



Hadeed
ORIENTAL RUG CLEANING
AND IN-HOME SERVICES

GET A JUMP ON THE HOLIDAYS!

We will help make your home sparkle in time for the holidays!

IN-PLANT RUG CLEANING

15% OFF!

Valid on Our Signature Washing of Your Fine Rugs Or the Hadeed One Week Express Service for Rugs that Qualify! - A Trusted Resource Since 1929!

703-836-1111 | JoeHadeed.com | FREE PICKUP & DELIVERY! | Hurry Offer expires 11/11/18. Not valid w/any other offers. †Some restrictions apply.

Mount Vernon Gazette

WELLBEING

PAGE 15

MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER
NOVEMBER 8, 2018

Democrats Seize Control of Northern Virginia

Region once had its own brand of Republicanism; now that seems almost extinct.

BY MICHAEL LEE POPE
THE GAZETTE

The loss of two-term incumbent U.S. Rep. Barbara Comstock (D-10) means Republicans are down to one lone elected official in Northern Virginia, Del. Tim Hugo (R-40). The blue wave that started last year unseating Republicans like Del. Jim LeMunyon (R-67) and Del. Bob Marshall (R-13) continued this year, when state Sen. Jennifer Wexton (D-10) was able to flip a seat that had been in Republican hands since a young military lawyer named Frank Wolf beat incumbent Democrat Joe Fisher back in 1980. For a region that once had Republican heavyweights like U.S. Rep. Tom Davis (R-11) and U.S. Sen John Warner, the prospects for Republicans in Northern Virginia now seem pretty bleak.

“It’s going to be a tough road ahead for Republicans in Northern Virginia. Essentially, it’s gone,” said Republican consultant Dan Scandling, who served as Wolf’s chief of staff. “Redistricting is not going to help. The seats now in Northern Virginia are going to be Democratically controlled for a generation.”

Although the controversy surrounding the nomination of Brett Kavanaugh to the U.S. Supreme Court helped some Republican



U.S. Sen. Tim Kaine said it was no accident that Election Day coincided with Diwali, the Hindu festival of lights. “Diwali is the celebration of good over evil, the celebration of light over darkness, the celebration of understanding over ignorance. That’s what today is. That’s what we’re starting today.”

candidates for Senate in places like North Dakota and Missouri, it provided a huge burden for Comstock. Kavanaugh and Comstock had been friends since they

served together as young Republican staffers trying to impeach Bill Clinton in the 1990s. This year, Wexton was able to use sexual assault allegations as wedge to

charge Comstock was guilty of an “unacceptable failure of leadership.” In the closing days of the campaign, television ads branded the incumbent “Barbara Trumpstock.”

Incumbent Sen. Tim Kaine easily beat back a challenge from Republican Corey Stewart, whose message of an invading caravan of foreigners failed to resonate outside rural Virginia.

“Corey Stewart and Barbara Comstock followed President Trump’s playbook. They stoked fear about immigrants. Both lost big,” said Frank Sharry, founder and executive director of immigration-reform group America’s Voice. “It seems evident the people of Virginia are just not interested in Trumpism, with or without Trump.”

KAINE CELEBRATED an early victory Tuesday night, taking the stage at the Falls Church Marriott Fairview Park as one of the first Democrats to deliver a victory speech. He quoted scripture, thanked longtime supporters and cracked a few jokes about how the race was called one minute after the polls closed. The former fair-housing attorney got his start in Richmond politics before becoming lieutenant governor and governor. This year he faced a candidate who promised a “vicious” campaign and delivered.

SEE DEMOCRATS, PAGE 17

Woodlawn Stables Site Eyed for Partial Development



Buildings that once housed horses and riding lessons are slated for reuse, not demolition.

Plans are in the works to preserve while highlighting the area for adaptive reuse.

BY MIKE SALMON
THE GAZETTE

The barn and surrounding structures of the former Woodlawn Stables is poised to be redeveloped, leaving the character and history in tact while introducing a commercial element that will be in tune with the atmosphere of the surrounding area.

According to Katherine Malone-France, the senior vice president for Historic Sites at the National Trust for Historic Preservation, the rustic appearance of the buildings

will be part of a reuse plan. “We propose to adaptively reuse these buildings for businesses that interpret the agricultural history of the property and Virginia, which could include a farmer’s market, retail space/tasting room for products grown or made in Virginia, local

garden center, or florist,” she said.

It was a move that was bound to happen with the growth of the Richmond Highway area, the advent of “Embark,” a transportation project that is emerging to improve the corridor. According to

SEE SITE EYED, PAGE 5

11/9/18
REQUESTED IN HOME
MATERIAL
TIME-SENSITIVE
POSTMASTER:
ATTENTION

PERMIT #482
ALEXANDRIA, VA
PAID
U.S. POSTAGE
FIRST CLASS

CIRCULATION
VERIFICATION
COUNCIL

PHOTO BY MIKE SALMON/THE GAZETTE

For more than 38 years our Associates have lived in and supported the Alexandria community.

#WeAreAlexandria



OPEN SUN 11/11, 2-4

Potomac Greens | \$1,049,900
 Fabulous former model with over \$230K in upgrades & almost 4,000 SF of living space. 4 fireplaces, huge 2-car garage. Custom cherry library, 10-ft ceilings and stone fireplace. Top level party room/optional 4th bedroom has wet bar and roof deck. 719 Bracey Lane
Joan Shannon 703.507.8655
www.JoanHome.com



OPEN SUN 11/11, 2-4

Old Town Crescent | \$1,139,000
 One level living in Old Town. Gorgeous 2,200-SF corner penthouse offering 3 bedrooms, 3.5 baths, elegant living and dining area, family room, study, new kitchen and master bath, and 34-ft wide terrace. One parking space with additional available. 828 Slaters Lane #406
Annette Hinaman 571.216.4411
www.AnnetteHinaman.com



OPEN SUN 11/11, 2-4

SW Waterfront | \$1,070,000
 Live in the HOTTEST new neighborhood in DC, District Wharf! Beautifully updated this townhome boasts 3 bedrooms, 3.5 baths, family room, hardwood floors, granite & stainless kitchen, gas fireplace, 2-car garage & more! Steps to Metro. 715 G Street SW
Mary Farrell 703.969.5522
www.ChooseMaryFarrell.com



OPEN SUN 11/11, 2-4

Alexandria | \$824,900
 Located on a cul-de-sac & walking distance to King St Metro, this rarely available front-to-back split is a hidden gem! Newly expanded to 4 bedrooms and 3 full baths with renovated chef's kitchen, family room, screened-in porch & fenced flat yard. 501 Robinson Ct.
Jodie Burns 571.228.5790
www.JodieBurns.com



OPEN SUN 11/11, 2-4

Belle Haven | \$749,000
 River Views in Belle Haven! Great new price for this value-added home! Outdoor kitchen with fireplace; updated 3-bedroom, 3-bath and garage! Across from golf course – be in for the holidays! 6036 Fort Hunt Road
Janet Catterson Price 703.622.5984
www.JanetPriceHomes.com



Fort Ellsworth Condo | \$340,000
 Corner condo with unique 2 level floor plan features an open entry foyer overlooking sunken living area which opens onto 6-ft x 12-ft balcony. 3 bedrooms, 2 baths and laundry closet. Less than 1 mile to King St Metro with assigned parking, pool, tennis court & picnic area.
Charlene Schaper 703.217.3666
www.CSchaper.com



OPEN SUN 11/11, 2-4

Del Ray \$629,900
 2-bedroom, 2-bath semi-detached, light-filled home with open living and dining room leading to expanded and renovated kitchen. Finished lower level with full bath. Finished attic makes great office, guest room, play space. Fenced yard. Driveway. Walk to "The Avenue."
 221 E Del Ray Ave

Jen Walker 703.675.1566
www.JenWalker.com



OPEN SAT 11/10, 2-4 & SUN 11/11, 2-4

Old Town/ Yates Gardens \$724,000
 2/3 bedrooms & 2 baths! Updated kitchen and baths! Finished lower level. Freshly painted throughout! Screened porch! Private rear garden. Assigned parking for one car. 406 Jefferson Street

Sally Z. Harper 703.517.2849
www.SallyZHarper.com



We are Proud to Sponsor
THE HISTORIC ALEXANDRIA FOUNDATION
TOASTING OUR TOWN FUNDRAISER
 Saturday, November 17, 2018
 7-9 p.m. | The Athenaeum

www.historicalalexandriafoundation.org/events

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



Marking Year in Driver's Shooting with a Protest

BY ASHLEY CLAIRE SIMPSON
THE GAZETTE

This time last year, then-25-year-old Bijan Ghaisar had a lot to look forward to: Thanksgiving, the approaching winter holidays, the start of a new year. Beyond that, all signs pointed to a promising future. Yet, on the otherwise insignificant evening of Friday, Nov. 17, 2017, two United States Park Police officers brandished their guns and shot Ghaisar nine times following a car chase on the George Washington Memorial Parkway.

Gaisar died 10 days later, on Monday, Nov.

27, 2017, and his death continues to grip the public. The FBI took over the investigation, yet there has been no word on whether or not charges will be brought against the unnamed officers who gunned down the unarmed Ghaisar. Despite the release of dash cam footage of the incident and forthcoming eyewitnesses, much about this local young man's tragic encounter remains a mystery to the community.

One outraged member of the community, Kevin Bergen, is still reeling from the FBI's failure to draw any official conclusion.

"While I did not personally know Bijan, this whole situation has really bothered



Sign created by Kevin Bergen for protest on Saturday, Nov. 17.

me," Bergen said. "There has been continuous coverage, and what I've found most interesting is that a slew of politicians – including Don Beyer, Gerry Connolly, and Tim

Kaine – have requested information, but they were basically told to butt out. So, all this time, I'm thinking, 'Wait a minute. With the terrible lessons we've had to learn about police accountability, nothing is being told to this family.' I really do not understand."

Beyond frustrated with the system and how it has continuously failed Ghaisar's family, Bergen is staging a protest on the one-year anniversary of the shooting, on Saturday, Nov. 17, from 12 to 1 p.m.

"I can walk from my house to where he was shot," Bergen said. "I have a pretty good-sized sign made that reads Justice for

SEE PROTEST, PAGE 18

UCM Launches Community Schools Partnership

United Community Ministries, Inc. (UCM) has launched the first Community Schools in Fairfax County, in partnership with Fairfax County Government Neighborhood and Community Services (NCS), Fairfax County Public Schools (FCPS), and United Way of the National Capital Area.

UCM was selected as the lead partner for the implementation of a Community Schools pilot at Walt Whitman Middle School and Mount Vernon Woods Elementary School. The schools were identified by Fairfax County Schools leadership, based on student needs.

A Community School is a public school with an integrated focus on academics, health and social services, youth and community development, and community engagement. Community Schools become centers of the community and are open to all, even outside of standard school hours. UCM will provide each school with a full-time community school coordinator to assist school staff in building out and coordinat-

ing these efforts with community partners.

"I think of Community Schools as akin to smart phones with customized apps," said Alison DeCoursey, executive director at United Community Ministries. "Community Schools are 'smart schools' with a host of customized opportunities and supports that give students and their families the tools that they need to learn and grow."

Through the Community School initiative's partnerships, including Opportunity Neighborhood Mount Vernon, the goal is to improve equitable outcomes for students and families and to begin to make changes to systems that perpetuate inequities. "This initiative represents the excellent collaboration of Fairfax County Public Schools and the Board of Supervisors in the Successful Children and Youth Policy Team (SCYPT) with our community partners in Mount Vernon," said Karen Corbett-Sanders, chair of the Fairfax County School Board and Mount Vernon District Representative. "This is a win-win for the county and for the school system."



Celebrating the launch of the first Community Schools in Fairfax County are (from left): Timothy Johnson, vice president of Community Impact at United Way of the National Capital Area; Craig Herring, principal at Walt Whitman Middle School; Dr. Clint Mitchell, principal at Mount Vernon Woods Elementary School; Dr. Scott Braband, superintendent, Fairfax County Public Schools; Alison DeCoursey, executive director, United Community Ministries; and Sarah Allen, deputy director, Fairfax County Neighborhood and Community Services.

Good Shepherd Housing Presents Awards at Gala

Good Shepherd Housing and Family Services (GSH) posthumously honored Father Gerry Creedon, longtime pastor of Holy Family Church in Dale City who died in November 2017, with its Public Service Award at the annual Windows Into Wonderland Gala on Oct. 27. The award honors public officials for outstanding and impactful public service actions that have furthered the mission of Good Shepherd Housing in combating homelessness and improving the lives of people in need.

Creedon served as pastor of Good Shepherd Church in Alexandria, 1979-91. He was a critical team member in guiding the parishioners who founded GSH in 1974 as a nonsectarian independent agency providing affordable housing. Through his parish assignments, Father Creedon dedicated his life to serving the poor. He served the church and the wider community over the years in numerous capacities, including diocesan director of Catholic Relief Services and the Campaign for Human Development; founder of Catholics for Housing; founder



From left: David Levine; Ed Gillespie and Cathy Gillespie, winners of the 2018 Philanthropy Award; and Alexis Feeney Tallman.

of Gabriel Homes for people with disabilities; diocesan representative on the board of the Virginia Interfaith Center for Public Policy; board member of Social Action Linking Together (SALT); strategy team member of Virginians Organized for Interfaith Community Engagement (VOICE); and ad-



From left: David Levine; Lorna Creedon; Vince Keane, accepting the Public Service Award on behalf of Father Gerry Creedon; and Alexis Feeney Tallman.

viser to the Virginia Catholic Conference.

At the Windows Into Wonderland Gala, GSH also honored Cathy and Ed Gillespie with its annual Philanthropy Award. Cathy Gillespie, co-chairman of Constituting America, and Ed Gillespie, chair of the public affairs practice at Sard Verbinen, have

been supporting GSH's mission for over a decade, contributing time and resources to helping end homelessness in the community. Cathy Gillespie has also served on the Board of Directors for GSH, as well as the Resource Development and Gala Commit-

SEE AWARDS, PAGE 18

Weichert REALTORS® | Alexandria Old Town

Office: 703.549.8700

Featured Listings



6881 Rolling Creek Way



Offered at: \$589,900
 3 beds 3.5 baths 2,425 sq.ft.
Lisa McCaskill and Julie Hall
 703-615-6036 2 cars 1 garage



412 South Lee Street



Offered at: \$695,000
 2 beds 1.5 baths 1,008 sq.ft.
DIANN CARLSON
 703-628-2440



1630 West Abingdon Drive, #101



Offered at: \$284,800
 2 beds 1.5 baths 819 Sq Ft
Barbara Rosen
 703-407-6481



1216 Laronde Court



Offered at: \$1,185,000
 5 beds 3 baths 3,582 sq.ft.
Christine Garner 2 cars 3 garages
 703-587-4855



416 South Pitt Street



Offered at: \$1,025,000.
 3 beds 2.5 baths 2,166 sq.ft.
Diann Carlson 1 car
 703-628-2440



5955 KATHMOOR DR



Offered at: \$789,900
 5 beds 3.5 baths 3,090 sq.ft.
Greg & Joni Koons 2 cars 1 garage
 703-209-7277



230 North Saint Asaph Street



Offered at: 775,000
 2 beds 1.5 baths 1,836 sq.ft.
Christine Garner
 703-587-4855



505 North Thomas Street



Offered at: \$1,075,000
 3 beds 3.5+.5 baths 2,579 sq.ft.
Christine Garner 2 cars 1 garage
 703-587-4855



1220 Prince Street



Offered at: \$1,200,000
 3 beds 2.5 baths 2,530 sq.ft.
Christine Garner 1 car 3 garages
 703-587-4855

Weichert REALTORS®

121 N. Pitt Street | Alexandria, VA 22314
 Office - 703.549.8700 | www.weichertoldtown.com



www.facebook.com/weichertoldtown/

Site Eyed for Reuse

FROM PAGE 1

Fairfax County, “Embark Richmond Highway is a multi-faceted project promoting revitalization along a 7.5-mile segment of the Richmond Highway Corridor.” Woodlawn is listed as one of the areas of concentration where the project will emphasize “a tourism and neighborhood hub,” said Marianne Gardner, the director of the Fairfax County Planning Division in a Embark video the county produced.

At the stables site, “We are also proposing to add one new building to the barn complex that would contain a nanobrewery and café,” added Malone-France. A café could mean a place like Starbucks, which to some, is a coming to age sign, but if tastefully done, could be a boon to a downtrodden section of the highway.

“At the National Trust, we believe that putting these buildings back into active use and making them available to the public to experience and learn about their rich history is the best way to preserve them,” said Malone-France. They are currently working with the Fairfax County Architectural Review Board to refine the plan. A townhouse community has been proposed for a spot just north of the stables, which some see as positive growth for that area.

“The entire Woodlawn property has been owned by the National Trust since 1952. A portion of the property was rented by the stables that operated there,” Malone-France said in a statement.

Supervisor Dan Storck (D-Mount Vernon) is happy with the National Historic Trust plans, and looks at it as a positive step for the “cultural corridor” of Woodlawn that contains the stables, the Frank-Lloyd Wright house, the grist mill and coming-soon, the new Army Museum. “Their plans are very complimentary to the long term plans we have for the Richmond Highway - Mount Vernon Memorial Highway - Jeff Todd intersection,” Storck said.

The former Woodlawn Stables is officially known as the Sharpe Barn complex, a facility built in the early 20th century, during the ownership of the property by Elizabeth Sharpe, that is historic and significant as one of the last remaining examples of a barn complex of its type in Fairfax County, according to Malone-France.

Sharpe was a coal heiress who owned the Woodlawn Plantation from 1905 to 1925. When it was dismantled with the Richmond Highway widening and relocation project, many of the horses were moved to Claddagh Farm in historic Jeffersonston, Va. and others to a stable on Gunston Road.

The road widening and relocation project was administered by the Federal Highway Administration Eastern Lands Division, a Federal Highways document, DHR# 029-0056, dated July 2006, the stables and land parcel was not designated as a National Historic Landmark.

Correction

In the story about the U.S. Army museum coming to Fort Belvoir (Mount Vernon Gazette, Oct. 31), the Cobra King tank was mislabeled as a M48 Patton tank, when it is an M4E3E2 Sherman Tank.



Welcome Home

Whether you enjoy the order of a well-organized day, complete with a vibrant social calendar or living at your own tempo, you'll always feel at home.



Ranked “Highest in Customer Satisfaction Among Senior Living Communities” by J.D. Power.

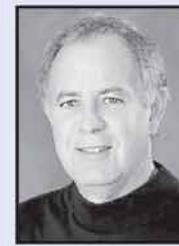


A SUNRISE SENIOR LIVING COMMUNITY
Developed for the AARP Retirement Business Foundation Program

Visit RetireFairfax.com/Connections or call 703-799-1200 to learn more about our current promotional pricing.

Senior Service Living received the highest numerical score in the J.D. Power 2018 Senior Living Satisfaction Study, based on 25,529 total responses among 7 senior living communities measuring resident satisfaction and perceptions of resident/family members/friends. Released October, December 2017. Your experience may vary. Award applicable to United States only. Visit jdpower.com.

© 2018 Sunrise Senior Living



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

OPEN SUNDAY 1-4



Ft. Hunt/Hollin Hall \$579,900
7923 Jackson Road
 Wonderful one level living in great location! Waynewood Elementary. Gorgeous 3 BR, 2 BA home, fully renovated, with a large contemporary addition that includes a beautiful Great Room w/ a stone fireplace. Unique features throughout home. Stunning kitchen w/ silestone counters, maple cabinets, gas cooktop, SS appliances. Custom-made wide barn door separates bedrooms from living room. Open floor plan. New french doors open to lovely maintenance free deck. Solar outdoor lighting. Lovely landscaping. Privacy fenced bkyd. Large shed. Hardwood floors throughout. All major systems replaced in recent years.

OPEN SUNDAY 1-4



Alex/Stratford \$574,900
2601 Culpeper Road
 Price just reduced on this – Lovely 4 bedroom, 3 bath home with carport in popular Stratford on the Potomac. Situated in sought after Stratford Elementary school district. Well maintained home. Replacement windows. Freshly painted interior with refinished hardwood floors. Beautiful landscaping. Updated baths. Family room with gas fireplace. You'll love it!

NEW LISTING



Stafford/ Aqua Villa \$264,900
11 Shady Lane
 Beautiful 3BR, 3BA Cape Cod, bursting with charm. This property contains two lots (for total .67 acres), with winter views of Aquia Creek. 2nd Lot may potentially be build-able (grandfathered). Expansive and open floor plan. Enjoy nature's beauty from the back screened porch or multiple decks. Large shed/hobby room w/electricity (conveys as is). Quiet and serene location. Close to Quantico!



McLean/Fountains At McLean \$234,900
1537 Lincoln Way #304 LOCATION!
 Beautiful 1BR unit in heart of Tysons near shops/mall/restaurants/metro/495/Toll Rd, commuters dream! Upgraded bathroom & kit w/ granite countertops. Kit w/breakfast bar is open to living room which flows out to spacious private balcony and storage closet. Bedroom w/walk in closet. Full washer & dryer in unit. A MUST SEE!

UNDER CONTRACT



Ft. Hunt/Collingwood on Potomac \$729,900
8313 Cedardale Drive
 Beautiful 5BR/3BA home w/carport in sought after Ft. Hunt community with easy access to GW Pkwy and Mt. Vernon Bike Trail just blocks away. Waynewood Elementary. Home provides lots of space including finished attic as a bonus room. Hardwood floors throughout 4 of the 5 levels. Anderson glass doors off of dining room lead to large deck overlooking lovely fenced back yard w/garden shed. Updated kitchen and baths. Fireplace in living room. Large family room in lower level is bright and cheerful.



Alex/Engleside \$1,300,000
8734 Lukens Lane
 4.128 acres zones R-2 for sale. There are 2 lots: 4/0 acres w/house (Tax Map 1101 01 0043) and .128 acre vacant land (1101 01 0043A). House on Property sold “AS IS” and NO ACCESS given or allowed. Land Value only. Water, sewer, gas, electricity available. This land is adjacent to the houses on Halley Farm Ct. which were built in the 2010-2011 time frame.

COMING SOON



Alex/Mt. Vernon Woods
8102 Martha Washington
 Precious 3BR, 1BA Rambler – Perfect Starter Home – Double pane windows and updated bath plus wood burning fireplace– Large deck overlooks the beautifully landscaped, deep, fenced backyard– Perfect for the grill. Roof 2016, A/C Compressor 2017, HWH 2018 – 10 minutes to Ft. Belvoir, 17 mins to Old town, Alex.



For more information: www.RexReiley.com

Each Office Independently Owned and Operated



OPINION

Be Part of Children's Edition 2018

Get creative and send art, poetry and more.

During the last week of each year, this newspaper devotes its pages to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families. Even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection (including Children's Gazette, Children's Almanac and Children's Centre View) is a tradition of well over a decade.

We welcome contributions from public and private schools, art classes, individuals and homeschoolers. We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on flash drive. Writing should be submitted in text format. Artwork should be photographed or scanned and provided in jpeg format.

Some suggestions:

- ❖ Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also welcome.

- ❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents, family or friends any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? Describe one of the best or worst things that ever happened to you? What is the best gift you've ever been given? Ever received?

- ❖ Your opinion (50 to 100 words) about traffic, sports, restaurants, video games, toys, trends, politics, etc.

- ❖ Poetry or other creative writing.

- ❖ News stories from school newspapers.

- ❖ Photos and text about activities or events.

- ❖ Were you involved in November's elections? What did you think?

To be published, we must have the full first

and last name of the student artist/writer.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Home schoolers' contributions are welcomed.

To send flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the flash drive to: Children's Connection (including Children's Gazette, Children's Almanac and Children's Centre View), 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Monday, Dec. 3, 2018. The Children's Edition will publish the last week of 2018.

You can see last year's editions by visiting www.connectionnewspapers.com/PDFs/ and scroll down to Children's Edition.

Email submissions for the Children's Edition to the following editors:

- ❖ For Burke, Clifton, Fairfax, Fairfax Station, Great Falls, Herndon, Lorton, McLean, Reston, or Springfield, email to Kemal Kurspahic at kemal@connectionnewspapers.com.

- ❖ For Arlington, Potomac, CentreView, Chantilly, Alexandria and Mount Vernon, email to Steven Mauren, smauren@connectionnewspapers.com

Working To Stop Human Trafficking

BY VINCENT FUSARO

There are many benefits to living in Northern Virginia. We have great schools, great shopping, arts and entertainment, and all within short distance of our nation's capital. There's something for everyone in Northern Virginia. However, Northern Virginia with all of her opportunities, can and does attract dark elements of society. One such element, is human trafficking.

Human trafficking is essentially a modern-day slavery, where traffickers prey on individuals, such as young teen or pre-teen children.

Human trafficking typically occur in three ways. Labor trafficking which is when people are forced to work against their will in many different industries; Domestic servitude, specifically maids, housekeepers, and child or elderly care givers; and sex trafficking which is the selling of victims to perform sexual services for customers.

And yes ... human trafficking does occur right here in Northern Virginia. In fact, it occurs quite often. The Northern Virginia Human Trafficking Task Force is working to put a stop to human trafficking.

Northern Virginia Human Trafficking Task Force is a regional collaboration of federal, state and local law enforcement agencies, government agencies and citizens dedicated to identifying and rescuing victims; investigating and prosecuting perpetrators; offering support and services to survivors and families; and promoting community awareness. Educating citizens of Northern Virginia about what is occurring in plain sight throughout our neighborhoods, how to identify and spot the potential signs of someone being trafficked, and how and

where to report it is an important step toward curtailing these horrible crimes. The task force facilitates training sessions for residents of Northern Virginia at home owner associations (HOAs), schools, churches, public meetings and many other venues.

The task force is preparing its schedule to facilitate future presentations, hoping to partner with more members of the community, churches, HOAs and other groups during 2019.

The true number of individuals currently being trafficked for sex is unknown. Experts believe that only a small minority of trafficking victims are brought to light. According to law enforcement records obtained by the task force, approximately 500 sex trafficking victims were brought to the attention of law enforcement between calendar years 2013 and 2017. This averages out to 125 sex trafficking victims identified in our area per year. The 125 victims include teen and pre-teen children in our area. Traffickers are experts at seeking out their victims and can usually tell within 30 seconds whether or not the youth they are siz-

LETTER TO THE EDITOR

Not Yet Fully Evaluated

To the Editor:

In the Nov. 1 edition of the Gazette you have written an article "On Constitutional Birthright to Citizenship." In that article you quote the text of a message written to the President by Congressman Connolly in which he states that the President's new executive order ending citizenship for children born in the U. S. is patently unconstitutional.

As I understand the issue, and as it has been

ing up would make a good victim for sex trafficking. An effective way to join the fight against human trafficking in Northern Virginia is by hosting a speaker at your community center, social group, workplace, church or house of worship, association or other organization. Although the task force is always looking for volunteers, you will not be pressured to join or lead any future activities. The task force's goal for these presentations to educate the community about human trafficking.

The task force has trained speakers available and are able to gear presentations to specific needs a group may have. Presentations followed by a questions and answers period typically last one hour, but can be tailored for specific needs. To request a speaker or inquire about an education event, one can visit the task force's website at <https://www.novahti.com/requestaspeaker/> or contact the task force coordinator at NVHTTF@GMAIL.COM

The writer is a freelance contributor and Northern Virginia Human Trafficking Task Force volunteer.

reported, the President, while considering such an order, has not yet issued one. The issue of the constitutionality of birthright citizenship has long been discussed and I perceive significantly misunderstood. The Fourteenth Amendment was issued at the end of the Civil War and addressed specifically granting citizenship to former slaves freed by the conflict. At the time a number of documents written by the authors of this amendment were very clear that this was their intent to only provide citizenship to former persons who had been in the U.S. in captivity as slaves. I have been told that

SEE LETTERS, PAGE 8

Mount Vernon Gazette

www.MountVernonGazette.com

@MtVernonGazette

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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

NEWS DEPARTMENT:
gazette@connectionnewspapers.com

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

Jean Card
Production Editor
jcard@connectionnewspapers.com

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jeanne Theismann
jtheismann@connectionnewspapers.com
@TheismannMedia

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

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

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

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

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

Classified & Employment
Advertising
703-778-9431

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

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

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

CIRCULATION
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com

A Connection Newspaper





Brandywine resident since 2015

BRANDYWINE LIVING...

because she's still my favorite date



BRANDYWINE LIVING
at Alexandria

Life is Beautiful



Call Samantha at 703.940.3300 to schedule your visit!
5550 Cardinal Place (next to Cameron Station) Alexandria, VA 22304

Our new Alexandria community is Brandywine Living's 29th luxury, active aging community with licensed Assisted Living and Memory-Care, visit us at www.Brandycare.com

King's Jewelry

PENDANT \$1,595

RING \$1,860

RING \$1,895

PENDANT \$1,340

LONDON BLUE TOPAZ JEWELRY

KingsJewelry.NET
609 King Street
Old Town Alexandria
703-549-0011

Open Thurs 10am-8pm
Mon-Sat 10am-6pm
Closed Sundays

Family owned and operated for over 60 years.

JOHNS HOPKINS
KRIEGER SCHOOL
of ARTS & SCIENCES

Join Us!
ONLINE INFO
SESSION
NOV. 13

MASTER OF ARTS IN
**WRITING
PROGRAM**

- Classess offered in Baltimore, Washington DC and online
- Nine courses to complete your degree in everything from Travel Writing, Novel Writing, and Screenwriting to Poetry, Memoir, and Investigative Journalism
- Concentrations in fiction and nonfiction

LEARN MORE
ADVANCED.JHU.EDU/OPENHOUSE

1717 MASSACHUSETTS AVE. NW, SUITE 101 | WASHINGTON, DC
20036 1.800.847.3330 | 202.452.1940

OPINION



Scouts plant natural landscaping at Mount Vernon Governmental Center.

Learn, Engage and Act

... To save the environment.

BY DAN STORCK
MOUNT VERNON DISTRICT SUPERVISOR

Join me and the Mount Vernon District Environmental Advisory Committee at the district's first Environment Expo on Saturday, Nov. 10, from 8 a.m. – noon at Walt Whitman Middle School. Spend the morning exploring how each of us can help save our planet, with the theme "Saving the Earth One Person at a Time." The morning will feature an Exhibit Hall with a variety

COMMENTARY

of county agencies, service providers and educators, informational and hands-on workshops and screenings of the film "Hometown Habitat." Read more about the Expo here. (<https://www.fairfaxcounty.gov/mountvernon>)

As we recognize that climate change is impacting our lives here in the Mount Vernon District, we all need to do our part to protect Mother Earth. In our district, environmental concerns range from coastal and in-land flooding to extreme heat, as well as increasing more intense storms. The

LETTER TO THE EDITOR

FROM PAGE 6

it was only in the 1960s when the administration at that time expanded the scope of the amendment by bureaucratic action alone.

I also understand there are no statutes or court rulings, including any action by the U.S. Supreme Court, assessing this new action.

So in my opinion, the issue of the consti-

Expo will educate and inspire attendees to be more engaged in the protection of our natural resources and our heritage.

While the county has taken steps to be good environmental stewards, like adopting a Countywide Energy Policy, Environmental Vision and Operational Energy Strategy, these steps are not proportional to the challenges we face. I strongly believe we need to move forward quickly to adopt a Community Climate Action Plan and a Resiliency Plan. We also need to enter into an Energy Savings Performance Contract and advocate for Solar Freedom legislation to come before the General Assembly this session. One of the most immediate steps we can take is to quickly adopt CPACE, a potential county financing program where commercial building owners can borrow money for energy efficiency, renewable energy, or similar projects, and then make repayments via an assessment on their property tax bill.

As a county, we can do far more, and adopting more aggressive goals will result in significant cost savings and a faster environmental and budgetary return on our investments. Come to the Environment Expo on Nov. 10, to learn what you can do as an individual to protect our people, places and property.

tutionality of the issue of birthright citizenship is yet to be fully evaluated. Congressman Connolly's message to the President seems to lack the facts necessary to put this question to rest. I question his statement that the pending executive order is "patently unconstitutional."

Edward Little
Alexandria

WWW.CONNECTIONNEWSPAPERS.COM

YOU DESERVE THE BEST.



Coldwell Banker Residential Brokerage

WELCOME!

The Alexandria Office is proud to announce that the following exceptional agents have joined our office.



INGRID MENDEZ
703.731.0857
Commercialmetro@gmail.com



KATIE HANSEN
435.232.5889
Katie.Hansen@cbmove.com



MEGHAN TIGHE
412.607.2347
Meghan.Tighe@cbmove.com



MAY GEADAH
301.275.6107
May.Geadah@cbmove.com



Lorton | 4/3 | \$1,699,000
6061 River Drive
Susan Gray & Alexandra Attilis (703) 203-9900
<https://bit.ly/2JmDtfp>



American Heart Association®

Proud to support the
2018 Heartwalk!
CBRB Raised nearly \$25,000 for the American Heart Association!



Alexandria | 5/4.5 | \$1,300,000
PRICE REDUCED! 2009 Fort Drive
Greg Doherty (703) 408-5068
<https://bit.ly/2QulF0C>



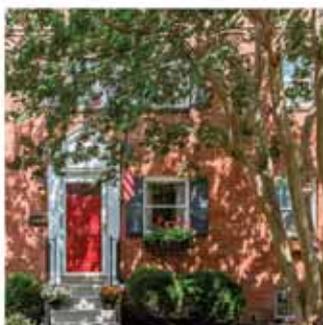
Alexandria | 4/2.5 | \$849,000
JUST LISTED! 800 Saint Stephens Road
Donnan C. Wintermute (703) 608-6868
<https://bit.ly/2AJ8rte>



Alexandria | 3/2.5 | \$799,900
Open Sun 2-4 215 Oronoco Street
Jolee Rubin (703) 548-0697
<https://bit.ly/2yNW0JQ>



Alexandria | 5/3.5 | \$785,000
JUST LISTED! Open Sun 2-4 9306 Old Mansion Road
Bonnie Rivkin (703) 598-7788
<https://bit.ly/2D0oDsl>



Alexandria | 2/2 | \$579,500
PRICE REDUCED! 1725 Cameron Street
Liz Bucuvalas (703) 626-8400
<https://bit.ly/2xYrIVG>



Arlington | 2/2.5 | \$549,000
JUST LISTED! Open Sun 1-3 1101 S Arlington Ridge Road, Unit 113
Susan Gray & Alexandra Attilis (703) 203-9900



Alexandria | 3/2.5 | \$539,500
JUST LISTED! 7513 Cross Gate Lane
Liz Bucuvalas (703) 626-8400
<https://bit.ly/2yNM3gN>

COLDWELLBANKERHOMES.COM

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

The property information herein is derived from various sources that may include, but not be limited to, county records and the Multiple Listing Service, and it may include approximations. Although the information is believed to be accurate, it is not warranted and you should not rely upon it without personal verification. Real estate agents affiliated with Coldwell Banker Residential Brokerage are independent contractor agents and are not employees of the Company. ©2018 DBA. All Rights Reserved. DBA fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Operated by a subsidiary of NRT LLC. Coldwell Banker and the Coldwell Banker Logo are registered service marks owned by Coldwell Banker Real Estate LLC.



RESIDENTIAL BROKERAGE



PHOTO BY RUTH DAVID

Shrek – Aidan White, Donkey – Avery Johnson, Fiona – Kendall Huheey, Gingy – Eli Swanson, The White Rabbit – Lydia Lopez, and Pinocchio – Charlie Russell.

Shrek The Musical

Mount Vernon Community Children's Theatre presents "Shrek The Musical" starring 46 local youth from more than 22 area schools. An unlikely hero, Shrek finds himself on a life-changing journey alongside the wisecracking Donkey and a feisty princess who resists her rescue. "Shrek the Musical" is irreverent fun for the whole family and proves that beauty is truly in the eye of the ogre. The show will be performed Nov. 9-18 at Bryant Alternative High School Auditorium, 2709 Popkins Lane, Alexandria. Show times are Nov. 9, 10, 16 and 17 at 7 p.m.; and Nov. 11 and 18 at 3 p.m. Tickets are \$14/per person online at www.mvccct.org.

CALENDAR

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

ONGOING

Rooms: a Rock Romance. Through Nov. 11, 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.

Art Exhibit: "Connecting

Threads." Through Nov. 25 at Del Ray Artisans, 2704 Mount Vernon Ave., Alexandria. See the exhibit and donate new towels for Carpenter's Shelter from Nov. 2-25. Visit www.DelRayArtisans.org/event/connecting-threads.

WEDNESDAY-SUNDAY/NOV. 7-11

Friends Book Sale. At James M. Duncan, Jr. Branch Library, 2501 Commonwealth Avenue, Alexandria. Free. Friends First Choice Night on Wednesday, Nov. 7 from 3:30-8:45 p.m. Discover great books for sale for bargain prices, and support your local library. Email amurray@alexlibraryva.org. Visit the website www.alexlibraryva.org.

THURSDAY/NOV. 8

Opening Reception: "Pattern+Texture." 6:30-8 p.m. at the Torpedo Factory Art Center, 105 North Union Street, Studio 21, Alexandria. Photographer Pete McCutchen captures mesmerizing patterns found in rock, ice, and sand, transforming natural scenery into abstract, alternate realities. Call 703-683-1780 or visit theartleague.org.

Book Discussion. 7 p.m. at Charles E. Beatley, Jr. Central Library, 5005 Duke St., Alexandria. Free. Join author Joseph Esposito as he talks about his book "Dinner in Camelot: The Night America's Greatest Scientists, Writers, and Scholars Partied at the Kennedy White House." Email AntonMurray@alexlibraryva.org.

THURSDAY-SUNDAY/NOV. 8-11

Used Book Sale. At Duncan Library, 2501 Commonwealth Ave., Alexandria. Come shop the selection of thousands of books and DVDs priced starting at just \$.50. The \$5/bag sale is Sunday from 1-3 p.m. Become a Friend of the Library at friendsofduncanlibrary.org and shop a special preview on Wednesday, Nov. 7. Cash and credit cards accepted. Hours are Thur. 10-6:45 p.m., Fri. 10-5:45 p.m., Sat. 10-4:45 p.m., and Sun. 1-3 p.m. Visit www.friendsofduncanlibrary.org.

FRIDAY/NOV. 9

Alexandria After Work Concert Series. 6-8 p.m. at the Lloyd House, 220 North Washington 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 Cold Chocolate. \$15 suggested donation for the musicians, light refreshments available, and a cash bar. Visit www.fsgw.org.

Family Splash Night. 6-9 p.m. at Chinquapin Park Rec Center and Aquatics Facility, 3210 King St., Alexandria. Featuring Charles Barrett and Jefferson-Houston Schools. Enjoy swimming, a floating obstacle course, games, relays, refreshments, music, diving for prizes and more. Different schools are featured at each event but all are welcome. Admission is \$4 per person upon entry.

Art of Armistice Reception. 7-10 p.m. with Juror Talk at 8 p.m. At the Torpedo Gallery, Alexandria. Art of

Festival Features 60 Filmmakers, 70 Films

Annual event returns Nov. 8.

The 12th Annual Alexandria Film Festival brings more than 70 films to delight, entertain, and inform area film enthusiasts Nov. 8-11.

The celebration begins Thursday, Nov. 8 with a free program of six short films, screening outdoors at Waterfront Park in Old Town. The "Free Flowing Musical Experience" will kick things off at 6:30 p.m., with the shorts beginning at 7 p.m. There will be free popcorn for the first 100 guests.

AMC Hoffman 22 Theater and Beatley Central Library serve as the principal venues with more than 60 filmmakers presenting films over the festival weekend. See full program details at AlexFilmFest.com. Ticketed shows can be found at AlexFilmFest.Eventbrite.com for \$12 or \$15 at the door. An All-Fest pass is also available for \$50 at AlexFilmFest.Eventbrite.com or \$70 at the door.

With more than 50 premieres of short and feature-length films, the festival features films from around the world including Canada, France, India, Lebanon, Spain, South Africa, United Arab Emirates, the U.K., and the U.S. Local filmmakers will screen new work and several directors, producers, actors and crew will take questions from the audience.

Free screenings at Beatley Central Library are on Friday, Nov. 10 from 10:30 a.m.-5:30 p.m. at 5005 Duke St., Alexandria.

Ticketed screenings at AMC Hoffman Theater 22 are on Saturday and Sunday, Nov. 10-11 at 206 Swamp Fox Road, Alexandria. Tickets are available at AlexFilmFest.Eventbrite.com.

Highlights include:

❖ **Burke and Herbert Bank Family Showcase** — Features five premieres for, by, or about younger viewers and their families, presented by nine filmmakers including the grand prizewinner in the na-

tional video contest "Lights, Camera, Save."

❖ **Salute to Service Members Showcase** — Features four films, including three premieres on Veterans Day Weekend. Veterans and active service members will be admitted free of charge with one guest to this showcase, first come, first served. Seating is only guaranteed through advance purchase online.

❖ **Two "Film Noir" Showcases** — Extend the Halloween chills with these thrillers.

❖ **"Meant to be Broken"** — A clever "dramedy" about a mild-mannered guy who has never broken a rule, while he tries to cope with some very bad news by breaking them all. Q&A following with D.C. filmmaker Jonathan Zuck.

❖ **"The Makeover"** — A conservative policy wonk learns to embrace his feminine, alter ego, Giselle. Q&A with Alexandria Filmmaker Jane Pittman and Giselle Donnelly. World premiere.

❖ **"Hunting Lands"** — A veteran-turned-recluse witnesses the aftermath of a heinous crime and takes justice into his own hands.

❖ **"Trickster"** — A man's life is forever changed when he meets a beautiful young woman who needs help. A "Twilight Zone" meets "Inception" thriller. East coast premiere. Q&A with filmmaker Jamie Paolinetti

❖ **"American Exploitation: The Slaves Among Us"** — Investigates sex trafficking in suburban America. Q&A with filmmakers Benjamin Brothers and John Carter. World premiere.

❖ **"American Relapse"** — An inside look at the heroin epidemic in Southern Florida and the underground "rehabilitation" industry that sprung up, not to combat but to profit. Q&A with filmmaker Pat McGee.

❖ **"Iron Orchard"** — Virginia Premiere of an epic rise and fall of a Texas oilman torn between love and ambition. Q&A with filmmaker Camille Chambers.

The festival concludes with an awards ceremony and closing reception on Sunday.



Alexandria
Film Festival

Armistice is on view through Sunday, Dec. 2. The U.S. Navy began construction on the original building, the U.S. Naval Torpedo Station, on Nov. 12, 1918—ironically the day after Armistice Day ended WWI. The building manufactured and maintained torpedoes through the end of World War II. Visit torpedofactory.org.

SATURDAY/NOV. 10

Environment Expo. 8 a.m.-noon. At Walt Whitman Middle School, 2500 Parkers Lane, Alexandria. Mount Vernon District Supervisor Dan Storck will host his first Environment Expo to explore how everyone can help save the planet, with the theme "Saving the Earth One Person at a Time."

Pancake Breakfast. 8-11 a.m. at Pema's Restaurant, 8430 Richmond Highway, Alexandria. The Mt. Vernon Evening Lions will be having

a Pancake Breakfast — A perfect way to treat a Veteran. Adult \$10; children 12 and under \$3. Contact Reba Morse at 703-339-7099.

Environment Expo. 8 a.m.-noon at Walt Whitman Middle School, 2500 Parkers Lane, Alexandria. The Environment Expo: Saving the Earth One Person at a Time will feature an Exhibit Hall with a variety of County agencies, service providers and educators, informational and hands-on workshops and screenings of the film "Hometown Habitat." The goal of the Expo is to educate and inform residents on environmental challenges that we all face on a daily basis, including ones that are unique to the Mount Vernon area given our proximity to water and the many industrial facilities nearby. Visit www.fairfaxcounty.gov/mountvernon/environment-expo-saving-earth-one-person-time.

Mount Vernon Salutes Veterans. 9

a.m.-4 p.m. At Mount Vernon Estate, Alexandria. Enjoy a concert by the Harmony Heritage Singers or the United States Air Force Strings before greeting "General and Lady Washington." Throughout the day, write a thank you letter to an active duty service member in the Vaughan Lobby. Honored guests are also invited to place a flower at Washington's Tomb. Included with general admission, free for all active duty, former, or retired military personnel. Visit www.mountvernon.org/veteransday.

Veterans Day Commemoration. 9 a.m. At Historic Pohick Episcopal Church, 9301 Richmond Highway, Lorton. The day will begin at 9 a.m. with the dedication of a Virginia Historical Highway Marker in honor of the "The Washingtons at Pohick Church." At 9:30 a.m., there will be a reception honoring Ann Arnhart, WWII Army Nurse, in the parish hall,

ENTERTAINMENT

4 Top Spots for a Plant-Based Meal

BY HOPE NELSON

World Vegan Day, commemorating all things plant-based and celebrating a plant-based, animal-free lifestyle, kicked off a month of celebration on Nov. 1. As food culture continues to shift, it's become easier than ever to order up a meat- and dairy-free meal nearly anywhere in town — and sometimes in the spots you'd least expect to find them.

Sunday in Saigon, 682 N. St. Asaph St.

Old Town's newest Vietnamese haven offers a wealth of vegetable-centric entrees, ranging from Hu Tieu Xao, a rice noodle dish teeming with tofu and veggies, to Com Tay Cam Chay, a rice dish served in a clay pot topped with seitan, pumpkin, leeks and more. Most notably, last week, Sunday in Saigon announced that their progressively priced Tuesday pho deal now applies to vegetarian tofu pho as well, meaning that the piping-hot dish is \$5 at 5 p.m., \$6 at 6, \$7 at 7, and \$8 at 8 p.m.

Tequila and Taco, 540 John Carlyle St.

It's no secret that Mexican restaurants are generally veg-friendly, but Carlyle newcomer Tequila and Taco goes the extra mile with its interesting plant-based taco offerings. Both the cauliflower and kale and mushroom tacos fit the bill when it comes to spiciness, rich flavor and outside-the-box thinking (the black-bean tacos so ubiquitous to vegetarian Mexican cuisine are not even given billing on the menu). Not in the mood for tacos? No problem —

the vegetable burrito and bowl are both within easy reach and are certainly worth your time (and calories).

Hard Times Café, 1404 King St.

At first blush, a chili joint may not seem to be the most vegetarian-friendly spot on the planet. But look again at Hard Times Café's menu and you'll see a hearty vegetarian chili right there amid the restaurant's four options. Indeed, Hard Times has offered a plant-based chili since well before such options began to take the main stage, and while its ingredients have changed a little over time (no more peanuts in the stew, for one), the deep tomato-based comfort food remains the same. Order a bowl of it straight — no sour cream or cheese, of course — or get it atop spaghetti, Fritos or tater tots for a protein-and-carb delight.

Pizzeria Paradiso, 124 King St.

When it comes to a dairy-free meal, pizza joints are hit-and-miss. But Pizzeria Paradiso, near the foot of King Street, comes through with a bang. Every offering on the menu can be made with dairy-free cheese — and sans meat, for that matter. A go-to is the Genovese, a potato pizza drizzled with olive oil. Order it without the pesto and with the dairy-free cheese and you're on Easy Street. Wash the pie down with one of Paradiso's many beer selections and a good time will be had by all.

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

CALENDAR

followed by the premier of the documentary film: "Ann Arnhart." The morning's events will conclude with an 11 a.m. Colonial-period Morning Prayer Service in the historic church. Call 703-339-6572, or visit the website at www.pohick.org.

Bird Walk. 9-10:30 a.m. at Green Spring Gardens, 4603 Green Spring Road, Alexandria. Wander through the autumn gardens where birds are making their preparations for the cold winter ahead. Bring field glasses, if you have them, and Green Spring will provide a bird search sheet. Warm up with some hot cider and talk with your guide about the birds you see and hear. Cost is \$10 per person. Call 703-642-5173 or visit www.fairfaxcounty.gov/parks/green-spring.

Craft Fair. 9 a.m.-2 p.m. at First Christian Church, 2723 King Street, Alexandria. First Christian Church invites you to unwrap the holiday season by shopping at its craft fair/pancake breakfast. Visit the website www.fcalexandria.com.

Civil War Tours. 10 a.m. and 2 p.m. at Fort Ward Museum, 4301 W. Braddock Road, Alexandria. Fort Ward Museum will offer soldier-led tours of historic Fort Ward in honor of Veteran's Day. Tours are free, and will begin in the Museum. Call Fort Ward Museum at 703-746-4848.

Portside History. 11 a.m.-2 p.m. at Old Town Alexandria waterfront, 1 King St., Alexandria. Free. On Nov. 10: Honoring Our Veteran. Through the centuries, war brought changes and challenges to the waterfront. See archival documents and images highlighting everything from embargos to wartime industries as Alexandria commemorates the 100th Anniversary of WWI. Visit www.PortsideInOldTown.com.

Veteran's Day Lecture. 11 a.m. at The Alexandria History Museum at The Lyceum, 201 S. Washington St., Alexandria. Free Veterans Day lecture by C.R. Gibbs, "Come Out Fighting: How the Original Black Panthers and Other African Americans Helped to Defeat the Axis and Win World War II." This presentation describes the gallant and inspiring story of the nation's first African American armored unit. Visit www.alexandriava.gov/Lyceum.

Autumn Fest Beer Festival. 11:30 a.m.-4 p.m. at Pizzeria Paradiso Old Town, 124 King Street, Alexandria. This season's festival features 21 brews from 21 Virginia-based independent breweries. The festival has no entrance fee but guests can purchase drink vouchers for \$15 which include three 6 oz. beer samples and a free Autumn Fest glass. The event will also feature entertainment for the whole family like corn hole, giant Jenga, and board games. Pizzeria Paradiso's non-profit partner, Art Works Now, a local organization which provides arts programming for the community, will have mini-pumpkin painting for a suggested donation of \$5.

Learn to Discern. 12 p.m. At Kate Waller Barrett Branch Library, 717 Queen St., Alexandria. Free. Author of Raising America's Zoo, the story of the National Zoo's shift from a Victorian-era menagerie to its current day center for animal conservation, research and education. Email amurray@alexlibraryva.org or visit alexlibraryva.org.

Mount Vernon Kitchen. 1-3 p.m. At George Washington's Mount Vernon, 3200 Mount Vernon Highway, Mount Vernon. Admission: \$35 per person. Participate in a scavenger hunt in the historic area and discover locations and ingredients that were important

to chocolate production. After finding the ingredients, observe how chocolate was made in George Washington's time while learning about the history and science. Call 703-780-2000 or visit www.MountVernon.org.

The United States Air Force Band. 2 p.m. at The Athenaeum, 201 Prince St., Alexandria. The United States Navy Concert Band will present a special Veterans Day Weekend performance. The chamber music recital performance will feature a diverse array of traditional and contemporary music. This performance is free and open to the public. Visit www.nfaa.org or call 703-548-0035.

AAUW Meeting. 2 p.m. at Heritage Presbyterian Church, 8503 Fort Hunt Road, Alexandria. Free. American Association of University Women Mt. Vernon Branch presents AAUW Then and Now with Suzanne Gould, AAUW Archivist and Historian. Learn about AAUW's founding story and work throughout its 137-year history. Light refreshments will be available. Call 703-360-8678, or visit mtvernon-va.aauw.net.

Taste of Thanksgiving History. 2 p.m. at Lee-Fendall House, Alexandria. Food historian Joyce White will give a lecture and tasting program. Tickets are \$15 per person for this 90 minute program and are available at www.leefendallhouse.org.

Author Talk. 2 p.m. at Ellen Coolidge Burke Branch Library, 4701 Seminary Road, Alexandria. Author of Raising America's Zoo, the story of the National Zoo's shift from a Victorian-era menagerie to its current day center for animal conservation, research and education. Email amurray@alexlibraryva.org

Thanksgiving 1621-Present. 2-3:30

"If Not Me, Then Who..."



9/11
HEROES
RUN

Fort Hunt Road Closure and Traffic Delays, Nov 11

The rescheduled 4th annual Travis Manion Foundation 9/11 Heroes Run will be held on Sunday, November 11th at 2pm. Please note the race begins in the Carl Sandburg Middle School parking lot, crosses Fort Hunt Road, runs through the Waynewood neighborhood and finishes back at the school. Please expect road closures and traffic delays in this area between 1:00-4:00pm.

For more information or to register please visit www.travismanion.org

MTVAC
MOUNT VERNON
ATHLETIC CLUB

MTVAC Member Julie Jameson lost 60 lbs., how much will YOU lose?

(703) 382-1011
www.mtvac.net

\$10 Down to get started!

- State of the Art Equipment
- Group Fitness Classes
- FREE CHILDCARE
- Tennis Classes & Camps
- Fitness On Demand
- Family Fitness

The #1 Place for Fitness & Tennis in Alexandria—Since 1972

12th Annual



Alexandria Film Festival

November 8-11

Free Opening Night Celebration
at Waterfront Park, 11/8, 7-9 p.m.

Movies, Music, and Free Popcorn for First 100 Cinephiles!

AlexFilmFest.com

#AlexFilmFest

@AlexFilmFest

Celebrating Independent Film for 12 Years

Special thank to Mount Vernon Gazette

ENTERTAINMENT

p.m. at Lee-Fendall House, 614 Oronoco Street, Alexandria. This program explores the traditions that have made Thanksgiving the truly American holiday that it is, followed by samples of Thanksgiving food from four centuries. Tickets \$15. Visit www.leefendallhouse.org.

SATURDAY-MONDAY/NOV. 10-12

Colonial Market & Fair. Hours are Saturday and Sunday from 9 a.m.-4 p.m.; Monday from 9 a.m.-1 p.m. at George Washington's Mount Vernon. Features dozens of America's historic craftspeople and plenty of family fun. Colonial-attired artisans demonstrate 18th-century crafts and sell traditional wares such as food, woodcarvings, metalwork, furniture, and more. Visit mountvernon.org/colonialfair.

SUNDAY/NOV. 11

Armistice Day Ceremony. 10 a.m. at Gadsby's Ballroom, 400 Cameron St., Alexandria. The American Legion Post 24 of Alexandria will be holding an Armistice Day ceremony. To commemorate the 100 years anniversary, an Alexandria City representative jointly with American Legion officers will unveil a new plaque that will be affixed to the side of the historical Post home to honor local World War I heroes. Visit www.alexandriava.gov/historic/info/default.aspx?id=93363

Free Tours on Veterans Day. 11 a.m.-4 p.m. at Gadsby's Tavern Museum, 134 N. Royal St., Alexandria. Gadsby's Tavern Museum was saved from destruction thanks to the efforts of American Legion Post #24. To honor this connection, tours of the Museum on Veteran's Day will be free for all guests. Visit alexandriava.gov/historic.

AAUW Talk. 2-4 p.m. At Cameron Station Clubhouse, 200 Cameron



SSSAS Presents 'Peter and the Starcatcher'

A magical adventure that reveals the origins of Peter Pan, Wendy, the Lost Boys, and their piratical nemesis, Captain Hook – and a far-off place known as Neverland. Friday-Saturday, Nov. 9-10, 7:30 p.m. At St. Stephen's and St. Agnes School, 1000 St. Stephen's Road, Alexandria. \$5; call 703-212-2777 or visit sssas.org/arts.

Station Blvd., Alexandria. Melanie Barr-Brooks, J.D., Associate Vice President, Fair Practices, Northern Virginia Community College will speak to the Alexandria Branch of AAUW (American Association of University Women). Her topic is the current status of Title IX, passed in 1972 as a follow-up to the Civil Rights Act of 1964. The event is open to the public. Email gailkalin@yahoo.com or vmvkress@gmail.com.

Thanks for Giving. 4-8 p.m. At Rachel M. Schlesinger Concert Hall, 4915 East Campus Drive, Alexandria. Free. A seasonal community concert presented by The National Capital Band of the Salvation Army. Email Debra.Byrd@uss.salvationarmy.org. For tickets, visit www.eventbrite.com/e/thanks-for-giving-2018-concert-tickets-

51424931354.

TUESDAY/NOV. 13

Alexandria Women in World War I

7 p.m. at The Lyceum, 201 S. Washington Street, Alexandria. The Alexandria-Caen Sister Cities presents a lecture by Elizabeth Foxwell, editor of "In Their Own Words: American Women in World War I." Featuring wine, desserts and light fare. Cost of \$10 per person supports ACSCC programs. For information and tickets, visit shop.alexandriava.gov. Contact AlexandriaCaenSisterCities@gmail.com or call 202-907-5941.

WEDNESDAY/NOV. 14

Book Discussion. 2 p.m. At Ellen Coolidge Burke Branch Library, 4701 Seminary Road, Alexandria. Free.

The Round House by Louise Erdrich. Celebrate Native American Heritage Month for a discussion of a page-turning masterpiece by one of the most revered novelists of our time and a brilliant chronicler of Native-American life. Contact Anton Murray at amurray@alexlibraryva.org.

Rock the Block. 6-9 p.m. Eat at the top restaurants in Old Town and support the National Center for Missing and Exploited Children. Each guest will receive a wristband at their reserved "starting restaurant" and enjoy unlimited food and drink at all participating restaurants. Admission: \$125; \$300 for VIP and includes reception from 5-6:30 p.m. and after party 9-11 p.m. Call 877-446-2632, ext.3145 or visit the website www.rocktheblocks.org.

Winter's Bone. 6:30 p.m. At James M.

Duncan, Jr. Branch Library, 2501 Commonwealth Avenue, Alexandria. Free. The Friends of Duncan Library are sponsoring A Year of Great Art House Films on the first Wednesday of each month. Due to the book sale, this month they will view our film on the second Wednesday. Contact Anton Murray at amurray@alexlibraryva.org.

Weaving and Beading. 7 p.m. At Charles E. Beatley Jr. Central Library, 5005 Duke Street, Alexandria. Free. Explore traditional skills and use them to make a craft in honor of Native American Heritage Month. All ages with adult. Contact Anton Murray at amurray@alexlibraryva.org.

THURSDAY/NOV. 15

Historic Pohick Church Christmas Mart. 10 a.m.-2 p.m. at Pohick Episcopal Church, 9301 Richmond Highway, Lorton. The Parish House and the Vestry House will be transformed into a festive Christmas atmosphere with rooms filled with Attic Treasures, a Consignment Shop, fresh baked goods, homemade candy and apple butter, and frozen casseroles made by the women of Pohick Church. Colonial-attired ladies will serve luncheon at three sittings (11 a.m., noon and 1 p.m.) for \$13. Admission to the Christmas Mart is free. Visit www.pohick.org or call 703-339-6572.

The Georgetown Saxatones A Cappella Concert. 7 p.m. At The Athenaeum, 201 Prince St., Alexandria. As Georgetown's only community service a cappella group, they are passionate about sharing their music in support of worthy causes. Proceeds to benefit the Saxatones' preferred charity: the D.C. Autism Society. Tickets \$15. Visit www.nfaa.org or call 703-548-0035.

Sortie of the Beaujolais Nouveau.

A Community Favorite
Since 1904



Since 1904, The Royal has been Old Town's Favorite neighborhood restaurant. Award-winning menu includes prime rib, fresh seafood, roast chicken best burgers hand-carved roast turkey and salad bar.

Serving Breakfast - Lunch - Dinner

Full Buffet with
Omelette Station
Saturday and
Sunday Brunch
7am-2pm

Save 50%

On second dinner entree
of equal or lesser value
when you mention this ad.
Offer expires 11/30/18.

734 North St. Asaph Street, Alexandria, VA 22314

Royal Restaurant 703-548-1616
ALEXANDRIA'S NEIGHBORHOOD RESTAURANT • SINCE 1904 RoyalRestaurantVA.com



Adopt/Donate/Volunteer

www.lostdogandcatrescue.org

Everything Christmas
In One Extraordinary Place

Make lasting memories with an overnight stay!
ChristmasOnThePotomac.com
The Fun Ends January 1

PRESENTED BY
pepsi

ENTERTAINMENT

7:30-10 p.m. at The Lloyd House, 220 N. Washington St., Alexandria. Join the Alexandria-Caen Sister Cities Committee and the Office of Alexandria, and participate in the world's largest wine party. On Beaujolais Nouveau Day, parties are held throughout France. Cost of \$40 per person supports ACSCC programs. Call 703-746-4994 or visit alexandriava.gov/Shop.

NOV. 15-JAN. 6

Art Exhibit – Re:Vision. Gallery hours at The Athenaeum, 201 Prince St., Alexandria. In Re:Vision, Elizabeth Casqueiro reflects on the emotional content of immigration and what it means to push forward with a new life while remaining pulled by the old. Visit www.nfaa.org or call 703-548-0035.

FRIDAY/NOV. 16

Cape Science. 4 p.m. At James M. Duncan Jr. Branch Library, 2501 Commonwealth Ave., Alexandria. Free. Mixed Reactions explores the signs and signatures of chemical changes, featuring one of the most exciting areas of chemistry: combustion. Contact Anton Murray at amurray@alexlibraryva.org.

Community Dance. 7:30-9:30 p.m. At Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Third Friday Community Dance with the Mount Vernon Swing Band; live music conducted by Owen Hammett. Cost is \$4 at door. Open to the community. Call 703-765-4573.

SATURDAY/NOV. 17

Tour de Mount Vernon. 8:30 a.m. Starting and ending at Fort Hunt Park in Mount Vernon with Mount Vernon District Supervisor Dan Storck. This has been rescheduled. Register today to ride or volunteer.

Visit www.fairfaxcounty.gov/mountvernon.

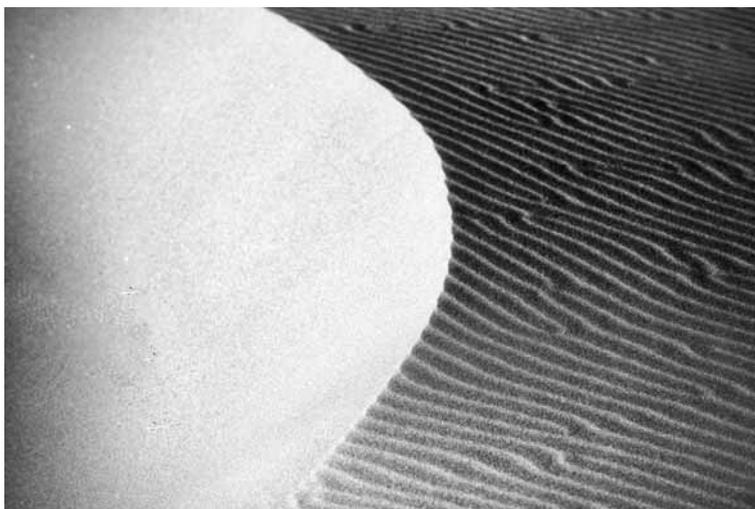
Walking with Washington Tour. 10 a.m.–noon at the Alexandria Visitor Center (Ramsay House), 221 King St., Alexandria. Free. Explore important sites associated with George Washington in his hometown of Alexandria. This guided walking tour of historic Old Towne covers significant people and events in Washington's life and in American history. No reservations required. Call 703-379-7460 or visit www.washingtonbirthday.com.

Dinorock Production Puppet Show. 10 and 11:15 a.m. At Durant Arts Center, 1605 Cameron St., Alexandria. Dinorock Production puppeteers will explore characteristics that human babies and dinosaur babies share, using award winning music and dynamic puppetry. Reservations per show are \$5 for all ages (adults and children). Children must be accompanied by at least one adult. Visit www.alexandriava.gov/webtrac.

Kids Krafts. 10 a.m.–2 p.m. At Friendship Firehouse Museum, 107 S. Alfred St., Alexandria. Create and take home craft projects inspired by early firefighting history. This program is for ages 5-8 and their caregivers. Space is limited, pre-purchased timed tickets are required. \$5 per child includes a craft kit and museum admission. \$2 for adults. Purchase tickets at alexandriava.gov/Shop or call 703-746-4994.

Portside History – Preserving Ice. 11 a.m.–2 p.m. at Old Town Alexandria waterfront, 1 King St., Alexandria. Free. Discover how Alexandrians preserved ice before the invention of home refrigerators. Visit www.PortsideInOldTown.com.

Make Old-Fashioned Toys. 1-2 p.m. At Historic Huntley, 6918 Harrison



Division Arch, 2018, photograph printed on metallic paper

Art Exhibit: 'Pattern + Texture'

Photographer Pete McCutchen captures mesmerizing patterns found in rock, ice, and sand, transforming natural scenery into abstract, alternate realities. Presented in monochrome and printed on metallic paper, McCutchen's photographs bewitch the eye with their ability to evoke two-dimensional patterns; jagged rocks become houndstooth; sand dunes pose as pinstripes. Exhibit runs through Dec. 2, gallery hours at the Torpedo Factory Art Center, 105 North Union Street, Studio 21, Alexandria. An opening reception is planned for Thursday, Nov. 8, 6:30-8 p.m. Visit www.theartleague.org or 703-683-1780.

Lane, Alexandria. Make simple toys to take home and play games like those the children who once lived at Historic Huntley enjoyed. A special children's house tour and scavenger hunt are part of the fun. The program is designed for participants age 4 to adult. Cost is \$7 per person. Call 703-768-2525 or visit www.fairfaxcounty.gov/parks/

historic-huntley.

American Girl Talk. 1:30-3:30 p.m. or 2:30-4:30 p.m. At Mount Vernon Estate, Alexandria. American Girl author Valerie Tripp brings Felicity to Mount Vernon. Listen to "Martha Washington" and Valerie Tripp, author of the first American Girl book Felicity, as they share the story of their collaboration for the book. The

menu includes tea and 18th-century desserts. Tickets: \$36/adult, \$20/youth. Visit www.mountvernon.org.
Alexandria Cider Festival. 2-6 p.m. At Lloyd House, 220 N. Washington St., Alexandria. Enjoy a selection of ciders from more than 12 Virginia cideries. Ticket includes tastings, a souvenir glass, live music and fun fall activities. Food trucks will also be on-site. Additional tasting tickets and tasting lectures available for purchase. Dress for the weather—this event is outdoors. \$45. Visit www.visitalexandriava.com/fall.

SUNDAY/NOV. 18

MIN-Contemporary Flute and Guitar Duo. 1 p.m. At The Athenaeum, 201 Prince St., Alexandria. Free. "MIN" will engage the audience with music from many diverse styles and genres including baroque, be-bop, blues, bossas, ballads, Broadway and beyond. Visit www.nfaa.org or call 703-548-0035.

Opening Reception – Re:Vision. 4-6 p.m. at The Athenaeum, 201 Prince St., Alexandria. In Re:Vision, Elizabeth Casqueiro reflects on the emotional content of immigration and what it means to push forward with a new life while remaining pulled by the old. Visit www.nvfaa.org.

Capitol Steps UCM Benefit. 5 p.m. At the U.S. Patent & Trademark Office, 600 Dulany St., Alexandria (Madison Building). Tickets: \$80 reserved table seating includes appetizers, beer, wine. Sponsorships start at \$500. No matter who or what is in the headlines, The Capitol Steps tackle both sides of the political spectrum and all things equally foolish. A fundraiser for the United Community Ministries. Visit www.ucmagency.org for tickets.

HADEED

SINCE 1955
Oriental Rug Cleaning & In-Home Services

FREE PICKUP & DELIVERY!
Includes: Furniture Moving & Rolling & Laying the Rugs!†

GET A JUMP ON THE HOLIDAYS!
You Have a Lot on Your Plate, Hadeed Will Help Make Your Home Sparkle in Time for the Holidays!

**ANY TYPE OF RUG, ANY PRICE LEVEL,
WE HAVE A SOLUTION FOR YOU!**

Hadeed, The People You've Trusted for Over 63 Years,
Now Bring the Same Quality Cleaning to Everyone!
Now Servicing Every Type of Rug from Machine Made Synthetic to the Finest Handmade Silk. We Bring the Same Quality to Everyone with Our Multi-Pricing Level Menu that will Match Your Rug.

| | |
|--|---------|
| In-Plant Rug Cleaning <small>Express or Signature Services. Expires 11/11/18. Not valid w/any other offers.</small> | 15% off |
| In-Plant Rug Restoration <small>Expires 11/11/18. Not valid w/any other offers.</small> | 10% off |
| Wall-to-Wall Carpet Steam Cleaning or Hardwood Floor Cleaning & Polishing <small>Expires 11/11/18. Not valid w/any other offers.</small> | 20% off |

535 W. Maple Avenue
Vienna, VA

4918 Wisconsin Ave.
DC/MD

3206 Duke Street
Alexandria, VA

6628 Electronic Dr.
Springfield VA

3116 W. Moore Street
Richmond VA

703-836-1111 | JoeHadeed.com

†Available in MD, DC, & VA. Min. order required, some restrictions apply. Doesn't include breakables. Call for details.

JOIN HONORARY CHAIRS

The Honorable & Mrs. Don Beyer

Neighbors for Health

GALA

Friday, November 9, 2018 • 6:30 pm

Ritz-Carlton Pentagon City
1250 South Hayes Street • Arlington, Virginia

Cocktail Reception • Plated 3-Course Dinner
Live & Silent Auctions • Live Music

Gala Proceeds Will Support Our Goal to Serve 22,500 Patients in 2019

For Tickets and Sponsorship Information:

501Auctions.com/NeighborhoodHealthGala
gala@neighborhoodhealthva.org • 571-457-9146 • 571-438-7715

STOP suffering with chronic PAIN

JOINT & BACK PAIN

NEUROPATHY

Experience healing with regenerative stem cell therapy at Stem Cell Centers!



Stem Cell Centers

Cutting Edge Treatments, Amazing Results

As a national leader in stem cell therapy, we have successfully treated thousands of patients suffering from chronic pain and other conditions.

Our network of top medical providers utilizes stem cells that are ethically and safely donated. Our advanced treatment protocols include rigorous testing and processing of the stem cells at an FDA approved biologic lab.



Hip & Shoulder Pain

"When I got my second treatment it got even better; I'm just so happy with what Stem Cell Centers has done for me. I finally fell asleep and the next morning, that pain, it was gone. It was gone!" ~ Moises

View more testimonials on our website!

www.StemCellCenters.com

Gain the Knowledge at one of our free Educational Seminars

Our National Educational Speakers will share with you their expertise and passion about stem cell therapy. Have your questions answered and discover how stem cells could end your chronic

| FREDERICKSBURG | ALEXANDRIA | ARLINGTON | MCLEAN | VIENNA |
|--|--|--|---|--|
| Mon. November 12 12p & 6p Homewood Suites 1040 Hospitality Ln | Tue. November 13 12p & 6p Courtyard by Marriott 2700 Eisenhower Ave | Wed. November 14 12p & 6p Courtyard by Marriott 1533 Clarendon Blvd | Thu. November 15 12p & 6p Courtyard by Marriott 1960-A Chain Bridge Rd | Fri. November 16 12p & 6p Embassy Suites by Hilton 8517 Leesburg Pike |

RESERVE YOUR SEAT TODAY!
or schedule a **FREE** in-office consultation

(703) 884-8084

SPACE IS LIMITED, CALL NOW!



Veteran-A-Day

Treating Our Heroes with Honor

Our Treat a Veteran-a-Day-For-Free ministry is one of our proudest endeavors. Under this ministry we treat one veteran a day. Learn more at Veterans.StemCellCenters.com

Financing options available. **GreenSky**



*Stem cell therapy is still considered experimental by the FDA.

WELLBEING

A Good Night's Sleep The impact of sleep deprivation and how to avoid it.

BY MARILYN CAMPBELL

For those with seemingly endless to-do lists, taking a nap or sleeping late might seem like a luxury they can't afford. Foregoing sleep in lieu of checking email, doing laundry or studying for an exam, could decrease the quality of those tasks.

"Two well-known effects of inadequate sleep are cognitive processing problems including attention, storing information and retrieving information from memory," said Dr. Linda Gulyn, professor of psychology at Marymount University. "That's why someone who is consistently sleepy has difficulty in classes, getting work done, and taking tests. This is problematic especially for high school and college students."

The Centers for Disease Control and Prevention recommends that school-aged children get nine to 12 hours of sleep each night, teenagers get eight to 10 hours, adults 18-65 get seven to eight and adults 65 and older get seven to eight hours. The CDC also reports that one in three people don't get enough sleep.

"This country is very achievement-oriented. It's go, go, go and we think that sleeping is for wimps," said Adam Winsler, Ph.D. professor of applied developmental psychology at George Mason University and lead



PHOTO BY MARILYN CAMPBELL

Avoiding activities like playing video games before bed can improve the quality of one's sleep, says researchers.

author of an article published in the Journal of Youth and Adolescence called "Sleepless in Fairfax ..."

But in addition to a decrease in productivity, a lack of adequate sleep can have a negative impact on one's overall wellbeing. Winsler's study looked at 39,000 8th, 10th and 12th graders in Fairfax County. The researchers recorded the average number of hour of sleep the teens get each night and found that sleep deprivation can have a profound impact on mental health and certain behaviors. "We found that getting eight to nine hours of sleep each night lowers the risk of underage drinking, smoking and se-

rious drug use in kids and adolescence. Each hour more of sleep a night adolescents get is associated with less depression, suicide, and drug use for teens," said Winsler. "But generally, the reality is that most kids and teens are considered deprived. A lack of sleep hurts them emotionally and can make them feel depressed and grumpy. Younger children who don't get adequate sleep can experience problems with self-control and behavior regulation."

"When we are tired, we are more likely to be agitated and this affects social relationships. [Someone who's sleep deprived] might have a tough time completing tasks," added Gulyn.

There are physical and mental health benefits to getting proper sleep, says Dr. Jerome Short, a clinical psychologist and associate professor of psychology at George Mason University who has also studied the effect of sleep patterns on overall health and wellness. "Sleep clears the brain of toxic proteins, repairs muscles, and restores the immune system. Adequate sleep is associated with less obesity, diabetes, heart disease, and cancer," he said. "In recent research with college students, I found that the combination of vigorous exercise and sleep satisfaction led to next day positive mood, he said. "The combination of moderate exercise and longer sleep led to re-

duced negative mood."

"During sleep, the body releases hormones that stimulate growth, increase muscle mass, and repair cells and tissues," said Julia Dorsey, RN, School Public Health Nurse - Fairfax County Health Department. "Hormones also help boost the immune system to better fight infection. Chronic sleep deficiency is linked to an increased risk of obesity and type II diabetes, as well as heart disease, high blood pressure, and stroke."

ADEQUATE SLEEP can be elusive in a social environment where social media and information on demand are prevalent. "It's critical to reduce screen time before bed and not allow video games and computers and phones use late at night," said Winsler. "Dimming the lights and doing calming activities also helps. One big ussie is that teens sleep with their phones next to them and the phones vibrate and wake them up."

"Daily exercise, reduced light, physical comfort, and a regular sleep routine of going to bed and getting up at the same time increase duration of, and satisfaction with, sleep," added Dr. Jerome Short.

To improve the quality of one's sleep, Gulyn advises that "if sleep problems are associated with excessive worry or depression, then it's important to seek professional advice."

The Campagna Center's
SCOTTISH CHRISTMAS WALK PARADE
SATURDAY, DECEMBER 1 at 11 A.M. - OLD TOWN ALEXANDRIA



For the 48th consecutive year, we proudly present The Campagna Center's Scottish Christmas Walk Parade. Enjoy marching units filled with the magnificent tartans of Scottish Clans, the stirring sound of Scottish bagpipes and drums, Scottish dancers, reenactment groups, Scottie dogs, dignitaries, classic cars, Santa Claus, and much more. The parade begins at St. Asaph and Wolfe Streets and concludes at Market Square with a massed band concert.




PARADE SPONSOR

SPONSOR TRADITION TODAY:
CAMPAGNACENTER.ORG/SCOTTISHWALKWEEKEND




MEDIA PARTNER



JOHNS HOPKINS
KRIEGER SCHOOL
of ARTS & SCIENCES

Join us for
an online
info session!

NOV. 13
Applied
Economics

NOV. 15
Cultural
Heritage
Management

NOV. 27
Museum Studies

NOV. 28
Master of
Liberal Arts

ADVANCED ACADEMIC PROGRAMS

LEARN MORE
ADVANCED.JHU.EDU/OPENHOUSE

1717 MASSACHUSETTS AVE. NW, SUITE 101 | WASHINGTON, DC
20036 1.800.847.3330 | 202.452.1940

SHOP LOCAL FIRST

MOUNT VERNON ★ LEE

Chamber
OF COMMERCE

Connecting Business and Community

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

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

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



Hollin Hall Senior Center Thanks the Community for All Their Support

Our 2018 Bazaar Was a Great Success

Thanks to the Following Businesses:

| | |
|-------------------------------------|------------------------------------|
| Adler's Art & Frame | Homelinstead |
| Alexandria Music Co. | Hunan Manor |
| Alexandria Workshop Ikebana | Hybla Valley Nursery |
| International, Chapter No 1 | In Stitches Needlework |
| Bonefish Grill | Jazzercise |
| Campbell & Ferrara Landscaping | Kings Jewelry |
| Cedar Knoll | Kramer & Sons Plumbing & HVAC |
| Cosmopolitan Grill | Luray Caverns, largest and most |
| CVS Pharmacy (Belle View) | popular caverns in Eastern America |
| Dishes of India | Mount Vernon Car Wash |
| Dunkin' Donuts (Belle View) | Outback Steakhouse |
| El Paso Restaurant | Primo's Family Restaurant |
| Fort Hunt Hair Design | Results Fitness |
| Fort Hunt Service Center | River Bend Bistro |
| Fort Hunt Organic Cleaners | Roy Rogers Restaurant (Belle View) |
| Good Shepherd Housing & | Safeway (Belle View) |
| Family Services | Sale by Gale |
| Great American Restaurants | Sherwood Gourmet |
| (Silverado/Coastal Flats) | Shoppers (Hybla Valley) |
| Great American Steak Buffet | Southside 815 |
| Griffin Plumbing & Heating | Starbucks (Hybla Valley) |
| Hair Cuttery | Subway (Belle View) |
| Hampton Inn & Suites Old Town South | Sun Sew Vac |
| Hillwood Estate | Top It Off |
| Hollin Hall Automotive | Via Veneto Restaurant |
| Hollin Hall Barber Shop | Village Hardware |
| Hollin Hall Variety Store | Virginia Florist |
| Holly Wood and Vines | Winterthur Museum |

**AND Thanks to ALL the wonderful Hollin Hall Senior Center
Volunteers Who Made it all Come Together**

**When patronizing the above businesses,
please tell them how much we appreciate their continued support**

Another ~~Mount Vernon Gazette~~ Community Partner

SPORTS



West Potomac High School assistant coach Jayme Murray in a question and answer period at his hitting station during the clinic. Besides being a coach at his alma mater, Murray is also a FHLL alumnus as well.

Talking about Coaching

West Potomac Baseball presented a free Coaching Clinic for all Fort Hunt Little League volunteer coaches on Saturday, Nov. 3. The event, held at Fort Hunt Elementary School, was the first of many collaborations envisioned going forward between the two organizations.

"We just appreciate so much all the time and support given by these volunteers to help boys and girls learn and love baseball and wanted to give something back to them," said West Potomac's new head coach Jimmy Linza. "And we look forward to doing more of these in the future."

Besides coaching clinics, there are plans for the FHLL graduates who will be seniors at West Potomac to attend the little league's opening day ceremonies, one or more Youth Nights at West Potomac, and summer baseball camp for youngsters.



Mount Vernon Mavericks coach Rene Belanger demonstrates stretching exercises with a group of FHLL coaches. Belanger has been involved in local baseball — little league to high school varsity and beyond — for decades.

BULLETIN BOARD

FOOD DRIVES

Scouting for Food. Starting Nov. 3, Scouts will post reminder flyers to homes throughout area, then return to collect non-perishable food items that will nourish the area's hungry on Nov. 10. Scouting for Food is held every fall prior to Thanksgiving. Local food banks rely on it to stock their shelves for the upcoming holiday months, when food demands are the greatest. Visit www.ncacbsa.org for more.

Food Collection. Through Friday, Nov. 16, PenFed is collecting boxed and canned foods at all of its DC area branch locations. PenFed, NBC4, Telemundo44 and The Boys and Girls Club of Greater Washington will collect the boxes and assemble over 4,000 turkey baskets to be distributed to local families, seniors, veterans and others in need. Visit visit.PenFed.org. PenFed branch locations collecting donation items include:

- ❖ Kingstowne – 5775 Barclay Drive, Alexandria
- ❖ Fort Belvoir – 9651 Gunston Road, Bldg 1152, Fort Belvoir
- ❖ National Geospatial-Intelligence Agency – 7500 Geoint Drive,

Springfield
Food for Fines. Nov. 1-30. Fairfax County Public Library will be hosting a food drive called "Food for Fines." Canned goods and other non-perishable items collected during the drive will be donated to Food for Others, a not-for-profit food pantry and food rescue operation that serves Fairfax County. Each item donated will erase \$1 from a patron's overdue fines up to a maximum of \$15. Customers may donate even if there are no fines accrued. Visit www.fairfaxcounty.gov/library/food-fines for more.

WEDNESDAY/NOV. 14

Volunteering With Passion and Purpose. 1-3 p.m. at Sherwood Hall Library, Meeting Room 4, 2501 Sherwood Hall Lane, Alexandria. Join a workshop designed to help match skills, hobbies and passion with volunteer opportunities in the community while learning about GrandInvolve – which uses a volunteer's skills and experience to help students succeed in school. Email info@grandinvolve.org for more.



PHOTO CONTRIBUTED

Former Gov. Terry McAuliffe tells the crowd assembled at Tim Kaine's victory party that voters in Virginia rejected President Donald Trump's campaign of "fear, hatred and division."

Democrats Seize Control

FROM PAGE 1

ered by suggesting — without any evidence — that Kaine had somehow been charged with sexual misconduct. Kaine said voters rejected that approach.

"You rejected the politics of peddling lies to try to get ahead," said Kaine. "You rejected the politics and the economics of it's about a few and not about all."

Wexton celebrated victory at the Washington Dulles Airport Marriott, thanking supporters and volunteers that helped her win in the most expensive congressional race in Virginia. Democrats targeted the race and pumped millions of dollars into an effort to knock on doors and appear on television screens.

Comstock ended up raising more money, \$6 million in total from Northern Virginia business stalwarts like Northrop Grumman and Capital One. But national Democrats flooded the race with money, and Wexton tapped her experience as a Loudoun prosecutor to gain funding from law firms like Wilmer Hale and Jones Day.

In the end, she said, suburban voters rejected the Trump playbook of racial division and economic nationalism.

"I have been saying from the beginning of this campaign that change is coming, and change came today," said Wexton. "That kind of change doesn't just happen, it happened because of you."

WITH DEMOCRATS seizing control of the House of Representatives, the Fairfax County delegation stands to gain a new sense of prominence on Capitol Hill. U.S. Rep. Gerry Connolly (D-11) is expected to take a key role on the House Oversight and Government Reform Committee, which is expected to start investigating the president's political involvement with Russia and economic ties to foreign leaders. For Connolly, it's an opportunity to reprise the role he played on the Fairfax County Board of Supervisors, where he had a reputation for aggressive

supervision.

"Tonight we get a mandate for oversight and accountability," said Connolly during Kaine's victory party, which was in his district. "And I just want to say to all my friends in the Trump administration: You better put on your rollerblades because you're going to be skating to Capitol Hill a lot."

U.S. Rep. Don Beyer (D-8) also stands to gain a new sense of prominence, possibly taking a position as chairman of a subcommittee on federal land or on space. Beyer says he would probably prefer chairing a subcommittee on federal land because he is the only former park ranger in Congress. Beyer also says he also wants to play a role on a new Select Committee on Climate, which Democrats have been planning for some time.

"The centerpiece of my leadership these last five years has been trying to be the strongest and clearest voice to fight climate change as I can be," said Beyer. "So being on that select committee would make a lot of sense."

WEXTON'S VICTORY opens a cascading series of special elections in Northern Virginia that are going to keep consultants and volunteers busy for the next few months. Del. Jennifer Boysko (D-86) is expected to run for that seat. Her House seat in Herndon would open if she were successful, initiating a rapid-pace series of special elections to install new members of the General Assembly ahead of the January session. And it's likely the House seat would not be filled by opening day. State Sen. Adam Ebbin (D-30) says Boysko is "the overwhelming and obvious choice."

"She's known in Fairfax and has been spending a lot of time in Loudoun County, and she's got a really strong fundraising ability," said Ebbin. "She's got a great legislative ability, and she does a lot of community events in the area. So I think she'd be pretty formidable, and I'd be surprised if she didn't win."

"It's going to be a tough road ahead for Republicans in Northern Virginia. Essentially, it's gone."

— Dan Scandling, former chief of staff to U.S. Rep. Frank Wolf (R-10)

CLASSIFIED
WWW.CONNECTIONNEWSPAPERS.COM
TO ADVERTISE IN THIS PAPER, CALL BY MONDAY 11:00 AM 703-778-9411

Announcements

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

Find us on Facebook and become a fan!
www.Facebook.com/connectionnewspapers
THE CONNECTION
Newspapers & Online
The Connection to Your Community
www.connectionnewspapers.com

Employment

Forget Daily Commuting
Print and digital media sales consultant for area's most popular and trusted local news source
Manage your own hours from home
Enjoy flexible schedule plus no daily commute
Help local businesses grow
Unique opportunity to be a voice in your community
Competitive compensation
Call Jerry Vernon
703-549-0004
Connection Newspapers & Digital Media
Trusted Connection to Local Communities

Obituary

RICHARD S. CHRISTIAN, III "Rick"

Rick Christian (aka "the Rickster") passed away unexpectedly in his sleep on November 2, 2018. He was 62. Rick had a wonderful sense of humor and quick wit, charm, and a huge personality that made him the life of the party. He loved surfing, the ocean, fishing, the Redskins, dogs, classic rock, classic cars, and a good demolition derby. He also loved history and watching The History Channel. In his early years, Rick travelled with his family throughout Europe while his dad was in the Army. As a boy, he was a Boy Scout and in high school while his family was stationed in Germany, he enjoyed playing football and wrestling. After his family returned stateside, Rick graduated from Fort Hunt High School in the Mt. Vernon area. Rick was a talented carpenter and painter, a perfectionist in his work. Rick loved his many friends both lifelong and more recent. He was described as having a "heart of gold" and never turned down a request for help no matter the day or time. He was truly one of a kind. Rick is preceded in death by his mother, Adelaide (1963), his father, Lt. (Ret) Richard S. Christian (2012), his Uncle George Christian, Aunt Jean Christian, and cousin Tom Christian. He is survived by his step-mother, Julita Christian, sisters Karin Christian (Garry) and Melanie Hendricks (Ken), nephew William, nieces Isabelle and Kate, Aunt Connie Christian, and cousins Patty Christian, George Christian and Paul Christian, all of whom loved him very much.

Visitation will be held Saturday, November 10, 2018, 1 to 3 p.m., followed by a Gathering Service from 3 to 4 p.m., Saturday, November 10, 2018, at Demaine Funeral Home, 520 South Washington Street, Alexandria, Virginia 22314.

Announcements

Announcements

PROFESSIONAL TRUCK DRIVERS

As the freight market fluctuates, your paycheck and miles shouldn't have to.

Some carriers are scrambling for freight to keep drivers moving. At Schneider, drivers keep rolling, racking up reliable paychecks made possible by year-round customer freight.

It's because of the great work our drivers do that shippers keep Schneider busy.

Don't get stuck in neutral. Make the smart move, and get your career in gear with **the busy carrier: Schneider.**

SCHNEIDER

Apply: schneiderjobs.com

Call: 800-44-PRIDE

Sounds Not So Silent



By KENNETH B. LOURIE

With apologies to Simon and Garfunkel: burping, hiccupping, coughing, “expectorating,” wheezing, sneezing, sniffing, nose running, nose bleeding, nose blowing, “gassing,” gurgling and “nauseating.”

If this were football, I’d likely receive a penalty for piling on: too much not of a good thing.

For me, it’s just another day in cancer’s side-effect paradise. For my wife, Dina, however, it’s more difficult; caught in the crossfire, so to speak. Aside from how cancer makes you look and feel, there is also an element of how it makes you sound.

Not that I’m self-conscious or anything; I’m just more self-aware. But there’s only so much one can do, or quite frankly, want to do to manage/control one’s sights and sounds.

After all, side effects are sort of the cost of doing business in the medical/pharmaceutical world. And though every patient doesn’t experience identical symptoms, we’re all warned equally that there could be trouble in them “thar” pills. Part of that trouble is internal: what you feel, and part of that trouble is external: what you see and hear. And depending upon what medication you’re receiving, you could be experiencing side effects that manifest more like main effects.

Generally speaking, unless I was really uncomfortable and/or insistent when speaking to my oncologist, he has refrained from treating side effects – too much. His thinking has been that too many pills treating too many side effects makes Kenny an extraordinarily dull and dependent boy, and likely makes matters worse. Granted, there have been exceptions.

But prescribing an ever-increasing number and variety of pills seems akin to chasing one’s own tail. It may be amusing to look at (if you’re a cat or dog owner), but it’s a hell of a price to pay for a minimal amount of relief. You may not be any worse for the wear, but neither are you any better off than when you started.

Obviously, in the cancer-treatment world, there’s going to be some discomfort, and I have been prescribed some side-effect medication accordingly: for a skin rash, for constipation, to boost my appetite, for pain and for neuropathy. But overall, to ease my worried brow, we’ve tried to stay away from letting side effects affect my primary care.

Unfortunately, the reality is, every medication, every treatment, every procedure produces side effects. Trying to keep your eye on the ball during multiple processes, can become challenging. And though it may not be rocket science, it is medicine/science which for a Humanities graduate like me is as unnatural as it can possibly be.

All I understand is trying not to make matters worse, but when you’ve been diagnosed as “terminal,” which I was, things have already become worse. Ergo, knowing how to manage your situation so as not to exaggerate the challenge you already face itself becomes a side effect for which there’s very little treatment.

Knowing when to add or subtract medications, knowing when to change one’s infusion medicine, knowing when to schedule infusion intervals and knowing when to schedule diagnostic scans, are all wrenching emotional decisions which might have life-ending consequences so these decisions do carry the weight of the world. And though my father always told me that I had broad shoulders (meaning I could carry the weight), I have never been tested as I have these last nearly 10 years.

Having survived for as long as I have, presumably, I have made some correct decisions. Nevertheless, I still feel like I’m one wrong move from disaster. And it’s never more clear to me than when I’m listening to what I’m hearing.

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

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

| | | | |
|---|--|---|--|
| LANDSCAPING A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465 | | Good is not good, where better is expected. -Thomas Fuller | |
| LANDSCAPING Patios & Drainage Your neighborhood company since 1987 703-772-0500 | | LANDSCAPING J.E.S. Services Free Estimates • Fully Licensed & Insured • Planting & Landscaping Design • Drainage & Water Problems • Concrete Driveways, Replacement or New • Patios and Walks • Masonry Work or Dry Laid • Paver, Flagstone, Brick, any style you choose • Retaining walls of all types All work Guaranteed | |
| ELECTRICAL K & D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc... | | ELECTRICAL Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com | |
| GUTTER GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES Lic/ins 703-802-0483 free est. email: jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price! | | TILE / MARBLE Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Fall Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience – Free estimates 703-868-5358 24 Hour Emergency Tree Service | |
| IMPROVEMENTS Power Washing Go from green to clean, do you have mold on your siding rotten wood that's a hoia voilation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing. Licensed & Insured • Free Estimates email: jnave@comcast.net Single Family \$155 703-987-5096 Townhouse \$125 | | IMPROVEMENTS A&S Landscaping • All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing 703-863-7465 LICENSED Serving All of N. Virginia | |
| PAVING GOLDY BRICK CONSTRUCTION Walkways, Patios, Driveways, Flagstone, Concrete FREE ESTIMATES Licensed, Insured, Bonded 703-250-6231 | | PAVING ATTENTION ADVERTISERS: expand your audience beyond our weekly print edition with THE CONNECTION DIGITAL • Email Marketing • Social Media • Sponsored Content FOR MORE INFORMATION CALL 703.778.9431 OR VISIT CONNECTIONNEWSPAPERS.COM/ADVERTISING | |
| Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic Phone: 703-887-3827 E-mail: rncontractorsinc@gmail.com www.rncontractors.com | | Find us on Facebook and become a fan! www.Facebook.com/connectionnewspapers THE CONNECTION Newspapers & Online The Connection to Your Community www.connectionnewspapers.com | |



PHOTO BY JAN MICHELE PHOTOGRAPHY

From left: David Levine, president/CEO of Good Shepherd Housing; Tofie Owen, winner of the 2018 Adinaro Award; and Alexis Feeney Tallman, chairman of the Board of Directors, Good Shepherd Housing.

Awards

FROM PAGE 3

tees.

GSH also honored former GSH Board Member Tofie Owen with the Joseph T. Adinaro Humanitarian Award.

The award honors individuals for outstanding contributions that have improved the lives of low-income families and individuals through their work with Good Shepherd Housing and Family Services. Retired from SAIC, Owen has remained an active supporter of Good Shepherd Housing, supporting the organization’s various fundraising events and has contributed innumerable support to client families when individual needs have arisen.

Protest

FROM PAGE 3

Bijan and his family, and I’ll walk across Alexandria Avenue with it. I wouldn’t mind stopping traffic and drawing attention to the lack of accountability in this case.”

Bergen knows that plenty of other people are up in arms over this matter, and he hopes that at least a few will join him.

He added that protest precedes a vigil for Ghaisar that will take place at the Lincoln Memorial on the same day from 6 to 8 p.m. This vigil is hosted by the group, We Are Bijan, which has for the last year been demanding conclusions from the ongoing investigation.

Bergen is a 26-year veteran of the United States Air Force and a 15-year veteran of law enforcement, and in his opinion, there is no excuse for the FBI’s silence in this case.

“I will give you that the FBI has a full plate, but they were still able to conduct a full investigation of a Supreme Court nominee in less than a week,” he said. “Here, we know who the shooters were, we have eyewitnesses, and the FBI also has the Fairfax County Police’s video of the shooting. But, his family is still in the dark about what really happened. This is not the FBI I want to support. They’ve had almost a year. Do they think this is just going to go away?”

For more information about the protest, contact Bergen at 703-786-5833 or kevinbergen40@gmail.com.

SPECIAL SAVINGS FOR YOUR TOYOTA



WELCOME TO ALEXANDRIA TOYOTA'S PERSONALIZED CAR CARE EXPERIENCE

BUY 3 TIRES AND GET THE 4TH FOR \$1



See Service Advisor for details.

GOT TIRES?

INCLUDES ROAD HAZARD PROTECTION, TIRE WARRANTY, AND FREE COURTESY INSPECTION.

BONUS: ADD A 4 WHEEL ALIGNMENT FOR \$39.95

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/18.

CHECK ENGINE LIGHT DIAGNOSIS

NO CHARGE

INITIAL DIAGNOSIS

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



NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/18.

Jack Taylor's
ALEXANDRIA TOYOTA



SERVICE & PARTS DEPT HOURS:

Monday - Friday, 7:00am to 7:00pm
Saturday, 8:00am to 5:00pm

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



ToyotaCare Customers

Don't Forget Your **FREE** Service. 5,000 • 10,000 • 15,000 • 20,000 • 25,000



Mile Services
Call your ASM for details

ToyotaCare Plus \$329⁰⁰

Covers up to 4 years/45,000 miles

OIL & FILTER CHANGE

\$29⁹⁵

NON-SYNTHETIC

\$44⁹⁵

SYNTHETIC

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/18.

BRAKE SPECIAL

\$79⁹⁵

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

MACHINE ROTORS ADDITIONAL

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/18.

SIGHT LINE WIPER BLADES

\$10 OFF

Sight Line only.

NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY. GOOD THRU 11/30/18.

FREE

BATTERY CHECK-UP

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/18.

TRUESTART™ BATTERIES



\$99⁹⁵

INCLUDES BATTERY INSTALLATION

Includes: 84 month warranty, 24 month free replacement, 24 month free roadside assistance. Does not apply to hybrid batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/18.

ALIGNMENT SPECIAL

\$69⁹⁵

Your car's alignment suffers, and can cause uneven tire wear and steering problems. **INCLUDES:** Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/18.



ALEXANDRIA TOYOTA

©SMS Productions, Inc. 1-800-289-7671 #201810009

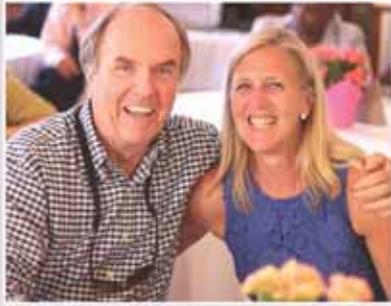
Check your windshield. Does your sticker say **10/18, 11/18, or 12/18?** If so, your VA Safety Inspection is now due

VIRGINIA STATE INSPECTION

FREE

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/18.

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



CHRIS WHITE

64 Homes SOLD in 2018 so far!

Now is the time to call Chris & Peggy White!

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

LONG & FOSTER
REAL ESTATE

CHRISTIE'S
INTERNATIONAL REAL ESTATE

OPEN SUNDAY 1-4PM!

CONTRACT!



4307 Robertson Blvd

Great Opportunity! | \$548,000

Best priced Colonial in Mount Vernon area! 5 Bedrooms and 3.5 Baths on 3 finished levels! Special features include: hardwoods on main and upper level, finished basement with bedroom, full bath, fireplace, and walk out, 2 car garage, and huge back yard. Long list of updates and improvements available. This one won't last long!



8900 Camden St

Price Reduced! | \$639,950

6 Bedroom/3 Bath home with stately columned front portico! Expansive bright open floor plan enhanced with family room/sunroom addition with cathedral light oak ceiling. Deck off sunroom addition overlooks expansive back yard. Paved driveway leads to oversize two car garage with work area. Great value!



4417 Neptune Dr.

Yacht Haven Estates! | \$739,000

Exceptionally unique and spacious Colonial on private .72 acre lot. Special features include: updated kitchen, updated baths, family room with gas fireplace opens to patio overlooking serene pool scene, detached two car garage, extra parking area for RV/ Boat. Short walk to Mount Vernon Yacht Club and riverfront area!



3708 Carriage House Ct \$810,000

Truly special property in prime location on gorgeous lot bordering Mt. Vernon Estate grounds. Fabulous home in pristine condition. Features include bright open floor plan, stunning glass walled addition, updated expanded kitchen, gorgeous hardwood floors, 4 bedrooms including master suite with recently remodeled bath, & 2 car garage. Custom deck & brick patio overlook backyard & MV Estate

JUST SOLD!



4401 Granada St. \$549,000

Immaculate and spacious home on gorgeous flat lot. Features include: 4 Bedrooms, 3 fully updated Baths, top of the line updated Kitchen, refinished hardwoods on main two levels, whole 3rd lower level just for storage, replacement windows and siding, New Roof (2013), garage and long additional list of updates. Great Value!

JUST SOLD!



9411 Mount Vernon Circle \$959,900

Incredible new price on one of Mount Vernon on the Potomac's most stately homes! Home has it all! 3 finished levels, high ceilings, estate room sizes, approx 6,500 sq ft of luxury at unheard of price. Community marina and brand new docks provide vacation vibe in convenient, close in location.

JUST SOLD!



4519 Dolphin Ln \$545,000

Fabulous large rambler with huge potential. Gorgeous half acre lot just steps from Mt. Vernon Yacht Club. Features include large room sizes, open floor plan, replacement windows, finished lower level with direct outside access, sun room and over sized carport. Excellent value in Yacht Haven!

JUST SOLD!



8816 Black Alder Dr. \$640,000

Sold off the market! 4 Bedroom, 2.5 Baths. Special features include: new roof, updated kitchen and baths, kitchen overlooking family room with fireplace, large fenced rear yard, oversize two car garage, attractive classic colonial front elevation enhanced by front portico with two story pillars. This house has it all!

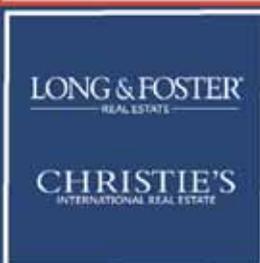
JUST SOLD!



3801 Densmore Ct. \$665,000

Exceptional Value! Spacious home on gorgeous large lot on quiet cul-de-sac in Westgate! Features include: stately front portico, huge master suite with sitting room, hardwood floors, 4 Bedrooms, 2.5 Baths, 2 Fireplaces, updated Kitchen with gas cooking, incredible screen porch overlooking private fenced rear grounds, & 2 car garage. Unique opportunity!

JUST SOLD!



CHRIS WHITE 703.283.9028

www.chrisandpeggywhite.com
chris.white@longandfoster.com

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

