problems are detected, children are referred to early intervention services that provide the best possible outcomes.

Dr. Welman has been treating children at Neighborhood Health since 2000 when she became first pediatrician at the Arlandria Health Center as the exponential demand for services was just getting started. She has initiated programs to address the needs of their patient population: an asthma treatment initiative, an early literacy program, an insurance enrollment project, and an obesity prevention program, to name a few.

Neighborhood Health's team of pediatricians take pride in the trusting relationships they develop with parents — and how they are able to encourage them to be active participants in their child's development. Pediatricians give advice that is helpful to any new parent: "Your baby needs to look at your face, to listen to you, to learn to build trust in this first and most important relationship," says Dr. Welman. She strongly recommends talking and listening to babies at an early age and maintaining strong eye contact. Mothers are also supported in breast feeding for the child's first year of life, and are also provided with nutrition information to help their children get off to the best start.

Catching seemingly "little" things can make a big difference in the long-term health of a child. Such was the case for "Samuel" who shortly after his birth was diagnosed with a heart murmur at a routine screening.

Following a referral to a cardiologist, Samuel was identified as having a ventricular septal defect, commonly known as a hole in the heart, a relatively common heart defect that's present at birth and occurs when the wall that separates the heart's chambers allows blood to pass from the left to the right side of the heart. Of course, this was disturbing news for his young parents who initially were reluctant to authorize open heart surgery on their son who showed no symptoms of experiencing a

heart problem.

Throughout the next couple of years, Dr. Welman would gently remind the parents when they brought Samuel in for his regularly scheduled visits that it would be in his long-term best interest for him to undergo the fairly routine surgery to repair his heart, recognizing that no surgery is routine for any parent placed in such a difficult position.

"We built up a trusting relationship with them and we didn't push," she said. Dr. Welman just continued to give Samuel high-quality care until the parents eventually came to the same conclusion and agreed to have the surgery performed. Samuel had the surgery about a year ago, and now is a happy, healthy 4-year-old with an excellent prognosis for a long, full life. And his parents who no longer have the worry if they were doing what was best for their young son. They remain thankful for Dr. Welman's advice and guidance on such a momentous decision. "He's doing great," commented Dr. Welman, who continues to see Samuel at regular intervals.

There are many reasons Dr. Welman has spent most of her career at Neighborhood Health. In addition to treating children and the gratification in seeing them thrive, is the sense of mission that she and all her colleagues share in providing high-quality wrap-around care for thousands of children who might otherwise fall through the cracks. "It's a wonderful team," she says. "We're all mission driven, and we're very proud of that."

Neighborhood Health is hosting its annual fundraising gala and charity auction on Friday, Nov. 9 at the Ritz Carlton in Pentagon City. Festivities begin at 6:30 p.m., and they are delighted that Honorary Chairs U.S. Rep. Don Beyer and Megan Beyer will be on-hand to celebrate and to help hand out a special Health Equity Award to 26 Virginia delegates and state senators who represent Alexandria, Arlington County and Fairfax County. This award recognizes their hard work towards Medicaid expansion this past General Assembly session.

Pediatric services are available at four Neighborhood Health clinics, all located with convenient access to public transit: 2 E. Glebe Road and 1200 N. Howard St. in the City of Alexandria, 6677 Richmond Highway and at 2616 Sherwood Hall Lane in the Mount Vernon section of Fairfax County. Appointments may be scheduled by phoning 703-535-5568.

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## Raising \$75,000

Shannon Catlett, Charlotte Hall, and Jen Walker joined nearly 200 revelers at the Rebuilding Together DC Alexandria Raise a Roof event on Sept. 27. Honorees were Alberto Chalmeta, Volunteer of the Year; Mechanical Contractors Association of Metro Washington, New Team of the Year; and Cooper Cary and Little Diversified Architectural Consulting, Co-Partners of the Year. Winners of the corn hole tournament were Bruce Carr and Alexandria Toyota's Mike Nguyen. Held at the Old Dominion Boat Club, the event raised more than \$75,000 to help low-income residents remain in safe and healthy homes.



PHOTO CONTRIBUTED



# Senate Election Is Blast from the Past

FROM PAGE 1

people like the Koch brothers, for example, or the National Republican Senate Committee. And as the campaign stretches into the final few weeks heading into Election Day, Stewart is amping up the rhetoric and vowing to live up to the promise he made before securing the Republican nomination that he would run a “vicious” campaign against Kaine.

“What about the \$17 million you paid in hush money to the 268 separate complaints, senator, against you and other members of the U.S. Congress?” Stewart asked Kaine during the Northern Virginia Chamber of Commerce debate in Tysons Corner.

“You just tried to slip in that there were complaints against me,” Kaine shot back. “And that is completely false.”

“Well how do we know that?” replied Stewart.

“Oh, so you think you can just make it up without any facts,” responded Kaine.

After the debate was over, both candidates took questions from the media at the Capitol One Center. Stewart was pressed for any evidence that anyone had ever filed any kind of complaint against Kaine. He was unable to present any, an indication that the final few weeks of the campaign might end up being a wild ride for Republicans. Earlier this year, the party’s chamber-of-commerce faction failed to gain any traction against the Trump wing of the party that Stewart has been leading since long before the New York developer and reality TV star announced for president.

“You had the same battle with Oliver North. You had the same battle with Ken Cuccinelli,” said Republican consultant Dan Scandling. “It’s a long-standing, long-running arch-conservative versus the quote-unquote establishment conservative.”

**BEHIND THE RHETORIC** and the insults, much of the campaign is a rather garden variety contest between red and blue. Kaine supports universal background checks for gun purchases while Stewart supports ditching gun-free zones. Kaine supports the ongoing investigation into Russia’s role in influencing the 2016 election; Stewart invited a round of unintentional laughter during a debate earlier this year when he suggested Trump was “standing up to Russia.” Perhaps one of the starkest policy distinctions is international

trade, a topic where Stewart is on board with the president’s tariffs.

“Go visit the Ikea plant in Danville,” Kaine said to Stewart at one debate earlier this year. “Go visit other advanced manufacturing facilities in Danville that I worked on when I was governor. I know that you haven’t.”

In response to that moment on

the campaign trail, Stewart scheduled a press conference in Danville. Standing in front of a shuttered factory, Stewart defended the president’s protectionist policies.

“We’ve had enough,” Stewart said. “And let the word go out there on behalf of the president of the United States and all those

who are standing up for American workers: We’ve had enough, and we’re bringing back manufacturing to Danville and in fact all of the United States of America.”

It’s that sense of urban versus rural that is at the heart of the campaign between Kaine and Stewart. Polling suggests that Kaine is doing well in the popula-

tion centers, especially along the Interstate 95 corridor or east of it. These are places where Democrats have picked up popularity and support since 2016. Stewart, on the other hand, is doing well in Southwest Virginia. That’s a part of the state that’s actually experi-

SEE SENATE, PAGE 37



**Neighborhood Health**

# Health Equity Award

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## Virginia Senate

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| <p>Honorable George L. Barker<br/>Honorable Adam P. Ebbin<br/>Honorable Barbara A. Favola<br/>Honorable Janet D. Howell<br/>Honorable J. Chapman Petersen</p> | <p>Honorable Richard L. Saslaw<br/>Honorable Scott A. Surovell<br/>Honorable David W. Marsden<br/>Honorable Jennifer T. Wexton</p> |
|---|--|

## Virginia House of Delegates

|   |   |
|---|---|
| <p>Honorable Jennifer B. Boysko<br/>Honorable David L. Bulova<br/>Honorable Karrie K. Delaney<br/>Honorable Eileen Filler-Corn<br/>Honorable Charniele L. Herring<br/>Honorable Patrick A. Hope<br/>Honorable Mark L. Keam<br/>Honorable Kaye Kory<br/>Honorable Paul E. Krizek</p> | <p>Honorable Mark H. Levine<br/>Honorable Alfonso H. Lopez<br/>Honorable Kathleen J. Murphy<br/>Honorable Kenneth R. Plum<br/>Honorable Mark D. Sickles<br/>Honorable Richard C. Sullivan, Jr.<br/>Honorable Kathy Tran<br/>Honorable Vivian E. Watts</p> |
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## NEWS



PHOTOS CONTRIBUTED

The law firm Oblon has more than 50 personnel who can claim more than 20 years of service.

# Oblon Celebrates 50 Years

Alexandria-based Oblon, a law firm focused exclusively on intellectual property law, celebrated its 50 years in business in September. The firm was celebrating not only 50 years, but also the longevity and professional commitment of many of the firm's partners and employees.

Oblon has been the professional home of more than 200 lawyers and administrative personnel who can claim in excess of 10 years of service with the firm and more than 50 who can claim more than 20 years of service.

"That represents more than 2,500 years of collective experience within the firm's legal and administrative professional groups. We've built more than a great IP firm, we've built a wonderful community," said Philippe Signore, Oblon's managing partner.

At the firm's Sept. 13 golden anniversary celebration at the Ballroom of the Westin Hotel in Alexandria, the firm's founder and namesake, Norman F. Oblon, said, "It has been a remarkable run for the



Founder Norman Oblon (left) and Managing Partner Philippe Signore

firm — that started out with the intention of practicing law the way that we thought law should be practiced, and providing service to clients beyond their expectations. I have no doubt that the best years of the firm are still to come."

## THE CONNECTION

Newspapers & Online

### UPCOMING EDITIONS

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 10/17/2018.....A+ Camps & Schools  
 10/24/2018.....Connection Families  
 10/24/2018.....Election Preview  
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11/7/2018.....Wellbeing  
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## Introduction to Team Handball

Participants of the Out of School Time Program at Mount Vernon Recreation Center enjoy a game of team handball. Staff at Recreation, Parks & Cultural Activities (RPCA) have partnered with volunteers to introduce participants to non-traditional sports starting with team handball. Team handball is easy to play and only requires a court similar to a basketball court, two goals, a handball, and seven players on each team. For more information on RPCA programs, visit [alexandriava.gov/Recreation](http://alexandriava.gov/Recreation).



# More Details about Public School Performance

FROM PAGE 3

Williams High School moved more or less laterally into the new system, receiving a status of accredited with conditions.

This upward movement indicates general improvement. But it doesn't automatically mean previously failing schools are now meeting the state's benchmarks, or that they aren't meeting the benchmarks but regressing.

While all ACPS campuses received a Level One rating in overall English performance, five received Level Two or Three ratings for certain demographic subgroups.

Two ACPS campuses — Jefferson Houston and T.C. Williams — received less than a Level One overall rating in math, putting them in a club of only five percent of about 1,800 schools statewide. Of 14 ACPS schools receiving a Level One overall rating in math, nine received Level Two or Three ratings for certain demographic subgroups. Lower test scores from black students, economically disadvantaged students and students with disabilities account for most of the lower ratings.

One ACPS campus — William Ramsay — received less than a Level One overall rating in science, putting it in a club of eight percent of schools statewide.

Some schools exceeded the state's benchmark in certain areas, but show downward trends. For example, William Ramsay's overall pass rate in 2017-18 for math was 66

percent, down from 81 percent in 2014-15 and below the state's benchmark of 70 percent. Though it's below standard and falling year on year, its three-year average pass rate of 72 percent still earned it a Level One rating in math.

T.C. Williams received Level Three marks for rates of dropout and composite graduation-and-completion — on-time diplomas, plus GED equivalencies, etc. These scores put it in clubs of nine and three percent, respectively, of 330 high schools statewide. Ten percent of T.C. Williams' class of 2018 cohort dropped out. Eighty-three percent graduated or completed, according to the DOE. That's down from 86 percent for the class of 2014 and below the state's benchmark of 88 percent.

Year on year, on-time graduation rates (a slightly different measure) for Hispanic students, English learners, economically disadvantaged students and students with disabilities decreased by as much as 11 percentage points. That's according to an Oct. 1 ACPS memo. However, the graduation rate for black students increased two percentage points, reaching the highest level since 2011. The overall dropout rate improved by two percentage points. For black students, it improved by five points, reaching the lowest level on record.

T.C. Williams saw improvements in its Advanced Placement (AP) and Career and Tech-

nical Education (CTE) performance. In 2017-18, about a quarter of high school students enrolled in an AP course and took an AP test, up 10 percentage points from 2015-16, according to the DOE. Of students taking an AP exam in 2018, 72 percent received a passing score, up from 39 percent in 2005, according to Helen Lloyd, an ACPS spokesperson.

In 2017-18, 387 Students earned one or more CTE credentials, up 48 percent from 2015-16.

Recent trends may indicate certain disci-

plinary disparities between demographic subgroups. For example, between 2014-15 and 2016-17, black students consistently accounted for over half of short-term suspensions, while representing less than a third of the student population. White students consistently accounted for less than 10 percent, while representing about a quarter of the student population.

For more performance measures, visit [www.schoolquality.virginia.gov/divisions/alexandria-city-public-schools](http://www.schoolquality.virginia.gov/divisions/alexandria-city-public-schools).

## 'Staying as a Teacher'

FROM PAGE 3

that's it. ... The cost of college is out of reach for a lot of students. ... By the time they get out of college, they have a great debt. When I graduated, I didn't owe anything. ... The other thing that's new is all this testing. ... So that's another burden on the students, they have to pass all these tests. ... I didn't have to take an SAT when I went [to college]. It was an easier time for a student ..."

Asked for his best advice to students, he said: "I can only tell them, to get somewhere, you have to really apply yourself. If you apply yourself, in the long run, somehow, it's going to pay off. You should always try to do your best."

Teachers face new challenges, as well, including how to incorporate new technology and the pressures of standardized testing. The job's time demands are a double-edged sword. On the one hand, he says "teachers are lucky" in that they get relatively a lot of time off, between holidays and summer break. On the other hand, when classes are in session, things can get busy.

"You go home and you grade papers. You hardly get a chance to go out." He credits his own long career in part to the fact that he's unmarried and doesn't have children.

"The newer teachers are really excellent," he said. "They know a lot of good techniques, they're used to some of this technology." But "a lot of them don't stay long, because it's a tough profession, unless you

really like it."

To new and aspiring teachers, he says: "It's not going to be as easy as it was when I started, otherwise I wouldn't have survived 60 years. ... Try to keep a good pace. Don't overdo the job. If you do your best and the kids like you, I think you'll really stay as a teacher."

Asked why students struggled with math more than any other subject in the state's most recent round of standardized testing, he said: "A lot of the students just have a poor background [in math]. So I think that kind of shows up later. ... We have a lot of students whose parents are struggling. They don't have time to help them, because of economics. ... A lot of our kids are [raised by] one-parent, and the poor parent comes home from work — one parent doesn't have time to try to bring the kid up the way he should."

To parents, he says: "The students that do the best are the students where the parents start them out early. When they're two or three years old, or four years old, they could be doing math, or they could be reading. ... If you can get them started early, that's a big plus."

In general, he thinks public officials "want to help any way they can with education" and have provided adequate funding in Alexandria. They should continue providing funds "for keeping the school up to par," he said.

All in all, Kokonis concluded: "I wouldn't change anything. I've had good years. ... I like what I'm doing."



### CITY OF ALEXANDRIA UNCLAIMED PROPERTY FOR REPORT YEAR 2018

In conformance with the Commonwealth of Virginia's Unclaimed Property Act, the City of Alexandria is publishing a listing of unclaimed property held at June 30, 2017.

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|---------------|-------------------------------|----------------------|---------------|-------------------------------------|-------------|
| 683232        | AHMED                         | SULTAN               | 700432        | KRAUS-CAMP                          | ANGELA      |
| 696191        | ALEXANDER                     | SEAN                 | 687111        | KRAUSE                              | TROY        |
| 678975        | ALI                           | AHMED                | 697079        | KUMELACHEW                          | HABTEMARIAM |
| 686910        | ALLEN                         | JESSICA              | 697080        | KUMELACHEW                          | HABTEMARIAM |
| 698444        | ARATA                         | ISABEL               | 697081        | KUMELACHEW                          | HABTEMARIAM |
| 682540        | ARCHEY                        | WILLIAM              | 678192        | LUEL                                | YDNEKATCHEW |
| 678075        | ASIS INTERNATIONAL, INC       |                      | 690970        | LY                                  | KIEN        |
| 676883        | ATLANTIC CLOSING & ESCROW LLC |                      | 699309        | MARFORI                             | JOSEPH      |
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| 696691        | BARNES                        | SEAN                 | 698943        | MC GEE                              | SHANTE      |
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| 687544        | BEATY                         | TIMOTHY              | 683155        | MEDSTAR FAMILY CHOICE               |             |
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| 674629        | BONITT                        | MURRAY               | 683101        | MOKOS                               | JOSEPH      |
| 697300        | BOWERS                        | SABRINA              | 700577        | MOORE                               | RYAN        |
| 684709        | BRODERICK                     | KEVIN                | 680022        | NISSAN MOTOR ACCEPTANCE CORPORATION |             |
| 683986        | CHIDO                         | MEGHANN              | 686621        | OLD DOMINION CLEANING CO. INC       |             |
| 692693        | CHRISTIAN & BARTON LLP        |                      | 680599        | ORARA                               | LERMA       |
| 700451        | COCA COLA                     |                      | 683167        | PARKER                              | MICHELLE    |
| 698837        | COCA COLA ENTERPRISES         |                      | 674517        | PEARSON                             | DONALD      |
| 698838        | COCA COLA ENTERPRISES         |                      | 676425        | PGP TITLE OF FLORIDA                |             |
| 698839        | COCACOLA                      |                      | 675714        | PITTMAN                             | DAMALI      |
| 683903        | COSLER                        | JAMES                | 698512        | POLLARD CONSTRUCTION                |             |
| 673987        | DAVIS                         | ZACHARY MICHAEL      | 699171        | PRIME AUTO CARE, INC                |             |
| 680488        | DL PETERSON                   |                      | 694205        | RENEWAL BY ANDERSEN, LLC            |             |
| 676350        | DONLEY                        | COLLEEN GRACE        | 685526        | RILEY                               | CHARLES     |
| 680993        | DOUGLAS R STEVENS             |                      | 677514        | RUST BELL                           | KATHLEEN    |
| 684573        | EGUWALETSIYON DAWIT           |                      | 698817        | SCHILLER                            | BILIKYA     |
| 675720        | EMERSON WETZEL REV TRUST      |                      | 691984        | SIHRER                              | ANDREW      |
| 680995        | ES MULTI PROPERTY OWNER LP    |                      | 689822        | SOME                                | MWINNIKPEG  |
| 690932        | ESTATE OF BRENDA SAULS        |                      | 677277        | SUNOCO INC (R&M) ELLIS PRESERVE     |             |
| 688934        | ESTATE OF KHIROU HISAM        |                      | 674531        | TEFERI                              | ESTEGENET   |
| 679272        | FASTENAL COMPANY              |                      | 674650        | TEWS                                | ROBERT      |
| 685934        | FASTENAL COMPANY              |                      | 682492        | THE ESTATE OF CAROLYN TORRALBA      |             |
| 685935        | FASTENAL COMPANY              |                      | 696780        | THE SHEPHERDSTOWN OBSERVER          |             |
| 685033        | FOUNTAINS CONDOMINIUM         |                      | 692489        | TSEGASELASSIE FEKADE                |             |
| 677232        | FOUNTAINS CONDOMINIUM         |                      | 692490        | TSEGASELASSIE FEKADE                |             |
| 679142        | FOUNTAINS CONDOMINIUM         |                      | 688843        | VASQUEZ                             | CINDY       |
| 681156        | FOUNTAINS CONDOMINIUM         |                      | 682619        | VERIZON                             |             |
| 695856        | GALLET                        | NATHALIE             | 677374        | WHITFIELD                           | DONNA       |
| 674536        | GASKIN                        | FRANCENE             | 688294        | WILLIAMS                            | LILLIAN     |
| 678422        | GIMBA                         | HELEN                | 693848        | WILLIAMS                            | GUY         |
| 675762        | HAILU                         | RUTH                 | 695609        | WILLIAMS                            | MELISSA     |
| 675415        | HILL                          | PIERRE-MACLEVE       | 690354        | ZIEROLD                             | FREDERICK   |
| 689054        | KEENAN                        | MARY                 | 695810        | ZOTTI                               | ALLISON     |
| 676052        | KHALID                        | YOUSIF               | 695811        | ZOTTI                               | ALLISON     |

If you or your company is listed above, contact the Accounting Division of the City of Alexandria's Finance Department prior to October 18, 2018. For more information concerning this ad, please contact: City of Alexandria, Finance/Accounting Division, P.O. Box 178, Alexandria, VA 22313 Telephone: 703-746-3905. The above shall be published in The Alexandria Gazette on October 4, 2018.



# ENTERTAINMENT

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

## ONGOING

### Exhibit: 'Natural Reaction.'

Through Oct. 7, gallery hours at The Art League Gallery, 105 North Union St., Studio 21, Torpedo Factory, Alexandria. Sculptor and printmaker Brian Kirk courts chemical reactions to create ephemeral, phantom-like prints from rusting metal. A marriage of art and science, Kirk's rust prints bloom in hues of lush amber, ochre, and apricot. Born of rigid metal, from saw blades to steel wool, the prints that emerge are organic, almost cellular. Visit [www.theartleague.org](http://www.theartleague.org) or 703-683-1780.

### Photography Exhibition: Michael Borek.

Through Oct. 14, gallery hours at Multiple Exposures Gallery, 105 N. Union St., Alexandria. "Aimless Walk Reprise" presents 22 photographs taken by Michael Borek in his native Czech Republic. Over the last 10 years, Borek continued to return to photograph an old blue-collar neighborhood in Prague, where he grew up. Visit [www.multipleexposuresgallery.com](http://www.multipleexposuresgallery.com).

**Exhibition: 'Juxtaposed.'** Through Oct. 21, at Target Gallery at The Torpedo Factory, 105 N. Union St., Alexandria. New exhibition explores the Art of Contradiction and investigates opposing or conflicting themes through art. The exhibition features 25 artworks by 12 artists from all over the country. Juxtaposed was juried by Megan Rook-Koepsel, a D.C.-based independent curator.

### Art Exhibit: Makers in the Mansion.

Through Oct. 22 at Woodlawn & Pope-Leighey House Historic Site, 9000 Richmond Highway. Six installations of work by local African American makers hosted in an 1805 mansion owned by Nelly Parke Custis and Lawrence Lewis, once a prominent plantation home. Stories of a transformed African American community through the artisan eye. RSVP to [Woodlawnevents@savingplaces.org](mailto:Woodlawnevents@savingplaces.org).

**WFUMC Farmers Market.** Tuesdays through Oct. 23, 4-7 p.m. at Washington Farm United Methodist Church, 3921 Old Mill Road. Orchard Country Produce, from Gardner, Pa., will operate a Farmer's Market from the west parking lot of WFUMC. They also operate from the St. Luke's parking lot on Fort Hunt Road on Saturday mornings. They have a very wide offering ranging from fresh vegetables to meat and desserts. Admission is free. Visit [www.washingtonfarmumc.org](http://www.washingtonfarmumc.org) or call 703-780-4696.

**Beginnings & Endings.** Through Oct. 28, at Scope Gallery, 105 North Union St., Studio 19 of the Torpedo Factory, Alexandria. A Ceramic Guild Show offering a timeless tale of clay art focused on starters and sweets. Enter a fairyland of treasures as frosted cupcakes transform into shaker and creamer sugar sets and tapas trays bring hand painted dragons and fantastic flora and fauna to life. Call Scope Gallery at 703-548-6288, visit [www.scopegallery.org](http://www.scopegallery.org), [www.torpedofactory.org/galleries/scope](http://www.torpedofactory.org/galleries/scope).

**Exhibit: 'Autumn Gold.'** Through Oct. 29, featuring Nina Tisara's intricate mosaic art at Coldwell Banker Residential Brokerage, 310 King St., Alexandria. RSVP to [ninat@ninatitsara.com](mailto:ninat@ninatitsara.com).

**Pumpkin Patch.** Through Oct. 31, Monday-Friday, 11 a.m.-7:30 p.m.; Saturday-Sunday, 9 a.m.-8 p.m. at Immanuel Church-on-the-Hill, 3606 Seminary Road. All net profits support the church's outreach activities at the community, regional



The 23<sup>rd</sup> annual Art On the Avenue returns to Del Ray Oct. 6.

FILE PHOTO BY JEANNE THEISMANN

## Artrageous! Art On the Avenue returns to Del Ray.

BY JEANNE THEISMANN  
GAZETTE PACKET

For 23 years, Art On the Avenue has been one of the city's signature events. The festival returns Oct. 6 and is expected to draw 50,000 visitors to the Del Ray community but for founder Pat Miller, it was nearly a one-time event.

"After the first year I was ready to close the door because it was so hard," Miller said. "Two weeks out we only had 13 vendors. We rallied and ended up with 76 and now this year we will have more than 350 artist vendors."

Joining the artist vendors will be 25 different food vendors ranging from fudge to full course meals.

"The new Charlie's On the Avenue will be part of the food court and Eric Reid will have the Snack Bar featuring seafood," Miller added.

More than 200 volunteers will join Miller, who begins festival set-up at 5 a.m.

"I have such amazing committee chairs," Miller said. "Everybody does their thing and it all comes together. My hat is off to my chairmen."

This year's festival will highlight breast cancer awareness month. DASH will once again have a

and international levels. The pumpkins are grown on the Navajo Indian Reservation near Farmington, New Mexico. Visit [www.immanuel-on-the-hill.org](http://www.immanuel-on-the-hill.org).

**Row by Row Junior.** Through Oct. 31, local quilt shops like Artistic Artifacts (4750 Eisenhower Ave.) are welcoming children participating in Row by Row Junior to their shops. It's the junior version of the summertime travel event for quilt making fans known as Row by Row Experience. Kids visit shops in

person, collect a free sewing pattern, and find inspiration in colorful, creative world of sewing. At home, families can find free tutorial support and activities online by visiting [www.rowbyrowexperience.com](http://www.rowbyrowexperience.com) or [www.artisticartifacts.com](http://www.artisticartifacts.com) for local quilting.

**Young at Art Exhibition.** Through Nov. 8, Monday-Friday, 5-10 p.m. at the Durant Arts Center, 1605 Cameron St., Old Town Alexandria. Call 703-746-5560 or email [durantcenter@alexandriava.gov](mailto:durantcenter@alexandriava.gov).



PHOTO CONTRIBUTED

**Pat Miller founded Art On the Avenue 23 years ago.**

Miller Neighborhood Square will officially welcome new businesses to the Del Ray community.

"Two trolleys from the Old Town Trolley Company in DC will be running every half hour from 9:30 a.m. to 6:30 p.m. between Braddock Road Metro and the festival on Mount Vernon Avenue," said Miller, who encouraged attendees to take Metro to the event.

Art On the Avenue will take place Oct. 6 from 10 a.m. to 6 p.m. on Mount Vernon Avenue between Bellefonte and Hume avenues in Del Ray. Visit [www.artontheavenue.org](http://www.artontheavenue.org).

### Mount Vernon Farmers Market.

Wednesdays, 8 a.m.-noon at Sherwood Hall Regional Library, 2501 Sherwood Hall Lane, Alexandria. Every Wednesday (through Dec. 19), 15 local farmers and producers will sell fresh produce and fruits; meats; breads and pastries; honey, jams and jellies; dairy products and eggs; herbs; and more. Visit [www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets).

**Dollhouse Exhibit.** Through December, Tuesdays-Saturdays, 10

a.m.-4 p.m. at Alexandria Black History Museum, 902 Wythe St. Alexandria. Exhibit "Our Alexandria" Dollhouse Collection. The exhibit captures some of the forgotten businesses, people, and institutions that made African American families strong - church, school, and family. Other exhibits are also on site. Suggested admission \$3 per person. Visit [www.alexandriava.gov/museums](http://www.alexandriava.gov/museums) or call 703-746-4356.

**Open for Tours.** Through December. At 9000 Richmond Hwy., Alexandria. Woodlawn and Frank Lloyd Wright's Pope-Leighey House is open for tours Friday through Monday, from 11 a.m. until 4 p.m. (last tour at 3 p.m.) Not open to the public Tuesday, Wednesday or Thursday. To learn more about National Trust Sites, visit [savingplaces.org/historic-sites](http://savingplaces.org/historic-sites).

**Still Life Alive.** Through April 2, 2019, 9-5 p.m. at River Farm, 7931 East Boulevard Drive, Alexandria. Patricia Uchello One Woman Art Show, featuring 100 original oil paintings of flowers, fruit, landscapes and seascapes. Uchello's work has been collected by IBM, the International Monetary Fund and more. Email [pmuchello@aol.com](mailto:pmuchello@aol.com) or visit [www.patriciauchello.com](http://www.patriciauchello.com).

## THURSDAY/OCT. 4

### Yacht Haven Garden Club

**Meeting.** 10 a.m.-noon at Mount Vernon Yacht Club, 4817 Tarpon Lane, Alexandria. The Yacht Haven Garden Club meeting will be Plants and Tricks for the Garden. Speaker will be Dan Scott from American Horticulture Society. New members welcome. Email: [Pmuchello@aol.com](mailto:Pmuchello@aol.com) or call 703-304-0156.

### BHNV Fundraising Gala.

6-9 p.m. at Crowne Plaza Old Town Alexandria, 901 North Fairfax St., Alexandria. Bethany House of Northern Virginia is hosting its 7th Annual Garden of Light Gala. A night of cuisine, live entertainment, and live auction prizes donated by local and national businesses. Hear powerful stories, from a former Bethany House client and others, of how contributions to Bethany House help women and children escape from the darkness of abuse and into the light of safety, freedom, and independence. \$100 per person or \$900 for a table of 10. Email [ojohnson@bhmv.org](mailto:ojohnson@bhmv.org) or call 703-658-9500. Visit [www.bhmv.org/garden-of-light](http://www.bhmv.org/garden-of-light).

### Pass the Plate Potluck.

6-9 p.m. at Woodlawn & Frank Lloyd Wright's Pope-Leighey House, 9000 Richmond Highway, Alexandria. Featuring culinary foodways historian and cookbook author, Michael Twitty, as well as the artisans of the current art exhibit, Makers In The Mansion. Each guest, or group of guests, as part of their participation will be asked to bring a dish which highlights their own family story. Email [woodlawnevents@savingplaces.org](mailto:woodlawnevents@savingplaces.org). Visit [eventbrite.com](http://eventbrite.com), search "Pass the Plate."

### Fashion Show.

7-9 p.m. at Springfield Town Center, 6500 Springfield Mall, Springfield. Join the Association of Alexandria Radiologists for the Fourth Annual Couture for a Cure Breast Cancer Awareness Fashion Show, dedicated to the battle against breast cancer. It contributes 100 percent of all sponsorships and donations to the Vola Lawson Breast Cancer Memorial Fund, a memorial fund established to raise money for uninsured and underinsured Alexandria women to receive free mammograms and other diagnostic screenings. To donate, visit [alexandriaradiology.com](http://alexandriaradiology.com).

## FRIDAY/OCT. 5

**First Friday: Family Art Night.** 6-9



# ENTERTAINMENT



## Cocktails by Candlelight

Kick-off the weekend at Cocktails by Candlelight event an after-hours event where visitors learn to make and sip on period cocktails in Gunston Hall's hearth kitchen. Converse and be merry around the fire with friends and loved ones, and enjoy a candlelit tour. Friday, Oct. 5, 6-9 p.m. at George Mason's Gunston Hall, 10709 Gunston Road, Mason Neck. Tickets are sold online ([bit.ly/2NhKLDk](http://bit.ly/2NhKLDk)) or at the door for \$35, \$25 for Friends of Gunston Hall. All attendees must be 21 or older.

### CALENDAR

p.m. at the Durant Arts Center 1605 Cameron St., Alexandria. A "meet and greet" begins at 6 p.m. Pizza, soda and water will be on hand, complements of the Office of the Arts. Art activities begin at 6:30 p.m. No experience necessary. \$9 per person. Children under 5 years old are free. Children must be accompanied by one adult. Reservation includes one art experience, art supplies, pizza and soda. Three art experiences to choose from: 1) Create Mosaics with Maria Illingworth; 2) Paint with Teresa Brunson; or 3) Create a clay sculpture with Patrick Kirwin. To register and pay online, visit [www.alexandriava.gov/webtrac](http://www.alexandriava.gov/webtrac).

**Cocktails by Candlelight.** 6-9 p.m. at George Mason's Gunston Hall, 10709 Gunston Road, Mason Neck. Kick-off the weekend at Cocktails by Candlelight event an after-hours event where visitors learn to make and sip on period cocktails in Gunston Hall's hearth kitchen. Converse and be merry around the fire with friends and loved ones, and enjoy a candlelit tour. Tickets are sold online ([bit.ly/2NhKLDk](http://bit.ly/2NhKLDk)) or at the door for \$35, \$25 for Friends of Gunston Hall. All attendees must be 21 or older.

**Opening Reception: "Symmetry - Balance in an Asymmetrical World."** 7-9 p.m. at Del Ray Artisans Gallery, 2704 Mount Vernon Ave., Alexandria. Exhibit showcases the artists' visions of symmetry. The camera, used as a tool, reveals the artist's vision and produces a personal - typically evocative or atmospheric, yet balanced - statement. The photography exhibit runs Oct. 5-28, 2018. Visit [www.DelRayArtisans.org/event/symmetry](http://www.DelRayArtisans.org/event/symmetry).

### FRIDAY-SUNDAY/OCT. 5-7

**Mount Vernon's Fall Wine Festival & Sunset Tour.** 6-9 p.m. at Mount Vernon Estate. Celebrate the history of wine in Virginia with exclusive evening tours of the Mansion and cellar, appearances by "George and Martha Washington," and live blues on the east lawn overlooking the scenic Potomac River. Visitors can bring a blanket and relax on the lawn as they sample wines from 20

Virginia wineries. Tickets are Friday, Oct. 6: \$42. Saturday, Oct. 7: \$48. Sunday, Oct. 8: \$38. Private reserved tables, which can seat up to 12 guests and include a fruit and cheese platter, three bottles of house wine and VIP table service are available starting at \$1,100. Tickets and tables are available at [MountVernon.org](http://MountVernon.org).

### OCT. 5-28

**Art Exhibit: "Symmetry - Balance in an Asymmetrical World."** At Del Ray Artisans Gallery, 2704 Mount Vernon Ave., Alexandria. Exhibit showcases the artists' visions of symmetry. The camera, used as a tool, reveals the artist's vision and produces a personal - typically evocative or atmospheric, yet balanced - statement. Visit [www.DelRayArtisans.org/event/symmetry](http://www.DelRayArtisans.org/event/symmetry).

### SATURDAY/OCT. 6

**Family Dig Day.** At Shuter's Hill, grounds of George Washington Masonic National Memorial. Reservations are \$10 per person. If a session is filled, contact the museum at 703-746-4399 or [archaeology@alexandriava.gov](mailto:archaeology@alexandriava.gov) to be added to a waitlist. Advance registration is required for all programs; space is limited. The programs are family friendly, but children under 16 must be accompanied by a participating adult. Visit [alexandriaarchaeology.org](http://alexandriaarchaeology.org).

**Gratitude Walk Live.** 8:30-10:30 a.m. at West Potomac High School Track, 6500 Quander Road, Alexandria. Mission is to challenge individuals to walk a mile or a lap in honor of someone they are grateful for or in memory of (parents, etc...). No cost and they will give 30 free tickets to individuals for lunch at the local buffet at 11 a.m.

**Sneak Peek: "Sailing on a String."** 10 and 11:30 a.m. at the Lab at Convergence, 1819 N. Quaker Lane, Alexandria. Sneak peeks showcase a work-in-progress and allow families to contribute to the creative process. Audiences are invited to join in after each performance to provide feedback about their experience. This will help develop a fantastic show and a dynamic audience experience

when the full production opens in May 2019. Tickets \$4. Purchase tickets at [www.artsonthehorizon.org/sailing-on-string.html](http://www.artsonthehorizon.org/sailing-on-string.html).

**Civil War Artillery Day.** 10 a.m.-4 p.m. at Fort Ward Museum, 4301 W. Braddock Road, Alexandria. The program features reenactors from the 1<sup>st</sup> Connecticut Heavy Artillery, a Union regiment that was stationed at Fort Ward during the Civil War. The unit will interpret the duties and soldier life of typical artillerymen assigned to forts in the Washington area. Activities will include cannon firing demonstrations in the restored Northwest bastion of the fort, artillery equipment displays, and camp life scenarios. Visitors can also view the Museum exhibit, "The Art of the Artillerymen in the Defenses of Washington," which features a variety of original equipment and personal items related to this branch of the military service. Call 703-746-4848.

**Story Time for Little Historians.** 11 a.m. at the Alexandria Black History Museum, 902 Wythe St. "Why the Sun & Moon Live in the Sky," retold and illustrated by Niki Daly. Enjoy cultural stories and creative craft activities that introduce world history and folklore. Afterwards, explore the museum exhibits to learn about local Black history. All ages welcome, but most suitable for children 4 and older. Admission is \$3 per person. All children must be accompanied by an adult. Call 703-746-4356.

**Slave Memorial Wreath Laying Ceremony.** 11 a.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway, Alexandria. The Black Women United for Action (BWUFA) and the Mount Vernon Ladies' Association invite visitors to the 28th Annual Slave Memorial Wreath Laying Ceremony and "The Lives Bound Together" final exhibit depicting slave life at George Washington's Mount Vernon. The ceremony is open to the public without cost, rain or shine. Donations, checks, payable to: Black Women United for Action, 6551 Loisdale Court, Suite 400, Springfield, VA 22150. Visit [blackwomenunitedforaction.org](http://blackwomenunitedforaction.org) and use PayPal button.

**Victorian Pharmacy Workshop.** 1-3 p.m. at Lloyd House, 220 N.



**BURGUNDY'S FALL FAIR**  
 SATURDAY, OCTOBER 13TH  
 11AM UNTIL 3PM  
 3700 Burgundy Road, Alexandria

**GAMES & CRAFTS** **GOOD FOOD** **LIVE MUSIC** **FAMILY FUN!**

**FREE ADMISSION**  
 Activities require tickets; buy online at [www.burgundyfarm.org](http://www.burgundyfarm.org)



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# Le Refuge

## Restaurant

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#### Fresh Soft Shell Crabs

- Cold Soup Trio
- Stuffed Avocado with Crabmeat
- Asparagus with Fresh Smoked Trout
- Cold Salmon Platter
- Beef Wellington
- Rack of Lamb
- Dover Sole



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**Smoke-Free Restaurant**  
[www.lerefugealexandria.com](http://www.lerefugealexandria.com)



# ENTERTAINMENT

Washington St., Alexandria. Learn about Victorian apothecaries and make an herbal remedy with The Schod Family Apothecary historic interpreters Kent and Melissa Schod. Admission includes a ticket to visit the Stabler-Leadbeater Apothecary Museum at a later time. Workshop will include a lecture about late 19th century pharmaceutical practices and an in-depth herbalism craft, led by herbalist Melissa Schod. Recommended for ages 12 and older. \$15 per person; advance purchase of tickets required at [shop.alexandriava.gov](http://shop.alexandriava.gov).

**St. Aidan's Oktoberfest.** 3-7 p.m. at 8531 Riverside Road, Alexandria. Live music from the Mount Vernon German Band, specialty sausages and beer, homemade treats, and silent auction. Kinderfest from 3-5 p.m. includes games, cakewalk, face painting, and more. Rain or shine. Call 703-360-4220 or visit [www.staidansepiscopal.com](http://www.staidansepiscopal.com).

**Opening Reception: Seeing the Light.** 4-7 p.m. at Broadway Gallery, 5641-B General Washington Drive, Alexandria. "Seeing the Light: Virginia Landscapes and Beyond," is a solo exhibition by Bradley Stevens. His style is contemporary realism—rooted in classical training, yet boldly depicting the modern world with his penetrating eye. Reception is open to the public, and light refreshments will be served. Visit [www.broadwaygalleries.net](http://www.broadwaygalleries.net).

**New Astronomical Things.** 6:15-8:15 p.m. at Huntley Meadows Park, 3701 Lockheed Blvd., Alexandria. Join park naturalists as they take you on a boardwalk tour to gaze at constellations, comets and other happenings in the heavens above. \$9 per person. This event will be canceled in the event of rain or other severe weather. Call 703-768-2525 or visit [www.fairfaxcounty.gov/parks/huntley-meadows](http://www.fairfaxcounty.gov/parks/huntley-meadows).

**Old Dominion Bocce Tournament.** At Belle Haven Country Club, Alexandria. Old Dominion Bocce team invites the community for a day of bocce, great food, beverages (courtesy of Stone Brewing Co.) and music. The event is open to teams of all skill levels. Visit [www.preventcancer.org](http://www.preventcancer.org).

## OCT. 6-NOV. 6

**Art Exhibit: Seeing the Light.** Gallery hours at Broadway Gallery, 5641-B General Washington Drive, Alexandria. "Seeing the Light: Virginia Landscapes and Beyond," is a solo exhibition by Bradley Stevens. His style is contemporary realism—rooted in classical training, yet boldly depicting the modern world with his penetrating eye.

## SUNDAY/OCT. 7

**Robert Siegel Moderating.** 10 a.m.-noon at Beth El Hebrew Congregation, 3830 Seminary Road Alexandria. Siegel, a member of the congregation and retired senior host of NPR's evening newsmagazine All Things Considered, will moderate a forum, "Politics and the Media in the Trump Era." Forum panelists are Dante Chinni, author, Wall Street Journal and NBC News journalist and director of the American Communities Project at George Washington University's School of Media and Public Affairs; U.S. Rep. Tom Davis who represented Northern Virginia's 11th Congressional District for seven terms, and U.S. Rep. Martin Frost who was elected the first Jewish U.S. Congressman from Texas in 1978 and was reelected 12 times. RSVP to Ron Sturman at [rgsturman@msn.com](mailto:rgsturman@msn.com).

**Bagels and Bach.** 11 a.m.-1 p.m. at the Durant Arts Center, 1605 Cameron St., Alexandria. Concert will showcase the String Ensemble



## St. Aidan's Oktoberfest

Live music from the Mount Vernon German Band, specialty sausages and beer, homemade treats, and silent auction. Kinderfest from 3-5 p.m. includes games, cake walk, face painting, and more. Rain or shine. Saturday, Oct. 6, 3-7 p.m. at 8531 Riverside Road, Alexandria. Call 703-360-4220 or visit [www.staidansepiscopal.com](http://www.staidansepiscopal.com).



**Dan Hawkins, left, and Richard Merritt, right, present a check for \$7,500 to Dr. Basim Khan, the Executive Director of Neighborhood Health, in support of the Free Health Fair for Alexandria's Uninsured.**

## Health Fair

For Alexandria's uninsured, the fair is sponsored by Neighborhood Health, a community health center serving the health care needs of more than 20,000 low-income, uninsured individuals in the City of Alexandria, Arlington County and Fairfax County. The fair will be staffed by more than 50 medical and non-medical volunteers. Free. Saturday, Oct. 13, 10 a.m.-2 p.m. at Leonard "Chick" Armstrong Rec Center, 25 West Reed Ave., corner of Commonwealth Ave. Contact Eduardo Mantilla-Torres at [emantilla@neighborhoodhealthva.org](mailto:emantilla@neighborhoodhealthva.org). Volunteers are needed to help set up the fair on Friday evening, and to run the fair on Saturday. Contact Volunteer Alexandria at [bit.ly/NHhealthfair2018](http://bit.ly/NHhealthfair2018).

from the Symphony Orchestra of Northern Virginia (SONOVA) performing a classical favorites from composers such as Mozart, Handel, Mouret, and Brahms. Additionally, they will perform the Northern Virginia premier of Michael Ream's Parish Suite No. 5. Tickets are \$9 per person. Children under 5 years old are free. Make reservations at [www.alexandriava.gov/Arts](http://www.alexandriava.gov/Arts) click on Durant Arts Center.

## MONDAY/OCT. 8

**Kayak Cleanups at Four Mile Run.** 9 a.m.-noon The event starts out at The Conservatory Center at Four Mile Run Park, 4109 Mt. Vernon Ave., Alexandria. Parking details will be provided to those who RSVP. The Four Mile Run Conservatory Foundation will continue to deploy its fleet of kayaks to collect litter along the streambank of Four Mile Run this fall. Visit [www.fourmilerun.org](http://www.fourmilerun.org).

**Sneak Peek: "Sailing on a String."** 10 and 11:30 a.m. at the Lab at Convergence, 1819 N. Quaker Lane, Alexandria. Sneak peeks showcase a work-in-progress and allow families

to contribute to the creative process. Audiences are invited to join in after each performance to provide feedback about their experience. This will help develop a fantastic show and a dynamic audience experience when the full production opens in May 2019. Tickets \$4. Purchase tickets at [www.artsonthehorizon.org/sailing-on-string.html](http://www.artsonthehorizon.org/sailing-on-string.html).

<Oct. 10-Nov. 4

**Pink Hat Protest Paintings.** On exhibit at The Art League Gallery, 105 North Union St., Studio 21, in the Torpedo Factory, Alexandria. Through encaustic wax paintings, Julia Dzikiewicz expresses her perception of rising racism, misogyny, and violence in the United States. Dzikiewicz creates her immense, evocative paintings with encaustic wax, an ancient and archival medium, by fusing layers of beeswax, pigment, gesso, and resin. Visit [www.theartleague.org](http://www.theartleague.org) or 703-683-1780.

## THURSDAY/OCT. 11

**Fashion Show and Luncheon.** 10 a.m. at the Mount Vernon Country

Club, 5111 Old Mill Road. The Yacht Haven Garden Club presents its 35th annual Fashion Show and Luncheon "Autumn Glory." Fashions for women of all sizes will be provided by Details of Occoquan. Yacht Haven Garden Club works to further education in horticulture, floral design and conservation among its members and the surrounding community. Tickets are \$40. Email [Ichter@verizon.net](mailto:Ichter@verizon.net).

**Opening Reception.** 6:30-8 p.m. at The Art League Gallery, 105 North Union St., Studio 21, in the Torpedo Factory, Alexandria. For Julia Dzikiewicz's exhibit on "Pink Hat Protest Paintings." Through encaustic wax paintings, Dzikiewicz expresses her perception of rising racism, misogyny, and violence in the United States. Visit [www.theartleague.org](http://www.theartleague.org) or 703-683-1780.

## OCT. 11-NOV. 11

**Rooms: a Rock Romance.** Thursdays and Fridays at 8, Saturdays at 3 and 8, Sundays at 3 and 7 p.m. at MetroStage in Alexandria. The play is set in Glasgow in the 1970s. Monica, an ambitious singer-songwriter meets Ian, a reclusive rocker. They quickly become entangled creatively and romantically with their music and their quest for stardom taking them from Glasgow to London and ultimately New York City. A gritty rock musical exploring the universal desire to escape and create, to love and explore. Tickets are \$55. Call the theatre at 703-548-9044 or visit [www.metrostage.org](http://www.metrostage.org).

## FRIDAY/OCT. 12

**Fall Firepit Friday.** 6-8 p.m. at Fairlington United Methodist Church, 3900 King St., Alexandria. There will be two firepits on the playground with baby pumpkins to decorate, a gourmet s'mores bar, and hot dogs to roast along with chips and drinks to enjoy. Free. Email [office@fairlingtonumc.org](mailto:office@fairlingtonumc.org) or visit [www.fairlingtonumc.org](http://www.fairlingtonumc.org).

**Alexandria After Work Concert Series.** 6-8 p.m. at the Murray-Dick-Fawcett House, 517 Prince St. The Folklore Society of Greater Washington and The Office of Historic Alexandria sponsor a concert on the second Friday of the month with locations rotating between the Murray-Dick-Fawcett House, Lloyd House, and The Lyceum, Alexandria's History Museum. Concert features The Natterjacks – English, Celtic, maritime, and middle eastern traditions played on guitar, violin, hammered dulcimer, concertina, flute, and percussion. \$15 suggested donation for the musicians, light refreshments available, and a cash bar. Visit [www.fsgw.org](http://www.fsgw.org).

**Rising Hope's Jeans and Jewels Jubilee.** 6:30-10:30 p.m. at The Waterford at Springfield, 6715 Commerce St., Springfield. The Waterford at Springfield is transformed into a comfortable country evening with barbecue, music, and line dancing. Live and silent auctions. Tickets and information at [risinghopeumc.org/shop/jeans-and-jewels](http://risinghopeumc.org/shop/jeans-and-jewels).

**Female Stranger Beer Dinner.** 7-11 p.m. at Gadsby's Tavern Museum, 134 N. Royal St., Alexandria. Join Port City Brewery and Gadsby's Tavern Museum to honor the anniversary of the Female Stranger's death with her specialty beer. Enjoy a four-course meal alongside four Port City beers including the Long Black Veil. This special craft beer was inspired by the famous tale of the Female Stranger, who died at the tavern on Oct. 14, 1816. Tickets are \$85 inclusive per person and reservations are required. A vegetarian entrée option is available with advance notice. Call 703-746-4242 or visit

[www.gadsbystavern.org](http://www.gadsbystavern.org).

## FRIDAY-SUNDAY/OCT. 12-14

**Portside Festival.** At Old Town Waterfront at the foot of King Street, Alexandria. Festival-goers will enjoy free tours of the tall ship Godspeed, a waterfront beer garden from Port City Brewing Company, a pop-up Pizzeria Paradiso, plus live music. Also includes LED light performance artists presented by The Athenaeum, a pop-up exotic car exhibit to preview next year's Alexandria Festival of Speed and Style, a free kids' pizza-making demo by Pizzeria Paradiso, a free kids decorative craft project from AR Workshop, a free outdoor group fitness class from Sand & Steel Fitness and more. The tall ship Godspeed will be accompanied by special exhibits highlighting Jamestown's history as well as Virginia's 1619 American Revolution commemoration. The festival includes a preview of ongoing Portside in Old Town programming including Portside History from the Office of Historic Alexandria, Portside Arts from the Torpedo Factory Art Center and the Mobile Art Lab, Portside Fitness from local fitness studios, and Portside Kids activities for families. Visit [www.PortsideInOldTown.com](http://www.PortsideInOldTown.com).

## FRIDAY-TUESDAY/OCT. 12-16

**Arrival of the Godspeed and Portside History.** At the City of Alexandria Marina near the Torpedo Factory Art Center, Alexandria. Jamestown Settlement's Godspeed, a re-creation of one of the three ships that brought America's first permanent English colonists to Virginia in 1607 will be docked from Oct. 12-16. The ship will be open for public tours as part of the Portside in Old Town Festival on Friday, 3-6 p.m.; Saturday, 1-6 p.m.; and Sunday, noon-5 p.m. Guests will be able to board the ship for free. Visit [alexandriava.gov/Historic](http://alexandriava.gov/Historic).

## SATURDAY/OCT. 13

**Extend the Season in an Edible Garden.** 10-11:30 a.m. at Green Springs Gardens, 4603 Green Spring Road, Alexandria. Smithsonian Garden horticulturalist Matt Burch is offering a hands-on workshop to show gardeners how to stretch their edible garden's growing season. Burch will recommend cool-season edibles that grow well in this area and demonstrate how to provide them with winter protection. Participants will work directly in the gardens with Burch, planting and constructing various supports and covers that can be duplicated at home. \$22 per person. Call 703-642-5173 or visit [www.fairfaxcounty.gov/parks/green-spring](http://www.fairfaxcounty.gov/parks/green-spring).

**Free Health Fair.** 10 a.m.-2 p.m. at Leonard "Chick" Armstrong Rec Center, 25 West Reed Ave., corner of Commonwealth Avenue. The fair is sponsored by Neighborhood Health, a community health center serving the health care needs of more than 20,000 low-income, uninsured individuals in the City of Alexandria, Arlington County and Fairfax County. The fair will be staffed by more than 50 medical and non-medical volunteers. Contact Eduardo Mantilla-Torres at [emantilla@neighborhoodhealthva.org](mailto:emantilla@neighborhoodhealthva.org). Volunteers are needed to help set up the fair on Friday evening, and to run the fair on Saturday. Contact Volunteer Alexandria at [bit.ly/NHhealthfair2018](http://bit.ly/NHhealthfair2018).

**Water Discovery Day.** 10 a.m.-2 p.m. at AlexRenew's Environmental Center, 1800 Limerick St., Alexandria. The free, indoor/outdoor event will include food, music, and family-friendly activities to help



# ENTERTAINMENT



PHOTO BY SWAGCOURT PHOTOS

**Founder of Black Roots of Alexandria Roberta Elliott Speight interviewing feature author Joe Braxton.**

## Black Author's Expo

Showcasing more than 24 adult and children's authors and vendors. Music, food, giveaways, interviews, and panel discussion. Saturday, Oct. 13, 11 a.m.-5 p.m. at Alexandria Boys & Girls Club, 401 North Payne St., Alexandria. Free. Visit [www.blackrootsofalexandria.org](http://www.blackrootsofalexandria.org) for more.

## CALENDAR

attendees deepen their understanding of their role in Alexandria's water system. Some of the events will include: Build a Rain Barrel Workshop – 10 a.m.; Walking Tour of AlexRenew – 10:30 a.m. and 12:30 p.m.; and Water Discovery Lab – 11 a.m. Visit [waterdiscoveryday2018.eventbrite.com](http://waterdiscoveryday2018.eventbrite.com).

**Build a Rain Barrel Workshop.** 10 a.m.-noon at Alexandria Renew Environmental Center, 1800 Limerick St., Alexandria. Interested in living green and protecting the Chesapeake Bay? Rain barrels collect rain water and reduce erosion from downspouts and help save money on water bills. Attach a hose to a rain barrel and use it to water plants and flower beds. The City of Alexandria's Department of Transportation and Environmental Services (T&ES), Stormwater Management Division invites residents to learn about water quality issues and build a rain barrel to take home after the workshop. Visit [www.alexandriava.gov/tes/oeq/info/default.aspx?id=24014](http://www.alexandriava.gov/tes/oeq/info/default.aspx?id=24014).

**LOOK. LISTEN. LEARN.** 10 a.m.-4 p.m. at all Fairfax County Fire Stations. In celebration of Fire Prevention Week, all Fairfax County Fire and Rescue Stations will be hosting an Open House. Stop by a local station that day to meet firefighters, see the fire trucks, join in the activities and learn about fire safety. Find a local Fairfax County Fire & Rescue Department Fire Station at [bit.ly/2ReXaHk](http://bit.ly/2ReXaHk).

**Black Author's Expo.** 11 a.m.-5 p.m. at Alexandria Boys & Girls Club, 401 North Payne St., Alexandria. Showcasing more than 24 adult and children's authors and vendors. Music, food, giveaways, interviews, and panel discussion. Free. Visit [www.blackrootsofalexandria.org](http://www.blackrootsofalexandria.org).

**Teen Fall Poetry Project.** 11:30 a.m.-12:30 p.m. at Duncan Library, 2501 Commonwealth Ave., Alexandria. Young poets are invited to fall into the art and craft of poetry in a fun, creative and supportive environment. Wendi Kaplan, Poet Laureate, City of Alexandria will facilitate the workshops; all teens are welcome. Workshop attendees will be entered in a random drawing for small prizes. Must be present to win.

Call 703-746-5565 or visit [www.alexandriava.gov/Arts](http://www.alexandriava.gov/Arts).  
**Civil War Firefighting Walking Tour.** 11 a.m.-1 p.m. at Friendship Firehouse Museum, 107 South Alfred St., Alexandria. Explore Alexandria's Civil War firefighting history on the "We've Been Burned: Alexandria Firefighters During the Civil War" tour. The walking tour explores firefighting during the occupation. \$6 for adults; \$4 ages 10-17. Reservations are required, as space is limited. Purchase tickets at the online shop at [www.shop.alexandriava.gov](http://www.shop.alexandriava.gov) or by calling 703-746-4994.

**Art Safari.** 12-4 p.m. at Torpedo Factory Art Center, 105 N. Union St., Alexandria. Hundreds of children and their families are expected to visit the Art Safari, an Alexandria family tradition for 23 years. Visitors can get their hand dirty with a bevy of interactive activities and crafts. Resident and visiting artists lead young visitors in more than a dozen creative projects across a variety of media, including papier-mâché, printmaking, and painting. Children should wear clothing that can get dirty. Visit [torpedofactory.org/artsafari](http://torpedofactory.org/artsafari), or call 703-746-4570.

**Fish Fry Fundraiser.** 1-5 p.m. at Gum Springs Community Center, 8100 Fordson Road, Alexandria. Join the Fairfax NAACP as it hosts its 2nd Annual Fish Fry Fundraiser. Enjoy fish sandwiches, platters, hot dogs, delicious desserts and more. Get tickets at [www.eventbrite.com](http://www.eventbrite.com), search "Fish Fry Fundraiser."

**Family Fun: Chips and Salsa.** 1:30-2:30 p.m. at Green Springs Gardens, 4603 Green Spring Road, Alexandria. Participants will gather tomatoes, tomatillos, peppers, onions, and cilantro from the Salsa Garden at Green Spring and then use the fresh ingredients to make salsa. While enjoying the salsa with crispy corn chips, gardeners will learn about the history of corn in Virginia and around the world. \$8 per person. Visit [www.fairfaxcounty.gov/parks/green-spring](http://www.fairfaxcounty.gov/parks/green-spring) or call 703-642-5173.

### SUNDAY/OCT. 14

**Walk to Bust Cancer.** 9-11 a.m. at Fort Hunt Park, 8999 Fort Hunt Ave.,

Alexandria. Help support the National Breast Cancer Foundation's third annual Walk to Bust Cancer to increase awareness and celebrate survivorship. Entertainment and activities before and after walk. \$35. Visit [www.walktobustcancer.org](http://www.walktobustcancer.org).

**AWARE!** 1:30-3:30 p.m. at the Athenaeum, 201 Prince St., Alexandria. Facilitator, Poet, and Author, KaNikki Jakarta, in partnership with the Northern Virginia Fine Arts Association, presents: "AWARE!" an event that brings family and friends together in recognition of October Awareness Month. There will be 11 poets/spoken word artists who will bring awareness through poetry and storytelling focusing on Breast Cancer, Depression, LGBT History, Muslim Heritage, Bullying Prevention and Domestic Violence. RSVP by email to [greatpublishing@yahoo.com](mailto:greatpublishing@yahoo.com).

### MONDAY/OCT. 15

**Poetry Workshop.** 6:30-8 p.m. at Durant Arts Center, 1605 Cameron St., Alexandria. "Building Cultural Bridges" with Wendi R Kaplan, Poet Laureate. Read and write poetry. The workshops are free; to register, RSVP at [poet@alexandriava.gov](mailto:poet@alexandriava.gov) or visit [www.alexandriava.gov/Arts](http://www.alexandriava.gov/Arts).

### TUESDAY/OCT 16

**DNA Test Comparison.** 1-3 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Genealogist Shannon Combs-Bennett will speak about the various DNA tests on the market, who sells them, and how you can use the results in your genealogy research. Free, open to public. Visit [www.mvgenalogy.org](http://www.mvgenalogy.org)

**Putting a Garden to Bed.** 7-8:30 p.m. at Kate Waller Barrett Branch Library, 717 Queen St., Alexandria. Learn easy tips from Extension Master Gardeners for onsite composting, providing winter habitat and food for wildlife, and end-of-season care of tools and equipment. Free. Advance registration requested at [mgnv.org/category/public-education-events](http://mgnv.org/category/public-education-events).



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**Volunteers and organizers for the Pumpkin Patch event (from left): Linda Serabia; Rebecca Cooper, co-chair; Marilynn Wilson; and Nancy Wise.**



**Young volunteers (from left): Yurt Alaak, Isaac Kubish, Jacob Cooper, and Tyler Harris.**

PHOTOS BY GERALD A. FILL/GAZETTE PACKET

# 25 Years of Selling Pumpkins from Navajo Reservation

**Church donates proceeds to charities.**

By GERALD A. FILL  
GAZETTE PACKET

**T**wenty-five years ago Immanuel Church-on-the-Hill decided to raise money for their outreach and ministry by ordering pumpkins sustainably grown on a Navajo Indian reservation near Farmington, N.M.

The Navajo people in turn raised the pumpkins as a primary source of revenue for their community. That decision has grown in popularity to the point where the church now annually donates the proceeds reaped by the pumpkin patch sale to 25 charities.

In a church press release announcing the 25<sup>th</sup> anniversary effort, Rev. Randy Alexander, Rector of Immanuel, said, “The Pumpkin

Patch is a wonderful ministry for many reasons. It is our welcoming door to the community, and it gives us the resources to do God’s charitable work.” The church donates to Alexandria charities working with the homeless, provides education assistance, and supports anti-poverty work. It supports a children’s ministry in Haiti and provides help to East Africa communities.

The story of the Pumpkin Patch, from 1993 to the present, can be told through these numbers:

- ❖ In 1993 when the church first began its pumpkin patch they ordered one-quarter of a truckload. In recent years they have ordered four truckloads.
- ❖ 9,000 pumpkins.
- ❖ 120 boxes of gourds and small pumpkins.
- ❖ On pumpkin Sunday, more than 100 parishioners helped to unload the first two truckloads supported by many parents from Valley Drive Cooperative Preschool.
- ❖ Overall over 1,000 volunteer



**Mayor Allison Silberberg speaks to volunteers.**

PHOTO CONTRIBUTED

hours will go into setting up and staffing the Patch, and hundreds of additional volunteer hours are donated by the bakers and soup-

makers. The Pumpkin Patch will continue through Halloween, Oct. 31. Students from nearby schools will help unload the additional

truckloads of pumpkins in October: St. Stephens-St. Agnes, Episcopal, Alexandria Country Day School, and T.C. Williams High School.



**The Pumpkin Patch is sponsored by Immanuel Church-on-the-Hill on Seminary Road at Quaker Lane.**



**Four-year-old volunteer Isaac Kubish.**



**Volunteers offload pumpkins and decorative straw.**



# Planning Approves TC Lights

FROM PAGE 1

added. "We lost several families when it was taken by eminent domain. We have already made tremendous sacrifices for the students of T.C. Williams."

Lillian Patterson, a fourth generation resident of the Woods Place community most affected by the proposed lights, noted the history of large African American developments dating back to the 1800s.

"Several African American neighborhoods have been displaced across the city in the name of progress," Patterson said. "Now you are in the process of doing to this community what you have done to every other African American community in the city."

Supporters of the addition of lights spoke about the need to provide better facilities for ACPS students.

"I'm here to support this project," said Michael Porterfield. "This will create more opportunities for more students."

Many speakers in support of the project were parents of ACPS students, who said they were sympathetic to the history of the community but were focusing on the future.

"I am a parent of a student at TC and I support the addition of these lights," said Thomas Murphy. "I understand that one side is defending your homes and on the other side we are defending our students."

After discussion regarding lighting and sound parameters, the commission called for a vote just shy of 2 a.m. Commissioners Stephen Koenig and Melissa McMahon voted against the project, which passed 5-2 but not before several comments were made admonishing ACPS's handling of the project.

"I am quite troubled by the lack of regard the school system seems to have had towards the concerns of these neighbors," said Lyman in voting yes to the ACPS proposal. "Is it likely adverse effects can be mitigated? Do we choose the interests of a neighborhood that has suffered so long or go with the interests of the city as a whole?"

Brown noted that the project has the potential to work if all parties work together.

"I understand that there is a constituency that is affected by this," Brown said. "ACPS has to up their game in dealing with the community."

In their dissent, McMahon and Koenig both noted that this proposal would in effect establish a city stadium at T.C. Williams.

"This will greatly intensify the use of this land and



PHOTOS BY JEANNE THEISSMAN

**Alexandria resident Phyllis Burke asks members of the Planning Commission to honor a decades old "commitment to the African American community" by not approving the addition of lights at Parker-Gray Stadium at T.C. Williams High School during the Oct. 2 meeting at City Hall.**



**Former mayor Kerry Donley speaks at the Oct. 2 Planning Commission meeting in support of adding lights to Parker-Gray Stadium at T.C. Williams High School.**

have an adverse impact on the community," McMahon said. "The project will greatly dominate the neighborhood and is not consistent with a healthy long-range process."

The Planning Commission continued several docket items to Oct. 4 and ACPS and city staff were tasked with drafting specific terms regarding lighting, sound and other community concerns for the stadium as a condition of advancing the proposal to City Council on Oct. 13.

## Senate Election: Blast from the Past

FROM PAGE 29

encing somewhat of a "red wave." Last year's election returns showed this part of Virginia has actually become more Republican since Trump was elected.

"He's doing very well in places where there aren't as many people," said Farnsworth. "That's not a recipe for a statewide election victory."

**KAINE AND STEWART** are not the only names on the ballot. Libertarian Matt Waters is also on the ballot, but he's struggling to raise money and gain attention. The University of Mary Washington poll has Waters at 6 percent, and campaign finance records show he's raised about \$30,000. Election returns from recent statewide elections

show Libertarians ending up with anywhere from 7 percent to 1 percent of the vote. Back in 2014 Libertarian Robert Sarvis received 2.4 percent during his bid for U.S. Senate. On the campaign trail, Waters has advocated doing away with restrictions on guns and abolishing the federal income tax.

"I want to give American workers a seven to 10 percent pay raise by ending the federal income tax and replacing it with nothing," said Waters in his campaign announcement. "Which is more important, being forced to pay for the Department of Education and Agriculture, or keeping more of our hard-earned money? Our paychecks do not belong to Washington. They belong to us. It is our money, our property."

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**Legals**

Sealed proposals for the City of Alexandria per specifications will be received in the office of the Purchasing Division until the date and time designated as follows:  
  
Title: Request for Qualifications No. 765, Architectural and Engineering Services for Charles E. Beatley, Jr. Central Library. There will be a non-mandatory pre-Proposal conference for this solicitation on October 3, 2018 at 10:00 a.m. in the Purchasing Conference Room located at 100 N. Pitt St., Suite 301, Alexandria, VA 22314. Closing Date and Time: October 24, 2018, 4:00 p.m., prevailing local time.  
  
**For general inquiries contact Peter Tomaselli at peter.tomaselli@alexandriava.gov.**  
  
The City of Alexandria reserves the right to reject any and all proposals, cancel this solicitation, and to waive any informalities or irregularities in procedure. **THE CITY REQUIRES ITS CONTRACTORS TO BE EQUAL OPPORTUNITY EMPLOYERS.**

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Sealed proposals for the City of Alexandria per specifications will be received in the office of the Purchasing Division until the date and time designated as follows:  
  
Title: Request for Qualifications No. 778, Audiovisual Services.  
Closing Date and Time: October 25, 2018, 4:00 p.m., prevailing local time.  
There will be a non-mandatory pre-proposal meeting on October 5, 2018 at 10:00 am EST in the purchasing conference room located at 100 N. Pitt St., Suite 301 Alexandria, VA 22314  
**This will be a Living Wage Contract**  
**For general inquiries contact Randy Burns, CPPB, Purchasing Agent at randy.burns@alexandriava.gov.**  
  
The City of Alexandria reserves the right to reject any and all proposals, cancel this solicitation, and to waive any informalities or irregularities in procedure. **THE CITY REQUIRES ITS CONTRACTORS TO BE EQUAL OPPORTUNITY EMPLOYERS.**



## No News is No News



By KENNETH B. LOURIE

Having checked my email inbox fairly regularly (that's an understatement if there ever was one) since my Wednesday morning CT scan with no word yet as to its finding; and given the fact that it's Saturday morning and my column is requested to be in-house on Friday mornings, I am compelled nonetheless to submit one despite its incompleteness.

I would expect that by the time the newspapers go to press (Tuesday) and you regulars read this column (sometime after), to invoke Mark Twain – the results of my scan will not have been exaggerated. They will have been made known via email, with the radiologist's report likely attached, for my review (at least that's what happened the last time, in July).

Not that this method of communication and/or these daze of waiting is atypical of the process. It's not. It is the process.

And not that I'm unable to function/maintain my focus/keep my sense of humor, I am.

It's more that when the stakes are higher than they've been in a few years, this one's ability to embrace life with unbridled joy is difficult. It's almost as if there's an emotional-governor embedded in my brain to control my speed, so to speak. I just can't break out in uncontrollable laughter. Somehow, I'm refrained/disinclined from doing so.

I imagine my subconscious is involved but I'd need Dr. Freud to confirm it. Unfortunately, I don't believe he's seeing patients any more.

Still, in the midst of this information void, I feel duty bound to put pen to paper – literally – and try to write some "thoughtful commentary and insightful humor" as my columns have been characterized by great friend and fellow writer, E.A. Faine rather than writing "Everything in general about nothing in particular," as I once described them.

Considering the slew of cancer-specific columns I've published since June 2009, they've rarely been about "nothing in particular." Nor have they been about "everything in general." They've been about one thing in particular: cancer, and very specifically at that.

And while I've re-mentioned cancer, I've just taken another moment to check my inbox again to see if there's any Saturday-morning news, but unfortunately there's not. I'm still in the dark, sort of, even though the lights are on in the room where I'm writing.

However, all is not lost. "Chino," the brother of "Biscuit," the other of the buff-colored brothers we rescued back in May 2007, is cuddled up against my left forearm as I block his desire to roll on top of my writing tablet. And in his desire to be with me at this stressful time, I am able to draw some comfort as her purrs himself to sleep.

Now let me ask you all a few questions:

How many times/how often should I check my inbox for results? Do I presume my oncologist appreciates the significance of this moment for me? Is he even aware, given how many patients he cares for, of the time-sensitivity of me wanting to know my results before the weekend? Not knowing the answer to any of these questions, is it possible for me to stop wondering about the answers and get on with my life and let the chips fall where they inevitably will?

If you can't answer any of these questions either then you know how I feel.

I've been down this road before though. It's sort of like mental gymnastics. Trying to contort myself emotionally into positions/moods from which there's no rational escape. Occasionally I will get blue and feel the weight of the worry, but mostly, I'm able to put one foot in front of the other and try not to take two steps forward while taking one step backward.

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

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| <b>Find us on Facebook and become a fan!</b><br><b>www.Facebook.com/connectionnewspapers</b><br><b>THE CONNECTION</b><br>Newspapers & Online<br>The Connection to Your Community<br>www.connectionnewspapers.com   |  | An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.<br><b>-Werner Heisenberg</b>  |   |  |

## NEWS



PHOTO BY DELIA SULLIVAN PHOTO

**A young Walk to Bust Cancer participant adds a name to the Angel Wall at last year's Walk to Bust Cancer. The third annual walk will take place Oct. 14 at Fort Hunt Park.**

# Walk to Bust Cancer

FROM PAGE 5

discontinued in 2014.

"Women and families in our community need our help," Weintritt said. "We all know someone — a family member, neighbor, co-worker or friend — who has been touched by breast cancer. This is a global problem and we are committed to make a difference starting right here in our own community."

Weintritt founded the National Breast Center Foundation to help provide screening, diagnosis, treatment and supportive services for underprivileged and uninsured/underinsured women in the community. This year's walk will sponsor more than 50 participants from the Old Town-based Nueva Vida, a support network for Latinas with cancer and their families.

"Nueva Vida has been referring patients to the Foundation," said executive director Martha Carucci. "We are providing complimentary registration for the Nueva Vida participants, and more than half are breast cancer survivors or patients."

Last year's walk raised more than \$40,000 to provide breast cancer services and support to women in need.

"Women in our area have one of the highest rates of late stage breast cancer," Weintritt said. "Something has to happen to address this crisis. If we can provide high quality screening and treatment services in order to detect breast cancer at earlier stages, we will save more lives and, ultimately, reduce healthcare costs."

For more information or to register for the Walk to Bust Cancer, visit [www.walktobustcancer.org](http://www.walktobustcancer.org).



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**Old Town | \$849,900**  
Charming townhouse in Lyles Crouch school district. 3 bedrooms, 3.5 baths. Living room with gas fireplace leads to open concept, renovated kitchen and dining. Bright family room leads to rear patio and 2 off-street parking spaces. Susan Bruce Anthony 703.795.9536 [www.SusanBruceAnthony.com](http://www.SusanBruceAnthony.com)



**Wilton Hill | \$929,000**  
Beautiful 9-year-young Tolstoy Model NV home. 5 bedrooms, 4.5 baths, hardwoods on main, great room with gas fireplace, gourmet kitchen, separate breakfast room, office on main level. \$50,000 price reduction! 5930 Wilton Hill Terrace Sean McEneaney 703.635.8836 [www.SeanMcEneaney.com](http://www.SeanMcEneaney.com)



**Alexandria/Kirk | \$659,000**  
Fabulous one-level mid-century modern home. 3 bedrooms & 2 full baths including private master suite. Spacious open floor plan highlighted by a gas fireplace, eat-in kitchen and soaring ceilings. Period details and recent updates. Joy Sutherland 703.725.5061 Casey Sutherland 703.628.1386



**Alexandria | \$739,900**  
Renovated 3-bedroom, 2.5-bath, 2,000+ SF residence located on a quiet street yet only 1 block to King St Metro & park. Fabulous contemporary kitchen, adjoining family room, party-size deck, walk-out lower level, shed. 18 E Rosemont Ave. Susan Taylor 703.927.3000 [www.CallSusanTaylor.com](http://www.CallSusanTaylor.com)



**Canal Place | \$394,900**  
Exceptional light-filled condo with a charming Juliette balcony and wood-burning fireplace. Sparkling granite counters, stainless appliances, and new carpet. Walkable location to Old Town's shops & amenities. 1113 N Pitt Street #2C Mason Bavin 703.338.6007 Pat Day 703.850.7934



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**Stonegate | \$650,000**  
Large end townhome with nicely landscaped yard space, deck, and 2-car garage. 3 bedrooms, 3.5 baths, two gas fireplaces and wood floors on main level. Large lower level walk-out recreation room with fireplace and full bath. Conveniently located, close to Mark Center, I-395 & DC. 4600 Latrobe Place Jo Erkiletian 703.862.6870 [www.McEneaney.com](http://www.McEneaney.com)



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# FREE Remodeling Seminar

*From this....*



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Saturday, October 13th 2018 - 10:00am - 12:00pm

## KITCHEN AND BATH REMODELING Overcoming the Challenges

Have you been dreaming about a remodeling project? If so, please join us for a seminar where we'll discuss concepts, inspiration, and industry insight! Our talented design consultants will provide you with fun and educational information to help you understand the trends, terminology, and materials to get you started. We'll also discuss the common kitchen and bath challenges that we, as designers, have encountered. See how we have overcome them using our design expertise and industry resources.

### Presenters



Kayla Shoff  
Design Consultant



Rachel Mignogna  
Design Consultant







# OPEN HOUSE

SATURDAY, October 13<sup>th</sup>, 2018

12:00pm - 4:00pm



*Come Join us in West Springfield!!*

## Come and See the Transformation!

This dazzling first floor remodel includes the kitchen, dining room, hall bath and living room with fireplace! This remodel touches every room on the first floor and the results are simply gorgeous! Meet the Foster design team, the homeowners and see our work firsthand. Whether you are in the preliminary stages or simply looking to stay in the loop of the latest trends, we guarantee you will walk away with a wealth of knowledge, sure to ease you into your next remodeling project. Refreshments will be served. Please RSVP to (703) 550.1371 for address.

## Meet the Designer!



Chris Arnold  
Design Consultant

- Get a tour of the newly remodeled first floor
  - Meet the Foster Design Team
  - Meet our client and learn about their experience
  - Food and Drinks will be served
- and much more!

