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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 deliv

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

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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

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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 an 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.

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.

“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.



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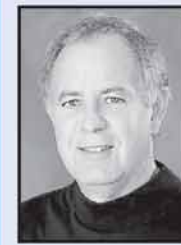
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Alex/Engleside \$1,300,000
8734 Lukens Lane
4.128 acres zones R-2 for sale. There are 2 lots: 4/0 acres w/house (Tax Map 1101 01 0043) and .128 acre vacant land (1101 01 0043A). House on Property sold “AS IS” and NO ACCESS given or allowed. Land Value 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.



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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.

EDITORIAL

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?

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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 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

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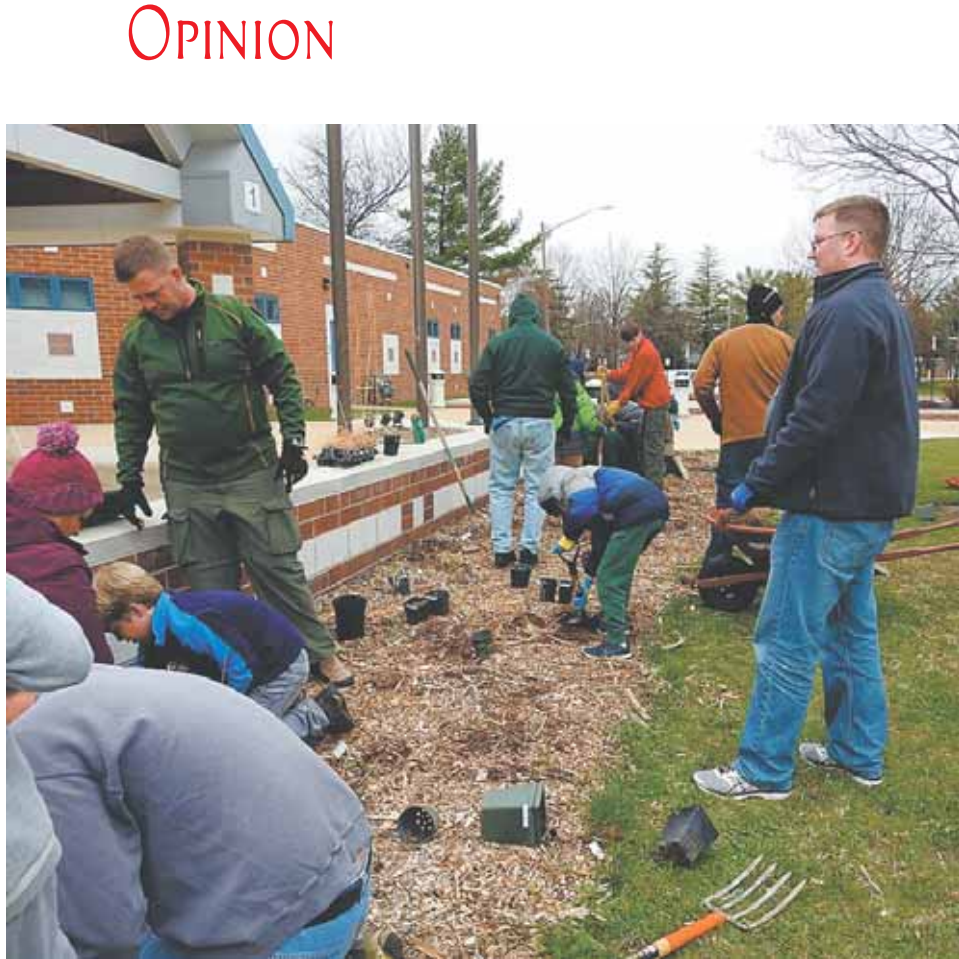
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Scouts plant natural landscaping at Mount Vernon Governmental Center.

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 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>)

COMMENTARY

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

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.

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 statues 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-

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

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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 Anton Murray at amurray@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.



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..."

TRAVIS MANION FOUNDATION 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

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12th Annual

Alexandria Film Festival

November 8-11

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AlexFilmFest.com

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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.

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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.

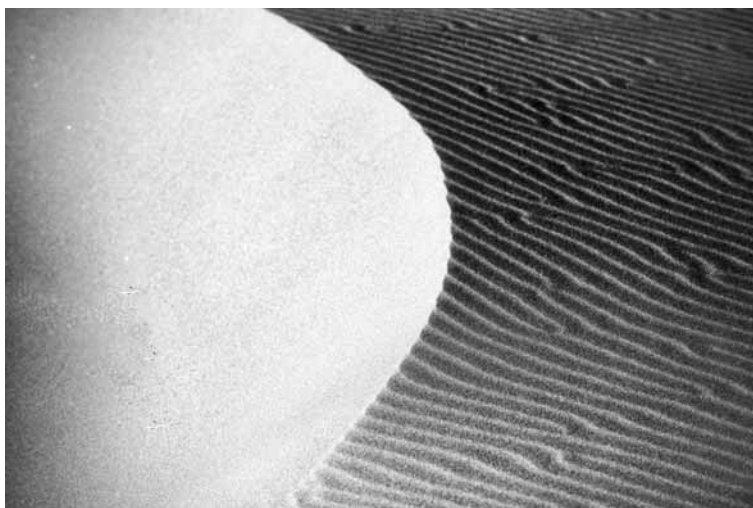
Walking with Washington Tour. 10 a.m.–noon at the Alexandria Visitor Center (Ramsay House), 221 King St., Alexandria. Free. Explore important sites associated with George Washington in his hometown of Alexandria. This guided walking tour of historic Old Towne covers significant people and events in Washington's 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 Dulaney 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.

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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."

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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."

"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)

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."

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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.

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With apologies to Simon and Garfunkel:
burping, hiccupping, coughing, "expectorating,"
wheezing, sneezing, sniffing, nose running,
nose bleeding, nose blowing, "gassing," gur-
gling and "nauseating."

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.

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 "tha'r" 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.

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.

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.

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 then when I'm listening to what I'm hearing.

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PHOTO BY JAN MICHELE PHOTOGRAPHY

Awards

tees.

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

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."

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.

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8900 Camden St

Price Reduced! | \$639,950

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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!

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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!

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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!

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