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#### In Market Square Cindy Ryan plays with percussion instruments — dumbeg, rigg and droll — on stage at the 21<sup>st</sup> annual Alexandria Armenian Festival on Saturday afternoon, June

1, in Market Square.

More photos, page G.

# Dreams Taken Away

Julian Dawkins is remembered as hard-working young man with sense of humor.

> By Michael Lee Pope Gazette Packet

ust a few hours after Alexandria police charged an Arlington Sheriff's deputy with murdering Julian Dawkins, hundreds of friends and relatives packed Antioch Baptist Church on Queen Street for an emotional funeral. Dawkins, 22, was remembered as a hard-working young man who had a great sense of humor. The sanctuary was packed to capacity, and rows of friends lined up out the door and into the streets of the Parker Gray neighborhood.

"He wanted to start his own business detailing cars, so he got a job at PBS driving a shuttle to work toward that goal," said Gary White, a cousin of the slain 22year-old. "Now that dream has been taken away."

Three hours before the funeral, 44-year-old Craig Patterson appeared on a video screen before General District Court Judge Becky Moore at the Alexandria courthouse. In a brief advisement hearing, prosecutors said Patterson's story that Dawkins threatened him with a knife couldn't have been true because investigators found it folded and clipped in his pocket. Investigators are looking into the possibility that the dispute could have erupted after a game of dice, although Commonwealth's Attorney Randy Sengel said prosecutors are still hoping more witnesses will emerge.

"We believe that there are still a number of folks out there who heard something or saw something or know something that is

See Dawkins, Page 5

# City's Food Fight Restaurants ready to go to battle at City Hall over food trucks.

**By Michael Lee Pope** Gazette Packet

ontroversy is on the menu this fall, when advocates of food trucks and restaurants are set to clash over when and where customers can purchase meals on wheels. The food truck craze has already swept through many major metropolitan areas across the country, including

See Food Fight, Page 30

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#### Week in Alexandria

### Hostel Neighbors

Old Town doesn't get many firsts. But city officials are considering an application to create the city's first-ever hostel, dormitory-style accommodations with shared bedrooms and common bathrooms. Applicant Paul Cianciolo hopes that the location will become an affiliate of Hosteling International USA, a nonprofit organization for hostels. Much of the opposition comes from parents who send their children to a nearby childcare center.

"It's no secret that people patronizing hostels are often not outstanding members of the communities where they travel from," wrote Julia Alsup of Warwick Village in a letter opposing the application. "If something were to happen, I fear they could never be traced."

The proposal under consideration would have 94 beds in 16 private and shared bedrooms, plus one overflow room. It would have a common bathroom as well as a kitchen, laundry and lounge areas. The location at 216 South Peyton St. has been unoccupied for many years. Given its proximity to the King Street Metro, the facility could be a convenient and low-cost option for budget-conscious travelers who arrive in Alexandria using public transportation.

"Hostels typically have a bad reputation for a reason," wrote Christine Tampio in a letter opposing the application. "They are specifically designed to house transient individuals."

Despite the opposition, members of the Planning Commission approved the application this week. That means the Alexandria City Council will have the final say when it considers the issue later this month.

## **Rededicating Funding**

Did City Council members make a mistake when they removed dedicated sources of funding for affordable housing and open space? Opinions are divided. Mayor Bill Euille says the decision to end the practice of dedicating sources of funding happened "accidentally," and that he plans to rectify the situation when the council finalizes the budget document next week. Councilman Paul Smedberg disagrees, pointing out that the issue was discussed at several work sessions during the budget season.

"So it was not an accidental thing in my opinion," said Smedberg during a recent council discussion of the issue. "People need to start paying attention and listening."

The question of whether or not funds should be dedicated to one fund or another has long vexed elected officials. Since they created the open-space fund and the affordable housing fund, groups have come out of the woodwork to advocate for dedicated sources of funding for everything from public art to the school system. Several members of council have openly advocated doing away with dedicated sources of funding for years, and city officials clearly thought it was the will of council when they drafted the budget motions approved by elected leaders last month. "It was not an accident," said Councilman Justin Wilson. "I knew what we were doing, and Paul knew what we were doing. If others didn't, that's a different issue."

## A New Landmark

A visit to Landmark Mall these days is something like a zombie apocalypse. The vast majority of the stores are shuttered, and those that remain are akin to the walking dead. The building is so deserted that Alexandria City Public Schools has moved into part of the building to conduct classes.

Now, after years of delay, city officials are about to consider a sweeping proposal from Dallas-based Howard Hughes Corporation that would transform Landmark Mall and, by extenuation, the West End of Alexandria. The plan would tear out the center of the mall and replace it with 400 apartments and a movie theater

Back in 2008, General Growth Properties was moving forward with a redevelopment plan. Then the Great Recession hit, and General Growth filed for bankruptcy. Now the Howard Hughes Corporation, a spinoff of General Growth, hopes to finally move forward with the long-delayed and much-anticipated project.

Members of the Planning Commission approved the proposal Tuesday night, sending the plan to members of the City Council for a final review. - Michael Lee Pope

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## By Jeanne Theismann

Gazette Packet

he Sushi Bar, featuring cuisine by award-winning Master Chef Saran "Peter" Kannasute, officially opened its doors June 4 on Mount Vernon Avenue in Del Ray.

With a lounge-like atmosphere and intimate decor, owners Mike Anderson and

> "People want to reconnect with their partners and need some alone time to make that happen." - Adults-only sushi bar owner **Mike Anderson**

"The sushi is outstanding," said customer John Bordner, who dined at the restaurant during the soft opening. "I'm impressed by the creative dishes such as the Del Ray Roll as well as the more traditional sushi offerings. And the sake menu is remarkable."

A small sign in the window announces that the restaurant is for 18-and-older adults.

> son said. "We talked to a lot of people with kids under 18 and 80-90 percent thought it was a great idea to carve out a place for adults. People want to reconnect with their partners and need some alone time to make that happen."

> The restaurant will be open six days a week for dinner and feature specials by Kannasute, who trained with Japanese Iron Chef Hiroyuki Sakai.

"I love to cook and am passionate about food," said Kannasute, most recently of Sushi Rock in Ar-

lington. "I was drawn to Japanese food for its flavor and artistry."

According to Anderson, who hopes to hold sushirolling workshops and chopstick classes for kids, feedback following the soft opening has been overwhelmingly positive.

"Couples have been loving it," Anderson said. "We were surprised at the controversy but believe we're on the right track."



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symbol for "dream" and the restaurant itself is the

final installment of three restaurants opened by

Anderson and Blackburn in Del Ray. It features 30

varieties of sake and is wedged between Pork Barrel

BBQ and the gourmet burger restaurant Holy Cow.

Master sushi chef Saran "Peter" Kannasute, right, gives a thumbs up during the soft opening of The Sushi Bar May 31 in Del Ray. The adults-only restaurant officially opened June 4 on Mount Vernon Avenue.



News

as Shari Bolouri looks on.

Bill Blackburn decided to make

the restaurant adults-only, a con-

cept that has drawn some criti-

"We didn't think the adults-

only concept was a big deal,"

Anderson said prior to the soft

opening June 1. "But people here

are proud of their support for lo-

cal businesses and some felt of-

fended and shunned. That was

The official name of the Sushi

Bar is actually the Japanese kanji

not our intent."

cism.

ALEXANDRIA GAZETTE EDITOR STEVEN MAUREN 703-778-9415 or gazette@connectionnewspapers.com

Master chef Saran "Peter" Kannasute displays some of his award-winning sushi during the opening of the adults-only sushi bar on Mount Vernon Avenue in Del Ray.



The Sushi Bar

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Police Chief Earl Cook and Commonwealth's Attorney Randy Sengel appear at a press conference shorty after charges are filed against Craig Patterson.

# Remembering Julian Dawkins

From Page 1

important to this case who have yet to come forward," said Sengel in a press conference after the arraignment. "We would encourage them to do that."

EIGHT BLOCKS AWAY from the courthouse, friends were already starting to gather at the church to mourn the loss of Dawkins - a great-nephew of Circuit Court Judge Nolan Dawkins. They wore shirts depicting photos of the 22-year-old in happier times, spending time with friends and mugging for the camera. One shirt said, "Save a Place in Paradise." The service featured speeches from PBS correspondent Gwen Ifill and Alexandria Mayor Bill Euille.

"Life is too short. Let's not hold grudges," the mayor MANY OF THE DETAILS about what happened to its fullest, and forgive those

who have created harm.' Many of the friends who attended the funeral first met Dawkins at Cora Kelly Recreation Center, where he was frequently selected as the captain basketball of teams. His love for the game earned him a spot on the junior varsity team at T.C. Williams High School, where he graduated in 2009. His outgoing personality and sense of leadership made him a popular student, one who had a wide circle of friends.

"He was an outgoing and caring person," said Jermaine Foster, a friend and classmate at T.C. Williams. "He was always cracking jokes, never in a harmful way."

MANY OF HIS FRIENDS fondly recalled Dawkins' sense of humor, which they said was always used in a way to put people at ease. Tania Knight recalled one incident when Dawkins' girlfriend had trouble with her leg. So Dawkins started walking the way she did — a way to laugh at a difficult situation and ease the tension.

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"He had this way of knowing what would make you laugh," said Knight. "He was the life of the party." When friends would quarrel, she said, he was often the one to persuade them to start talking again.

When people needed money, others said, he was often the one to loan it to them. When customers at his mother's shop, Hands In Motion, needed something, he was often the one to volunteer to go track it down.

"He was a natural leader," said Monique Bailey, whose son was a friend. "He was the kind of guy who could walk up to a crowd of strangers and strike up a conversation."

told mourning friends and relatives. "Live each day on May 22, when Patterson shot Dawkins in the chest, remain unknown. Patterson called

> "He was a natural leader. He was the kind of guy who could walk up to a crowd of strangers and strike up a conversation."

> > - Monique Bailey

911 and said Dawkins came after him with a knife, a story that police and prosecutors considered for a full week before arresting him in Spotsylvania County. Before the confrontation, Dawkins had been at a celebration for a cousin who had recently been signed to the Washington Mystics basketball team.

In court, Sengel said witnesses saw Patterson and Dawkins arguing in the early morning of May 22 in the 100 block of Lynhaven

Drive shortly before Patterson shouted that he would "be back" as he walked away. When Patterson came back, Sengel said, he was carrying his gun, a pair of handcuffs and his badge from the Arlington County Sheriff's Office. Police and prosecutors say Patterson's position as a public safety officer had no bearing on the investigation, although friends at the funeral were skeptical that his job didn't delay the process.

"I cannot deny that when you have someone of authority who is involved in an event like this, it does change the circumstance in terms of how it's viewed," said Police Chief Earl Cook. "But it does not change the process in terms of how we investigate."



## News



Ken Wright plays the Oud as Marakesh accompanies on a traditional percussion instrument while the Hyetones perform at the festival.



Festival emcee Dean Shahinian, vocalist Vivian Chakarian, first secretary to the Embassy of the Republic of Armenia Karen Israyelyan, vice mayor Allison Silberberg, U.S. Rep. Jim Moran, councilwoman Del Pepper, former U.S. ambassador to Armenia John Evans and pastor emeritus of St. Mary's Armenian Church Vertanes Kalayjian.

# 21st Annual Alexandria Armenian Festival



Vivian Chakarian sings the **U.S. National Anthem** followed by the Armenian National Anthem.

arket Square was filled with music and dance as the Alexandria Armenia festival got underway on Saturday afternoon, June 1. The Arax Armenian Dance ensemble performed to the music of the Hyetones along with members of the Slaveya Women's Vocal Ensemble. Carolyn Rapkievian followed with Armenian dance lessons. The Knights of Varta took turns cooking marinated lamb and chicken on the grill for the kebab luncheon platters. The festival was sponsored by the Armenian Network of America Inc, Knights of Varta and the Alexandria-Gyumri Sister Cities Committee.



Festival emcee Dean Shahinian listens as U.S. Rep. Jim Moran makes a few brief remarks. Moran was mayor of Alexandria when the festival began in 1992.



Jake Bournazian, commander of the Knights of Varta, adds a welcome to all the volunteers and visitors at the 21st Alexandria Armenian festival.

PHOTOS BY LOUISE KRAFFT/ GAZETTE PACKET



Kylie Hilali performs on the Kanun.

#### Bulletin Board

Email announcements to gazette@ connectionnewspapers.com. Deadline is Thursday by noon. Photos welcome.

#### **ABSENTEE VOTING OPENS**

On Tuesday June 11, there will be a Democratic Primary for Lieutenant Governor and Attorney General. Absentee voting for the primary began Friday, April 26. Many Alexandria voters are eligible to vote absentee, but relatively few take advantage of this option. Qualifying circumstances: commute and work for 11 of the 13 hours the polls are open; caregiver for a confined family member; unable to go to the polls in person on Election Day because of an illness or disability; or will be absent from Alexandria on Election Day because of personal business, work, school, or vacation. To learn more about these, and other circumstances in which absentee voting is an appropriate option, visit alexandriava.gov/Elections and click

on "Absentee Voting," or call 703-746-4050.

#### POLL

Participate in ACTion Alexandria's **Civic Engagement Principles online poll** to review the principles and answer a few short questions. To take the online poll, visit: http:// actionalexandria.org/alexandriasprinciples-civic-engagement. For more information on "What's Next Alexandria," the City's Civic Engagement initiative, visit www.alexandriava.gov/whatsnext, contact Carrie Beach at 703-746-4666, or e-mail whatsnext@alexandriava.gov.

#### **THURSDAY/JUNE 6**

Homebuyer Training Seminar. 6:30-8 p.m. at Burke Branch Library, 4701 Seminary Road. Advanced registration requested. Visit www.homeseminar.org for more.

#### **SATURDAY/JUNE 8**

- Waterfront Commission Waterfront Walk. 9 a.m. Oronoco Bay Park, 100 Madison St. Contact Jack Browand, jack.browand@ alexandriava.gov, 703-746-5504.
- Condominium Living. 6:30-8:30 p.m. at the Duncan Branch Library, 2501 Commonwealth Ave. Learn about the rights and responsibilities of condo associations and those of the homeowner. Free. Seating is limited. To confirm attendance, call 703-746-4990 or email shane.cochran@ alexandriava.gov,

#### **TUESDAY/JUNE 11**

Alexandria City Council Legislative Meeting. 7 p.m. City Hall, Council Chamber, 301 King St. Contact 703-746-4550.

**Budget and Fiscal Affairs Advisory** Committee. 7 p.m. City Hall, Sister

Cities Room 1101, 301 King St. Contact Alex Braden, 703-746-3740. Alexandria Commission for Women. 7:30 p.m. City Hall, Room 2000, 301 King St. Contact Lisa Baker, 703-746-5030.

#### WEDNESDAY/JUNE 12

- Speaker Series. 9:30 a.m.-noon at Beatley Library, 5005 Duke St. Senior Services of Alexandria is sponsoring a special Speaker Series event. BB&T Bank and the Alexandria Police Department will lead a conversation about how seniors can protect themselves against identity theft and recent fraudulent schemes that have targeted Alexandria's senior population. Free and a light breakfast will be served. Register at www.seniorservicesalex.org or 703-836 4414 ext 10.
- Draft Plan Review. 6:30-8:30 p.m. at Mount Vernon Rec Center, 2701 Commonwealth Ave. Discuss the improvement draft plan for Simpson Park. Visit www.alexandriava.gov/

#### 65170 or 703-746-5491.

#### **THURSDAY/JUNE 13**

- Deadline. The Alexandria Park and Recreation Commission is seeking nominations for the 2013 CIVIC Awards. A nomination package is available online at www.alexandriava.gov/recreation, or
- by calling 703-746-4343. **Discussion.** 7-8:45 p.m. at Charles Houston Recreation Center, 905 Wythe St. Giordana De Altin Popiolek, a clinical psychologist who has worked with children and adolescents, will discuss the impact of violence, whether they see it on the news, in the neighborhood or in the home at a at a free community mental health event. Contact Friends of the Alexandria Mental Health Center at friendsofamhc@gmail.com.
- Waterfront Commission Marina Committee. 5 p.m. City Hall, Room 2000, 301 King St. Contact Jack Browand, jack.browand@ alexandriava.gov, 703-746-5504.

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- - - **MONDAY/JUNE 10**

## News



John Bordner checks out a handcrafted boat for sale during the Seaport Foundation's Wine on the Water fundraiser.



ASF board chair Mary Ellis Fannon encourages the crowd to bid during the Wine on the Water live auction.

# Wine on the Water

### Fundraiser benefits ASF programs.

By Jeanne Theismann Gazette Packet

he Alexandria Seaport Foundation held its third annual Wine on the Water fundraiser June 1 to benefit the ASF programs for at-risk and disadvantaged youth.

"Through our apprenticeship programs, we change lives," said ASF board member Kelli Back, who introduced new executive director Mari Lou Livingood to the crowd gathered at the foundation's boat building workshop in Old Town.

See Fundraiser, Page 17



Board member Kelli Back introduces Mari Lou Livingood as the Seaport Foundation's new executive director.



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### On the Campaign Trail Hotter Than Normal

The race for lieutenant governor is usually a sleeper, but this year things are different. Because the state Senate is split between 20 Democrats and 20 Republicans, that means the winner will determine which party has control of the chamber. And Democrats are eager to face the Republican candidate, **E.W. Jackson** — a controversial black pastor who has compared Planned Parenthood to the Ku Klux Klan and called gays sexually "twisted."

"That leaves the Democrats perhaps with a little bit more latitude," said University of Mary Washington professor **Stephen Farnsworth**. "They can choose who they please and the consequences are probably not as dire if they were going up against, say, **Bill Bolling** again."

Former chief technology officer **Aneesh Chopra** has locked down support from many Northern Virginia notables, including Alexandria Mayor **Bill Euille** and former Mayor **Kerry Donley**. Chopra's background as a chief technology officer for President **Barack Obama** and Democratic Gov. **Tim Kaine** makes him a solid candidate — one that's outside of the box.

"We have a tendency on the Democratic side to nominate folks who have come up through the General Assembly," said Donley, a former chairman of the Democratic Party of Virginia. "That's been the mold, and I don't think that's served us very well."

But having a record in politics is a mixed blessing. Chopra's opponent is state Sen. **Ralph Northam** (D-6) of Norfolk, who has been in office since 2008. His supporters say this time in the General Assembly gives voters a sense of who he is and what his values are. "We really don't know Aneesh Chopra," said state Sen. **Barbara Favola** (D-31) of Arlington, who supports Northam. "We don't know what his values are, and we really don't know how he'll vote. All we know is how his communications firm is preparing for his campaign."

## Downticket Uphill Slog

In many ways, the race for attorney general follows the same contours as the race for lieutenant governor — an established state senator faces a first-time candidate.

This time it's Loudoun state Sen. **Mark Herring** (D-33) versus former federal prosecutor **Justin Fairfax**. The big difference is that Republicans have traditionally dominated in elections for attorney general, a seat the Democrats have not been able to win since 1985. And Republican candidate state Sen. **Mark Obenshain** (R-26) is seen as a strong competitor.

"When the race started, Herring was sort of seen as the favorite because Fairfax is sort of a lesser known person," said University of Virginia Center for Politics analyst **Kyle Kondik**. "But I think Fairfax has run kind of a decent race, and so I think it's to the point where it's kind of unclear who the favorite might be going into the primary."

Like the other race, the first-time candidate has attracted support from Euille and Donley. "He's youthful, and he's the only prosecutor in the race," said Euille. "Justin may have a slight edge in that maybe folks would be willing to consider someone of color added to the statewide ticket in November."

Herring enjoys support from a long list of state senators from Northern Virginia. "Mark has the government experience and legal experience to bring professionalism back to the office of attorney general," said state Sen. **Adam Ebbin** (D-31). "He'll take the politics out of its operations."

## Five Percent Expected

Don't expect long lines at the polls on Tuesday. Alexandria registrar **Tom Parkins** is projecting a turnout of less than 5 percent. That's about 4,000 voters out of 88,000 registered voters. Parkins said he based his projection on the 2001 primary.

When they go into the polls, voters will not see the governor's race on the ballot at all. Because no candidate stepped forward to challenge former Democratic National Committee chairman **Terry McAuliffe**, he walked away with the victory. And because voters do not have the opportunity to write in candidates on a primary ballot, the race will not appear on the forms presented to voters.

McAuliffe will be facing Republican Attorney General **Ken Cuccinelli**, Libertarian **Robert Sarvis** and independent **Tareq Salahi**. Voters in the Chinquapin precinct should be aware that the voting has been temporarily moved to First Baptist Church because of construction.

— Michael Lee Pope

News Hortos ev Jeanse Theismann Cazette Pace

Sheriff Dana Lawhorne, right, congratulates Tony Davis on his retirement as undersheriff at a luncheon held June 3 at the Durant Center.



General District Court Chief Judge Becky Moore joins the Durant Center crowd in a standing ovation for retiring Undersheriff Tony Davis.

# Undersheriff Tony Davis Retires

## Colleagues praise his service.

By Jeanne Theismann Gazette Packet

ollowing a law enforcement career spanning more than 30 years, Alexandria Undersheriff Tony Davis was feted

June 3 at a retirement luncheon in his honor attended by more than 100 friends, family members and colleagues.

"The last 26 years I have been truly blessed by God and for this I will be eternally grateful," said Davis, who began his career with the Arlington Sheriff's Office before joining the Alexandria Sheriff's Department in 1987.

Held at the Durant Center, attendees included Arlington County Sheriff Beth Arthur, Alexandria Circuit Court Chief Judge Lisa Kemlar and General District Court Chief Judge Becky Moore.

"I look out and see many friends and colleagues," Davis said following a good-natured roast by sev-



Tony Davis with fiancé Kim Glaspy at Davis' retirement luncheon.

"From nent career spanning pressed exandria Undersher- has be red

> "The last 26 years I have been truly blessed by God and for this I will be eternally grateful." — Alexandria Undersheriff

Tony Davis



Arlington Sheriff Beth Arthur presents Tony Davis an appreciation plaque for his service in the law enforcement community. Davis began his career with the Arlington Sheriff's office in 1981 before joining the Alexandria Sheriff's Department in 1987.

eral co-workers. "In each face I see a story and a memory that I will always remember."

Chief Deputy Tim Gleeson presented Davis with his official retirement badge and gun before Sheriff Dana Lawhorne took to the podium.

"From the day I became sheriff, Tony always impressed me with his intellect," Lawhorne said. "It has been my privilege and honor to sit back and

watch him work. He was always up for a challenge yet added a sense of fun to the office. Tony has always been very loyal to me and the agency and for that I am grateful."

Gleeson, who was named undersheriff June 4, also praised Davis' dedication.

"Tony's intelligence and leadership are unmatched," Gleeson said. "He lives life like a chess match — he's always five moves ahead of everyone else."

Davis thanked his fellow Alexandria and Arlington law enforcement colleagues before addressing Lawhorne.

"Since I am officially retired, I can say what I want about the sheriff and I do have a few things to say to him," Davis joked before getting serious. "Under Dana I have seen the sheriff's office rise to heights never seen before. It is more recognized and more respected than at any time in the city's history and that is because of the guidance and philosophy of family and teamwork that Dana promotes every day. For that we are all grateful."

A resident of Gainesville, Davis saved his final remarks for fiancé Kim Glaspy.

"People have asked me 'Why now?" Davis said. "But this is the right time for me. I have been very fortunate and thankful for Kim and her support and look forward to the future with her by my side."

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## LIVING LEGENDS

# Joann Miller: Encouraging Women To Get Involved

## A leader in multiple organizations.

#### BY PAM ST. CLAIR

n 1967 Alexandria won the luck of the draw. Ed Miller received orders to report to the Pentagon after his posting as an Air Force attaché in Italy. He drew a circle on a map and asked his wife Joann to find a house within it. On her first day out she found a house in Alexandria that had gone on the market only the night before. The house was still under construction so the couple could pick out everything they wanted to make it their own.

"We never planned to spend the rest of our lives there. But we loved both the house and Alexandria so we stayed," Miller said. "This is an ideal community for people who want to get involved. People just get in there and do something."

Few if any exemplify service to vulnerable women, children and the aged better than Joann Miller. As a volunteer she served as a counselor at the Alexandria Battered Women's Shelter. She served on the Alexandria Community Services Board and chaired its substance abuse committee. She led the public safety committee of Alexandria's Commission on Aging.

According to Bob Eiffert, then director of the Alexandria Agency on Aging, she was especially concerned about raising awareness of fraud against seniors. She brought in representatives from the offices of the Virginia Commonwealth's Attorney and the Virginia Attorney General to make presentations on the subject to the commission and at the city's senior centers.

MILLER VOLUNTEERED as a counselor with the ecumenical human services nonprofit ALIVE! She took homeless families into her home when other shelter was not available. She helped expand Alexandria's 4-H youth urban extension through a program that helped girls develop life goals.

Miller and Barbara Joseph served on the ad hoc committee that led to the Alexandria Commission on Women and became members of the new commission. Joseph served as its first chair, Miller as vice chair. At the time women were allowed only limited positions with the Alexandria Fire Department, such as working on the ambulance. Some of the women asked the newly formed commission to raise the issue of discrimination. "Barbara and I were both free to go around and annoy people on the issues," said Miller. The problem was pointed



Joann Miller still wants to improve things and get recognition for the part women play in making Alexandria a special place to live. She has only one complaint about the 2013 Alexandria Living Legends: "There weren't enough women nominated. What can we do to fix that?"

out and a solution suggested. The resulting changes were the commission's first success.

For decades Miller counseled women of all ages and backgrounds on ways to use their experience and talents to serve in leadership and supporting roles. As an active political leader and the first woman to chair the Alexandria Democratic Committee (ADC), Miller encouraged women to run for political office, believing their service vital to improving the community. People knew they could come to her for guidance on how to be effectively involved. Her experience, generosity and patient counseling helped many. Those she counseled often went on to help others.

Susan Kellom, a former chair of the ADC, appreciated Miller's taking her under her wing in 1983 when Kellom moved to Alexandria. "Joann taught me so much about how to get along in local politics. It was much different from the military where I spent my career." Kellom calls Miller "a calm in the midst of political storms."

Mike Curry, who has been involved in the ADC and local politics for many years, said, "Joann was a loving mother hen in her work with the ADC. She would liken her work to herding cats, which she did with great care."

Kellom and Curry remember that Miller always welcomed new members to ADC, assured them they were needed, then put

013 are the Alexandria Commission for the Arts

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This is one of a series of profiles that will appear

pany, CPA, P.C., and SunTrust Bank.

Legends@AlexandriaLegends.com.

## Living Legends: The Project

egends of Alexandria is an ongoing 501(c)(3) photo-documentary project to identify, honor and chronicle the people making current history in Alexandria. The project was conceived in 2006 to create an enduring artistic record of the people whose vision and dedication make a positive, tangible difference to the quality of life in Alexandria.

Platinum and Gold sponsors through February www.ConnectionNewspapers.com

them to work. She also fed them. Curry recalls Miller always having a bag of candy to dole out to restless Alexandria delegates at local and state conventions. Lois Walker, a former member of the Alexandria City Council and Miller's friend for decades, said, "We managed campaigns from her dining room. Joann is a wonderful cook so we could always depend on good food around her kitchen table." Many enjoyed the benefits of

Miller's cook-"Joann taught me so much about ing skills at her legendhow to get along in local politics. ary New Year's Day It was much different from the parties.

military where I spent my career." MILLER JOINED the American Association of

University Women in Colorado while her husband was on the faculty of the Air Force Academy. She served two years as president of the Alexandria chapter. She also served on the board of AAUW of Virginia, which supports girls by advocating for equality in school programs and athletics. Representing AAUW, Miller helped former Vice Mayor Mel Bergheim write Alexandria's law on consumer protection.

"I first met Joann many years ago when she was president of the Alexandria branch of the American Association of University Women and I had just joined," said Patti Schmidt. "She invited me home for dinner and I have really never left. After 40 years that's a lot of meals. Joann has been a role model, mentor, sister and most of all a wonderful friend."

For six years Miller chaired the budget

and allocation committee of United Way of the National Capital Area, an experience that gave her insight into issues confronting surrounding jurisdictions. Miller represented Alexandria on the human resources committee of the Metropolitan Washington Council of Governments' Human Resources Committee. She served a term as chair of that committee.

In 2010 Miller's contributions were recognized by the Alexandria Commission for Women, which honored her with the Marian Van Landingham Legislation and Public Policy Award, and the Alexandria Commission on Aging, which honored her with the Annie B. Rose Lifetime Achievement Award.

Norma Gattsek, who served with Miller on the Commission on Women, said of Miller, "Joann is that special friend that you feel very lucky to have in your life, the person you can always just pick up where you left off no matter how long it has been since you last saw each other. Joann's impact on our community and on everyone around her is beyond measure. I especially admire Joann, not only for her overall advocacy for women, but her inherent ability to see who would benefit from her special brand of support and give exactly what is needed."

Miller served as a trustee of the Northern Virginia Fine Arts Association. For seven years she was a docent at the National Gallery of Art, leading tours for children. When gallery officials discovered she had had acquired a background in Renaissance art while living in Italy, she was also asked to guide Christmas tours.

In addition to Miller's many contributions to Alexandria, she applied her leadership and management skills to making a home for her husband and three children:

> Adrienne Miller, Maria Van Horn and Michael Miller. Adrienne and Maria followed their mother into public service. Adrienne became a de-

tective for the Alexandria Police Department. Maria has worked on Capitol Hill. Michael followed his father's interest in aeronautics and, according to Miller, "can fix anything.'

— Susan Kellom, a former chair of the

Alexandria Democratic Committee

Joann and Ed met in Bordeaux, France, where she was working for the U.S. Information Agency after earning a B.A. in philosophy from the University of Detroit. Detroit is her home town. After marrying in 1953, the couple moved frequently during his early career.

Miller still wants to improve things and get recognition for the part women play in making Alexandria a special place to live. She has only one complaint about the 2013 Alexandria Living Legends: "There weren't enough women nominated. What can we do to fix that?"

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# OPINION Dealing with Violence and Its Aftermath

By Mary Anne Weber Chair, Anti-Stigma HOPE Campaign

n the aftermath of Tucson, Aurora and Newtown, there was an explosion of interest in keeping our citizens safe by somehow having better mental health care, and providing reasonable gun control. Back in January President Obama recommended four steps to change things:

close background check loopholes to keep guns out of dangerous hands; ban military-style assault weapons

and high capacity magazines; make schools safer and increase access to mental health services.

The first two were easily done, just pass a law but it hasn't happened due to the National Rifle Association and the inaction of Congress. The NRA not only blocked any new laws, for nearly two decades they have blocked research by the Centers for Disease Control. Why? Because they didn't like a piece of research that was published in 1993.

At that time the New England Journal of Medicine published an article "Gun ownership as a risk factor for homicide in the home" which

described the results of research funded by the Centers for Disease Control. The study found Helping Children Centers for Disease Control. The study found that keeping a gun in the home was strongly and independently associated with an increased risk of homicide. The conclusion was that guns did not protect, but rather guns kept in the home were associated with an increase in the risk of homicide by a family member or intimate acquaintance. That certainly has been

illustrated in recent news reports of the deaths of young children by guns COMMENTARY owned by family members.

The National Rifle Association responded by fighting for the elimination of the center that had funded the study, the CDC's National Center for Injury Prevention. The Center remained but \$2.6 million was removed from its budget by Congress, the amount that had been budgeted the previous year for firearm injury research. The money was instead earmarked for prevention of traumatic brain injury, ironic considering the number of brain injuries caused by guns, whether the guns of war or guns on the street. There was also language forbidding any of the funds be used to advocate or promote gun control. This January Mayors Against Illegal Guns issued a re-

# **Become Resilient**

The Friends of the Alexandria Mental Health Center and Alexandria's Anti-Stigma HOPE Campaign will present a free community workshop on "Violence and Its Impact on Children," Thursday, June 13 at 7 p.m. at the Charles Houston Recreation Center, 905 Wythe St. in Alexandria. Giordana De Altin Popiolek, a clinical psychologist with the Department of Community and Human Services, who has worked with children and adolescents, will present information and answer questions posed by community members. The workshop is also sponsored by the Department of Community and Human Services and the Partnership for a Healthier Alexandria.

port showing the CDC's funding for firearm injury prevention has fallen 96 percent. It is \$100.000 out of the CDC's \$5.6 billion budget.

See Dealing with Violence, Page 12

Letters

### Nothing Like Haig To the Editor:

The May 30 Gazette Packet describes how Councilmember Justin Wilson jokingly addressing Vice Mayor Allison Silberberg as "Alexander Haig" while she was presiding at a Council meeting during a short absence by the Mayor. Wilson then turned to the audience and continued to joke that he was old enough to remem-

ber Haig. He must not remember Haig very well. If he really did remember him, he would never have called Allison Silberberg by that name even in jest.

Haig first came to public notice as a general in the U.S. Army who served in very high military posts, including commander of all forces in Europe. After his military career, he was appointed Secretary of State in the first Reagan administration. While Haig was serving, a would-be assassin shot President Reagan and seriously wounded him near the Washington Hilton Hotel.

A short time later Haig went on television to explain what had happened and to announce that the President was undergoing surgery at George Washington Hospital Center. He ended his remarks by saying "I am in charge here at the White House."

See Letters, Page 13

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Alexandria

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Association



### **Focused on Veterans**

U.S. Sen. Tim Kaine (D-VA) and U.S. Rep. Tammy Duckworth (D-8-ILL), with American Legion Post 24 Commander Bill Aramony, hosted a discussion with nearly 80 veterans, business leaders and support organizations last month at the Post on Kaine's first bill, the Troop Talent Act, and the next steps for the bipartisan legislation. Kaine, a member of the Senate Armed Services Committee, first introduced the bipartisan bill in early April to address the challenges service members face during their transition into civilian life and employment. With the veteran unemployment rate among returning Iraq and Afghanistan veterans higher than the national average, the Troop Talent Act will increase access for service members to traditional and high-demand career fields such as information technology by streamlining the alignment of military skills acquired in active duty with civilian credentials. Duckworth, a veteran of the war in Iraq and a member of the House Armed Services Committee, introduced a companion bill in the House in late April.

## Opinion

# Calling All 'Alex Babies'

he call went out to all 'Alex Babies;" 650 responded. On May 4, the babies and their families gathered for a Mother's Day Party at Inova Alexandria Hospital. The hospital, celebrating 140 years in the Alexandria community, delivers nearly 4,000 babies each year. CEO of Inova Alexandria Hospital Christine Candio announced the launch of a \$5 million renovation for women's services that include renovating the labor and delivery and postpartum units as well as expanding the Brock Family Perinatal Diagnostic Center. Guests were treated to light lunch, free family photos, facepainting, craft activities, a magician and more.



Carter Ellis participates in a card trick with Sly, the magician. With Carter is his mother Paige and brother Colin.



Inova Alexandria Hospital hosts Mother's Day event.

Drew and Peter Bryant receive a dragon balloon sculpture at Inova Alexandria's Mother's Day event.



Рнотоѕ ву LOUISE KRAFFT GAZETTE PACKET



Kathy Hersch checks in guests to the Inova Alexandria Mother's Day party.



Ken Bryant holds his granddaughter at the celebration.

# Consider a Sleep Study To Improve Your Health

BY CHRISTINE CANDIO, RN, FACHE CEO, Inova Alexandria Hospital

#### f you're like me, a poor night of sleep can wreak havoc on your day.

The occasional sleepless night is no big deal. But for the 40 million Americans who suffer sleep disorders, the havoc can be far greater: lack of sleep can result in health problems like impaired concentration, memory loss, headaches, depression, and emotional and social problems. Poor sleep can also lead to drowsy driving, making our roads unsafe for everyone.

1990, Since Inova Neurodiagnostic and Sleep Center at Inova Alexandria Hospital has been helping people overcome their sleep problems to improve their health. In fact, ours was the first center of its kind in Northern Virginia. Our board-certified sleep physician and expert sleep technologists study patients' sleep patterns to learn what is preventing quality sleep and work with them on solutions for improving their



sleep health. A sleep study helped Robert Winters find a so-

lution. For years, most every sunrise "greeted" him with red, tired eyes or a morning headache. A Computed Tomography

Imaging Clinical Coordinator at Inova Alexandria Hospital, Winters chalked up his daytime exhaustion to working long hours on the job and to the stress of driving in Northern Virginia traffic. But when a diagnosis of high blood pressure led to a battery of tests, including an overnight sleep study, Winters learned the cause of his sleepiness. His doctor diagnosed sleep apnea, a common sleep disorder caused by snoring or pauses in breathing during sleep, and prescribed a Continuous Positive Airway Pressure, or CPAP, machine. It's made all the difference for him.

"[The CPAP] changed my life," he said. "I don't have any more morning headaches, and I am not tired during the day. I can truly tell the difference."

Roberts recently underwent a follow-up study at the center. Doctors recommended certain lifestyle sleep and a surgical consult to possibly remove his adenoids, which may be affecting his snoring.

The Inova Neurodiagnostic and Sleep Center is equipped to diagnose more than 80 common disorders - like sleep apnea. Diagnosis depends on the outcome of an overnight sleep study. Patients undergoing a study spend the night at the center, which was recently renovated with new furnishings,

changes to further improve his mattresses, bedding and paint to create a more home-like atmosphere. During the study, technologists attach small sensors to your head, upper body and legs. These keep track of your breathing, heart rate, and oxygen while technologists monitor your status as you sleep.

Now, I know what you're thinking: Sleep? How can anyone possibly sleep while hooked up to machines and observed via monitor? Our experienced staff will work with you to maximize your comfort and to ease test anxiety. And I am told that everyone falls asleep at some point during the study.

Don't underestimate the value of a good night's sleep on your health. If you suspect a problem, ask your doctor for a referral to the Inova Neurodiagnostic and Sleep Center - Alexandria. Read sleep tips and learn more at inova.org/sleep.



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## Opinion

# Dealing with Violence and Its Aftermath

#### From Page 10

Meanwhile about 30,000 people are killed each year by firearms alone in this country. The 20 children killed at Newtown horrified Americans but do they know that 13 young people are killed every day in this country? According to the 2010 report of the CDC 4,828 young people between the ages of 10 and 24 were the victims of a homicide and it is the second leading cause of death for those between 15 and 24. 82.2 percent of those killed in 2010 were killed by a gun. The cost of this mayhem has been estimated at \$16 billion in combined medical and work loss costs .. That doesn't count the number of injured between 10 and 24 who are treated in emergency rooms due to physical assaults. That's 707,212.

As for creating a better mental health system, the tools, the ideas, the programs are already there. Schools, communities, and governments just have to have the will to see to it that prevention programs are available to all, not capped for lack of funding; that courses like Mental Health First Aid be mandated for everyone who works with the public, that all police and law enforcement officials have crisis intervention training, that everyone who works with children, teacher, nurse, aide, clerk, administrator get extensive training in how to recognize the signs of mental illness, to know that mental illness often accompanies drug use and is the reason for the drug use, and to know where to go and what to do for a child that needs help.

Those who can do the most to help children grow up mentally healthy are of course parents. They already know that while statistically violent crime has gone down drastically in this country in the last 30 years, there is much more firsthand knowledge of violence. Vivid images of death and destruction fill television screens, tablets and computers, even phones, not to mention violent entertainment. While researchers look once again into whether there is a relationship between violent games and violent behavior, parents can limit the amount of

## Youth Violence at a Glance

In 2011 the Centers for Disease Control took a sampling of 9th through 12th graders across the nation on the issues of violence-related behaviors and violence in schools. In the national sample, 32.8 percent reported being in a physical fight in the 12 months preceding the survey with the prevalence higher among males than females. 16.6 percent reported carrying a weapon (gun, knife or club) on one or more days in the 30 days preceding the survey. Again there were more males than females. 5.1 percent reported carrying a gun on one or more days in the 30 days preceding the survey. An Alexandria High School Youth Risk Behavioral study also done in 2011 showed different numbers, 11.5 percent had carried a weapon, 5.4 persons had carried a gun and 24.5 percent had been involved in a fight.

When the same questions were asked about violence at school, the numbers

violence their children see electronically whether it's the news or a movie. Children need home to be a safe place where they can say what they really want and really feel. For some unfortunate children however, violence becomes very real, and parents need to be alert for signs of stress, fear or anxiety when a violent event touches on their child's life whether it is the shooting of a neighbor, the death of a soldier at war, a plane crash or an accident.

It is a lot to deal with and parents need to become informed and learn how to help their children. One step might be to attend the talk on "Violence and its Impact on Children" on Thursday, June 13 at 7 p.m. At Charles Houston Recreation Center at 905 Wythe St. Giordna De Altin Popiolek, a clinical psychologist with the Department of Community and Human Services, will provide information and lead the discussion. She has worked for the youth and family were lower. In the national sample 5.4 percent of high school students said they carried a weapon at school and 12 percent reported being in a physical fight and again the numbers were higher for males than females. 7.4 percent reported being threatened or injured with a weapon on school property and 5.9 percent didn't go to school one or more days in the 30 days preceding the survey because they felt unsafe at school or on their way to or from school. Twenty percent reported being bullied on school property. The local numbers showed less students carrying a weapon to school, 4.6 percent, but more being absent because they felt unsafe, 6.3 percent. Slightly less were threatened or injured at school, 11.4 percent, and less were bullied, 14.9 percent.

— Mary Anne Weber

unit of the Department of Community and Human Services for the past eight years. Her focus is on supporting Alexandria youth and their families dealing with behavioral, mental and substance use problems.

But getting informed is just the first step. The only way violent acts can decrease is if citizens insist that laws at both the state and federal level be passed to protect their children, not the needs of lobbyists. That money budgeted both for the prevention and treatment of mental illness should not be an afterthought but a top priority and that those with mental illness have equal access to appropriate, best practices medical care no matter their financial means.

Finally insist strongly that those entrusted with the education of children respect the rights and dignity of every child and deny no child the right to be educated to the best of his or her ability no matter how hard the job is.

### Federal Budget Effect on Parks

U.S. Rep. Jim Moran hosted a roundtable discussion on May 30 at the Alexandria Seaport Foundation to bring together small business owners and outdoor industry organizations. Also attending the roundtable was Fish and Wildlife Service Director Dan Ashe. According to the Outdoor Industry Association, outdoor recreation contributes to \$13.6 billion in consumer spending and 138,000 jobs in Virginia. The nearly two-hour event discussed the impact sequestration and budget cuts are having on local parks, trails, and waterways in Northern Virginia.

# Protecting Against Identity Theft

By Mary Lee Anderson Director of the Resource Center, Senior Services of Alexandria

hanks to the generosity of BB&T Bank, Senior Services of Alexandria will end its 2012/2013 Speaker Series with a special



event focusing on "Protecting Against Identity Theft and Fraudulent Schemes." This event will be held on Wednesday, June 12 from 9:30 a.m. – noon at the Charles Beatley Central Library at 5005 Duke Street in Alexandria.

"Seniors are far too often the targets of fraudulent schemes and knowing what to look out for can help prevent falling prey to schemes that seem above board to the

Senior Services of Alexandria

said Janet Barnett, SSA's executive director. "We are fortunate that BB&T is sponsoring

average person,"

this event and is working with our city's Police Department to provide this important information."

BB&T Bank and the Alexandria Police Department will lead a conversation about how seniors can protect themselves against this growing problem. You'll have the opportunity ask questions about this topic as well as talk to panelists from all seven of the 2012/2013 Speaker Series events. If you missed any of SSA's previous speaker series, you'll be able to get information and get your questions answered on topics including: Caregiver Support; Employment and Volunteer Opportunities; Heart Health and Fitness for Seniors; Maintaining Memory and Coping with its Loss; Retirement Planning and Long Term Care what everyone needs to know.

The event is free and a light breakfast will be served. Seating is limited, so RSVP online at www.seniorservicesalex.org or call 703-836-4414, ext 10.

Also, save the date for Senior Citizens Law Day 2013, Saturday, Oct. 19 at First Baptist Church, 2932 King Street, Alexandria. SSA cosponsors this event with the Alexandria Bar Association that brings together experts to provide valuable information about aging-related issues that will have an impact on everyone.



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# Letters

#### From Page 10

Unfairly or not, that one sentence is what most of us remember about General Haig. It was a glaringly inaccurate statement. Under the Constitution of the United States as amended, the Secretary of State never assumes any Presidential authority. If President Reagan had remained incapacitated for any length of time, the vice president, or if he were also incapacitated, the Speaker of the House, would have acted as President.

So any implied comparison between our elected vice mayor, who would by law succeed our mayor if he died or became unable to serve is way off the mark. At the time Mr. Wilson made his joke, Ms. Silberberg was performing a traditional duty of vice mayors, presiding at council while the mayor was away from the dais. So for Mr. Wilson and all others, being Alexandria's vice mayor, awarded that office for being the highest vote getter in the last election, accords that office holder at least a small amount of deference from the rest of us.

> **Katy Cannady** Alexandria

### Tattered Ensign

To the Editor:

The American Flag flying on the front of the U.S. District Courthouse is, and has been for at least the last month, in a very sad condition.

The bottom two stripes have torn away from the body of the flag for about half their length. One would have thought by this time some responsible organization (Courthouse staff, U.S. Marshal's Service, one of our local patriotic groups) would have remedied this. Perhaps they are all too busy. Or perhaps it is simply that no one bothers to look up.

> **Robert Sams** Alexandria

## Play Ball!

To the Editor:

Baseball continues to be one of America's favorite sports, and games are everywhere in the D.C. area, with the Nationals being a favorite. To bring the wooden-bat flavor up close and personal, come see the Alexandria Aces play during June and July at the Frank E. Mann Memorial Field at Four Mile Run Park.

The Alexandria Aces, operated by the non-profit Capitol Baseball, Inc., are members of the Cal Ripken Collegiate Baseball League. (Note: Cal was at one of the Aces' games last season.)

SEE LETTERS, PAGE 31

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MARY CATHERINE BOURKE Mary.Bourke@longandfoster.com

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# **Balmoral Elegance**

7500 Weymouth Hill Road, Clifton, Virginia



Large Balmoral three-sided brick home with four bedrooms, four and one half baths on wellsited, level lot. This exceptional home with approximately 6,700 finished sq ft has too many features to list! There are Brazilian Cherry floors on the main and upper levels, travertine flooring in the kitchen, and a slate floor in the lower level. The home includes a two-story family room with masonry fireplace, separate main level study, sunroom, and additional

morning room with gas fireplace (4 fireplaces total!). Several built-ins & extensive moldings on all levels as well as beautiful wood interior plantation shutters make this home a showcase. Spend time relaxing on the gorgeous "Georgetown-style" brick courtvard patio with masonry fireplace. built-in planters, sitting ledges and privacy wall. Do not overlook the sprinkler system and three-car side-loading garage. This home is "move-in-ready." Your clients will LOVE this home and community.



Ê Burke, VA 22015 Outstanding Results. A donation to Children's Miracle Network will be made when the home is sold.

♦ Alexandria Gazette Packet ♦ June 6-12, 2013 14

# OPINION **Full of Bread Pudding Memories**

By Katharine Dixon Executive Director Rebuilding Together Alexandria

ary\* has lived all her life in Alexandria; as a child on Madison and West Streets and when she married, she simply "moved around the corner" to Payne Street. As the eldest sibling of eight, Mary fondly remembers family gatherings at home, especially when those gatherings included indulging in her mother's homemade bread pudding.

COMMENTARY

Growing up during times of segregation, Mary's neighborhood was divided into Rose

Manor and White Rose Manor. But even during those years, Mary and her family were "free." They could safely walk around town, even to the corner store for ice cream, provided they were inside their homes before the street lights came on each night. And while Mary had to ride in the back of the bus for too many years to remember, she vowed she would not allow her children to do the same ... Mary saved enough money to buy a car to drive her children to and fro.

To earn some money, Mary first worked as a key punch operator in the government *policy to not disclose full names.* 

## **RTA Receives \$1 Million Grant**

Rebuilding Together Alexandria, a volunteer-based, non-profit organization that preserves affordable housing and revitalizes communities, received \$1 million from the City of Alexandria's Office of Housing. These funds will be used to continue the Neighborhood Stabilization Program, which began in 2009.

The new Stabilization Program will allow RTA to purchase foreclosed or short sale properties, rehab them, and sell them to income eligible, qualifying homebuyers. By

## **RTA and AARP Join in Pilot Program**

Rebuilding Together Alexandria is joining forces with AARP on a new pilot to help more homeowners age-in-place.

This pilot program is based off of Rebuilding Together's Safe at Home program, which focuses on providing low-income homeowners with free home modifications and aging-in-place services. Under this new pilot, thanks to AARP's support, Alexandria is one of 12 Rebuilding Together affiliates across the country that will now serve moderate-income homeowners who live above 60 percent of their area median income. These homeowners, who would usually not meet the financial criteria for Rebuilding

### Two Join RTA's Board of Directors

Rebuilding Together Alexandria added two new board members last month.

Amanda Chandler, an Alexandria native, has served the community by volunteering for various local and national non-profits, including the Scholarship Fund of Alexandria and Foster Care Alumni of America. She has also helped raise funds and awareness for other causes near and dear to her family and

but left that job to stay home and help her mother raise her younger siblings. Later, Mary worked at the Alexandria Hospital for 35 years before retiring in 1992. Nowadays, Mary spends her time volunteering for local nonprofits, when she is not spending time with family.

Mary loves having any of her five children, 16 grandchildren, seven great grandchildren, and one great-great grandchild at her home to visit. Helping maintain her house is volunteer-based Rebuilding Together Alexandria (which also repaired the home she and her husband shared 20 years ago), providing home repair services free of charge that keep Mary warm, safe, and able to have family over for bread pudding.

Rebuilding Together Alexandria is an award winning, non-profit organization dedicated to repairing and revitalizing homes at no charge for homeowners in need, including elderly, disabled, military veterans, and families. To date, in-kind donations of labor and materials have resulted in \$6.3 million worth of value on more than 1,600 projects. If you would like to apply, donate, volunteer or visit www.RebuildingTogetherAlex.org or call 703-836-1021.

\* It is Rebuilding Together Alexandria's

leveraging volunteer labor and funds through existing city home purchase programs and VHDA reduced rate mortgage financing, Rebuilding Together will be able to help 20-25 families buy homes across the city over the next few years. Interested buyers can find out more information about upcoming homebuyer financial counseling sessions by calling Rebuilding Together at 703-836-1021 or joining the online eNews at www.alexandriava.gov/enews (Affordable Housing Opportunities subscription).

Together's free home modification services, can now quality for home repairs based on a sliding payment scale.

The American Occupational Therapy Association is also working with Rebuilding Together on this pilot. Through its national partnership with Rebuilding Together, AOTA will help prioritize repairs so that affiliates can ensure their repairs allow recipients to age-in-place in a safe and healthy home.

The proceeds from this fee for service program will go towards providing more low-income families with free home repairs, allowing Rebuilding Together to help a greater number of homeowners.

friends like the Lupus Foundation and ICancer. Chandler is the client services advocate for Focus Data Solutions, an Alexandria-based IT management firm.

\* Susan Ferris, a long-time resident of Alexandria, has been a member of the Event Committee for Rebuilding Together Alexandria for the past two years. Ferris is a market manager in the National Security Division of Battelle.

# Coldwell Banker

## WHERE HOME BEGINS

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♦ Alexandria Gazette Packet ♦ June 6-12, 2013

**Cindy Byrnes Golubin** 

202-437-3861

## News

# Livingood Takes Helm at ASF

new executive director of the Alexandria Seaport Foundation, replacing Kent Barnekov, who stepped down earlier this year.

"It's very exciting for me to return to the Seaport Foundation," said Livingood, who served as the associate director of the ASF in 1998.

Prior to joining the ASF, Livingood served as director of development at Living Classrooms of the National Capital Region, assistant director of development at the National Fish and Wildlife Foundation and director of Program Development for the Association of Marina Industries.

With a background in environmental policy and workforce development, Livingood will connect ur-

ari Lou Livingood has been named the ban youth to Science, Technology, Engineering and Math (STEM) using the craft of boat building and the region's natural resources.

> In her role with the Association of Marina Industries, the National Fish and Wildlife Foundation and Living Classrooms of the National Capital Region, Livingood designed, funded and implemented a multitude of educational programs.

> "Mari Lou's broad experience in management, fundraising, boating and workforce development will be an invaluable resource to the future direction of the Alexandria Seaport Foundation," said board chair Mary Ellis Fannon.

> > — Jeanne Theismann



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Pam DeCandio, Kathy Dombrowski, **Marion Moon** and Art Fox enjoy the reception.

Рното ву Jeanne Theismann/ Gazette Packet

# **Fundraiser Benefits ASF Programs**

#### From Page 7

Attendees enjoyed a wine tasting sponsored by Grape + Bean and tours of the workshop. A live auction featured original artwork by ASF supporters and apprentices, including one painting of the foundation's Old Town Seaport Center by apprentice Anthony Ness that sold for more than \$1,000.

"Being good at something gives kids confidence," Back said. "Being able to learn gives kids confidence and that's what we do here through our programs such as Building to Teach."

Livingood, who recently joined ASF after serving as Director of Development at Living Classrooms of the National Capital Region and Assistant Director of Development at the National Fish and Wildlife Foundation, thanked the crowd for its support.

"I am very excited to be back here at the Seaport Foundation," said Livingood, who began her career in 1998 as the volunteer ASF Associate Director. "But there is still so much more for us to accomplish. With your support, we will continue to change lives." See www.alexandriaseaport.org



WHAT WOULD YOU

**RATHER BE DOING** 





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#### Alexandria Gazette Packet 🔹 June 6-12, 2013 🔹 17





### #1 Long and Foster Agent in Alexandria! CHRIS WHITE ~ 703.283.9028 www.chrisandpeggywhite.com

chris.white@longandfoster.com



8707 Parry Lane \$549,000 Fabulous Stratford Property! Spacious home with bedrooms features open floor plan, high ceilings, updated kitchen with light

pak cabinets, 3 full baths, hdwd firs, and full walk-out lower level with amily room and gas fireplace. Fabulous screen porch overlooks fenced backyard. Prime Stratford location on quiet cul-de-sac. Excellent value! OPEN SUN 6/9, 1-4! GW Pky S, R-Colllingwood; L-Fort Hunt; R-Elkins; L-Linton; L-Sword to Parry.



#### 9443 Mount Vernon Cir \$989.000 Williamsburg Classic! custom home by master builder Gene Cullinhane captures the ambiance of

Colonial Williamsburg and Old Town Alex, Spacious 4149 so ft home in prime location in area's premier water front community.

Special features include: imposing entry, high ceilings, hdwd flrs, elegant trim detail. 4BRs, 3.5Bas & oversize 2 car garage. Gorgeous grounds enhanced by distinctive courtyard entry. Rare opportunity to own a Cullinhane original. OPEN SUN 6/9, 1-4! GW Pkwy S, past Estate; L-Ferry Landing; R-Mount Vernon Cir.



\$595,000 Unique Mount Vernon on the Potomac Opportunity! Stunningly low price provides opportunity for maximum customization

The bones are there and the location is unbeatable. Spacious 4-5 bedroom home provides large room sizes and open floor plan. Enjoy fabulous amenities of the area's premier water front community at entry level price. Price obviously reflects need for your custom touches.



8313 Mount Vernon Hwy \$699,000 Brand New Home at **Used Home Price!** Be the first to call this property home. Special features include: high ceilings, open floor plan, gourmet eat-in kitchen with

gas cooktop, custom cabinets and granite, family room with fireplace open to kitchen. Stunning master suite with huge walk-in closet and luxury bath. Thermal windows & upgraded insulation. 2 car garage. No detail has been overlooked



THIL

upgrades & options. Fabulous features include high ceilings, open family room, amazing top of the line gourmet kitchen, upgraded trim detail, stained hdwd firs, 3.5 baths, gas heat, hot water & cooking, luxurious master suite. Gorgeous setting on 1/2 acre level lot.



4004 Belle Rive Terrace

\$1,299,000

Master Piece-Near River!

Must see-one of area's most

spectacular properties! Top

quality renovation resulting

in almost 8000 sqft of

updated elegance. Features:

9322 Old Mansion Rd

\$1.650.000

Stunning River Views!

Large classic Colonial in

prime location on quiet cul-

de-sac near Mt. Vernon

Estate. Magnificent setting

on high bluff overlooking

river provides the most

4721 Tarpon Ln

\$879,000

Unbelievable

Waterfront Price!

Just in time for Summe

Fun! "Your own

waterfront with private

dock-just mins from Old

Town! \*Recently dredged

grand room sizes, high ceilings, custom trim detail, refinished hdwd

firs, updated kit and baths, 5BR, 4.5BA. Multi-tiered decks with hot

tub capitalize on privacy of grounds. Prime location on quiet cul-de-

sac near river in prestigious Belle Rive. OPEN SUN 6/9, 1-4! GW

amazing waterview in area. Executive home features three finished

levels, large room sizes. Colonial trim detail, walk-out lower level

with 3 sets of glass doors facing water. Massive exterior deck and

screen porch capitalize on views. OPEN SUN 6/9, 1-4. GW Pky S,

past Estate: L-Old Mt Vernon Rd: L-Riverwood: R-Old Mansion

canal provides easy access to open waters of Potomac-a privilege

typically reserved for \$1,000,000+ homeowner! \*3 Fin levels!

\*Exceptionally bright, open flr plan! \*Stunning sunroom addition! \*5

Pkwy S, past Estate; L-Old Mt Vernon Rd; L-Rive; R-Belle Rive.

community pool for summer fun Dayna Blumel / Kerry Adams 703 587 7841

# vs. Sotheby's



moulding, and W/D in unit. Wood-burning fireplace in living area with decorative wood mantle, plus tile hearth and surround. Built-in bookcases/shelves and office alcove complete the bedroom with walk-in closet.







Follow us on:

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# ENTERTAINMENT



Playwright Michael Hollinger, second from left, joins actors Susan Lynskey, Paul Morella and Helen Hedman for a talk back following the June 1 performance of "Ghost writer" at MetroStage.

# Playwright Visits for Talk Back

## 'Ghost-Writer' extended to June 16.

ichael Hollinger, the playwright behind "Ghost-Writer," paid a visit to Alexandria to see the MetroStage production of his play and participate in a Talk Back following the June 1 performance.

"It is very exciting to have a playwright attend a production of his play on your stage," said MetroStage artistic director Carolyn Griffin. "The Talk Back was quite riveting as he and the actors talked about what influenced his work and the actors spoke of favorite moments in the play and provided insights into each of their characters.'

CALENDAR

Deadline is Thursday at noon.

2804 Sherwood Hall Lane, Children

ages 6-10 can participate. Register at

www.artatthecenter.org or 703-201-

1201 N. Royal St., presents "Ghost-

Writer." Performances are Thursday

and Friday at 8 p.m.; Saturday at 5

p.m. and 7 p.m. through Sunday, June 16. Tickets are \$45-\$55; \$25/

703-548-9044 for tickets.

student. Visit www.metrostage.org or

p.m. and 8 p.m. and Sunday at 3

Theater Performance. MetroStage.

E-mail

ONGOING

1250

Hollinger and his wife, actress Megan Bellwoar, currently reside in Philadelphia and had not seen a production of the play for several years. Bellwoar originated the role of Myra at the Arden Theatre in 2010.

"For an actor to actually get to discuss a play, a role, an experience with the playwright is really a gift," Griffin said. "I am just sorry our director John Vreeke, who lives in Seattle, was not here to experience the interest, the enthusiasm and the deep respect the playwright, the actors and the audience all had for the work on our stage."

"Ghost-Writer" has been extended through June 16. For tickets or more information call 703-548-9044 or visit www.metrostage.org.

Jeanne Theismann

218 N. Lee St., Suite 101, have created 2D and 3D artworks on the themes of pride and equality. Hours are Wednesday through Saturday 11 a.m.-7 p.m. and Sunday from noon-5 p.m. Visit www.facebook.com/ WorkhouseStudio4 for more.

- Art Exhibit. "Music In Art" art exhibit June 7 through June 30 at Del Ray Artisans gallery, 2704 Mount Vernon Ave. Artists explore how songs, music genres influences their art in various/ mixed media. Visit www.TheDelRayArtisans.org for
- more Art Exhibit. Through Sunday, July 14, see "Hair Apparent" in the Athenaeum Gallery, 201 Prince St. It is a multimedia exhibit featuring sculpture, photography, performance and assemblage. Free.
- Art Exhibit. Open through Aug. 3, "Living Legends of Alexandria: African American Activists" is on display at the Alexandria Black History Museum, 601 Wythe St. Free. Hours are Tuesday-Saturday 10 a.m.-4 p.m. Visit www.alexblackhistory.org or 703-
- 746-4356. Distillery Open. George Washington's Distillery and Gristmill open through Oct. 1. \$17/adult, \$8/child, 5 and under are free.

Occupied City: Life in Civil War Alexandria Exhibition. At The Lyceum, Alexandria's History Museum, 201 South Washington Street. Open daily through September, this exhibit traces life in Alexandria following Virginia's decision to secede from the Union in May 1861. See how Robert E. Lee's hometown was transformed literally overnight from a prosperous commercial port into a supply, hospital, and transportation center for the Union Army, and find out why Alexandria became a destination for African Americans seeking freedom. Explore the experiences of Alexandrians and others who lived here during this time, as well as period photographs and collections items. Open Monday through Saturday, from 10 a.m. to 5 p.m. and Sunday, from 1-5 p.m. Admission \$2. Visit www.alexandriahistory.org or call 703-746-4994.

- Life Drawing. Del Ray Artisans offers a range of open life drawing sessions to hone figure drawing skills. Drop-in with your supplies to draw our live models. Fee: \$8-12. View the calendar at
- www.TheDelRayArtisans.org. The West End Farmers Market will run Sundays from 8:30 a.m.-1 p.m. through November. Located at Ben Brenman Park, browse food, crafts and more. Visit www.westendfarmersmarket.org for more.

#### SUMMER CAMPS

- Mt. Vernon Community Children's Theatre Summer Camp. Children can participate in either a one-week all-day session July 22-26 or a twoweek session, with the option of either morning, afternoon or all day from July 1-12 (no 4th) or July 29 Aug. 9. Children will learn about all aspects of theatre through games, rehearsals and a final showcase. Visit www.mvcct.org/camps.php or 703-360-0686
- The American Backstage Company is offering a variety of summer classes and workshops, many which are free. Located at 5380 Eisenhower www.americanbackstage.com for a

#### **SATURDAYS THROUGH JUNE 29** Walking Tour Devoted to Dogs. 10

full listing.

a.m. at Mount Vernon Estate. All dogs on a leash can enjoy a 1.25 mile walk around the estate, and learn about canine life at Mount Vernon. \$5/for the tour plus the general admission for owners. Dogs are free. Visit www.mountvernon.org or 703-780-2000.

#### **THURSDAY/JUNE 6**

- Garden Stroll and Tea. 1-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. Tour some of the gardens with a master gardener docent who will tell stories of Green Spring past and present. Afterwards, enjoy a traditional English afternoon tea served in the 1784 historic house. \$28. Call 703-914-7987 to register.
- Do More in 24. 4-6 p.m. at St. Aidan's Episcopal Church, 8531 Riverside Road. Good Shepherd Housing and Family Services is hosting a free event to raise awareness and funds for homeless families. Will include chalk drawing, door prizes, music and more. Local author Alexis Conti will read from her new book. Donations of books encouraged. 703-768-9404
- D-Day Remembrance. 6-8 p.m. at Market Square. Memorabilia from World War II will be on display. Free. 703-489-7717.
- **Story Time**. 10:30 a.m. or 3 p.m. at Beatley Library, 5005 Duke St. Children ages 3-5 can enjoy stories, activities and more. Free Registration required, 703-746-1702 ext. 5.

Little One-Ders. 11:15 a.m. at Beatley Library, 5005 Duke St. Children ages 12-23 months can enjoy stories and more. Registration required, 703-746-1702 ext. 5.

- Friends' Book Sale. 1:15 p.m. at Burke Library, 4701 Seminary Road. Buy books and help support the library. 703-746-1704.
- Paws to Read. 5:30 p.m. at Beatley Library, 5005 Duke St. Children in grades 1-6 can read to friendly dogs. Registration required, 703-746-1702
- Writing Triage. 6:30 p.m. at Beatley Library, 5005 Duke St. Get a resume or writing project reviewed and get suggestions on how to improve it. Free. 703-746-1742 to register.
- Pajama Party. 7 p.m. at Burke Branch Library, 4701 Seminary Road. Children ages 3-7 can come dressed in their favorite outfit/pajamas and
- listen to stories. Free. 703-746-1704. Garden Stroll & Tea. 1-3 p.m., at at Green Spring Gardens, 4603 Green Spring Road. Tour demonstration gardens with a master gardener docent; afterwards, enjoy a traditional English afternoon tea served in a 1784 historic house. Ages 13 and older. \$28. 703-914-7987 or www.greenspring.org.
- Twilight Concert. 7:30-8:30 p.m. at John Carlyle Park, 300 John Carlyle St. Concert by the Alexandria Singers and others. Free. 703-746-5592.

#### FRIDAY/JUNE 7

- **Friends' Book Sale.** 10:15 a.m. at Burke Library, 4701 Seminary Road. Buy books and help support the library. 703-746-1704
- Basic Gardening: Herb Gardening. 1:30-2:30 p.m.at Green Spring Gardens, 4603 Green Spring Road. This overview of herbs will cover the basics of herb gardening including site selection, planning, preparation and plant selection. \$10/person. Register at www.greenspring.org or call 703-642-5173. Code: 290 282
- Comedy. 8 p.m. or midnight at Old Town Theater, 815 King St. Jonathan Kite performs. Buy tickets at www.oldtowntheater1914.com/ home.html or 703-544-5313. Music Performance. 9:30 p.m. at Old

See Calendar, Page 21

www.ConnectionNewspapers.com

- Art Exhibit. Through Sunday, June 16, announcements to gazette@connectionnewspapers.com. and Danny Conant at Multiple Photos and artwork are encouraged. a.m.-6 p.m. Visit Summer Classes. Art at the Center,
  - www.torpedofactory.org for more. see Woodlawn transformed from a historic house museum into a a styli Watercolor Exhibit. Through Sunday, June 23, see "Paintings of the
  - Potomac Valley Watercolorist" at Green Spring Gardens, 4603 Green Spring Road. Hours at the Historic

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- see artwork by Sandy LeBrun-Evans Exposures Gallery in the Torpedo Factory Art Center, 105 N. Union St. Free. Hours are Thursdays from more noon-9 p.m., all other days from 10
- Student Design Competition. Come 21st century living. Through Sunday, June 16. \$20. Call 703-780-4000.
- House are Wednesday-Sunday, noon-
- 4:30 p.m. and at the Horticulture Center are Monday-Saturday, 9 a.m.-4:30 p.m. and Sunday, noon-4:30 p.m. Visit potomacvalleywatercolorists.org for
- Art Exhibit. Through Tuesday, June 25, 10 a.m.-12 p.m. at River Farm Gardens, East Blvd. Come see "Elegance of Spring."
- Art Exhibit. Eight painters, including Alexandria artist Christine Gray, have Bethesda Painting Awards. Their works will be on display through June 29 at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Free. Gallery hours are from noon-6 p.m. Wednesday through Saturday. Art Exhibit. Through Sunday, June 30, the artists of Studio 4, Old Town,

# ENTERTAINMENT

#### From Page 20

- Town Theater, 815 King St. Hear Blue Dogs. Buy tickets at www.oldtowntheater1914.com/
- home.html or 703-544-5313. Opening Reception. 7-10 p.m. see the "Music In Art" art exhibit at Del Ray Artisans gallery, 2704 Mount Vernon Ave. Artists explore how songs, music genres influences their art in various/mixed media. Visit www.TheDelRayArtisans.org for more.
- Music Performance. Fuse Box will perform 4-6 p.m. at the Virginia Florist at Hollin Hall Shopping Center, 7908 Fort Hunt Road. Free. 703-765-0701.

#### SATURDAY/JUNE 8

- **Program.** Mount Calvary Baptist Church, located at 2221 Emmett Drive. Come to a community/health day program. Rain date June 29. www.mountcalvarybaptist.com.
- Mrs. Madison's Ball. 8-11 p.m. at Gadsby's Tavern Museum, 134 N. Royal St. Enjoy live music, special dessert collation and a cash bar. \$45/ advance; \$50/door if available. Visit www.gadsbystavern.org or 703-746-4242.
- Civil War Fort Day. 10 a.m.-4 p.m. at Fort Ward Museum & Historic Site, 4301 W. Braddock Road. Watch reenactors set up camp, lead drills and more. Tours will be at 11 a.m. or 2 p.m. \$2/person or \$5/family. Visit www.fortward.org or 703-746-4848.
- Friends' Book Sale. 10:15 a.m. at Burke Library, 4701 Seminary Road. Buy books and help support the library. 703-746-1704.
- Saturday Stories. 11 a.m. at Beatley Library, 5005 Duke St. All ages can enjoy stories and songs. Free. 703-746-1702.
- Saturday Matinee. 1:30 p.m. at Duncan Library, 2501 Commonwealth Ave. Watch a family friendly movie. Free. 703-746-1783.
- Watercolor Workshop: Backgrounds. 9:30-3:30 p.m. at Green Spring Gardens, 4603 Green Spring Road. A demonstration by watercolor artist Carolyn Grosse Gawarecki followed by a workshop session in painting gray-background florals for intermediate and experienced beginners; bring a bag lunch. \$72/person. Register at www.greenspring.org or call 703-642-5173. Code: 290 230 4901.
- **Comedy.** 8 p.m. or midnight at Old Town Theater, 815 King St. Jonathan Kite performs. Buy tickets at www.oldtowntheater1914.com/ home.html or 703-544-5313.
- **Grand Opening and Free Classes.** Free yoga classes start at 8:30 a.m. at Radiance Yoga, 701 Prince St. Walkins welcome. Visit www.radianceyoga.net or 703-535-8282.



#### 'Music In Art'

Exhibit runs June 7-30 at Del Ray Artisans gallery. Opening reception scheduled for Friday, June 7, 7-10 p.m. This all-member exhibit explores the relationship between music and art by showcasing artists' interpretations of music in art in a variety of media. Celebrate Music In Art and find out what songs, musical artists, and musical genres have influenced Del Ray Artisans members' artwork. Visit www.TheDelRayArtisans.org.

- **Book Signing.** 2 p.m. at Barnes and Noble Potomac Yard, 3561 Jeff Davis Highway. Stephen Harding will discuss and then sign copies of his book "The Last Battle: When U.S. and German Soldiers Joined Forces in the Waning Hours of World War II in Europe."
- Book Sale. 10 a.m. at Kingstowne Library, 6500 Landsdowne Center. Find items for all ages. 703-339-4610.
- Wag A Tale. 10:30-11:30 a.m. at Kingstowne Library, 6500 Landsdowne Centre. Children ages 5-
- 12 can register to read aloud to a reading therapy dog. Registration required, 703-339-4610.
- **Hear at Martha's.** 2 p.m. at Martha Washington Library, 6614 Fort Hunt Road. Ages 13 and up can hear local poets read and discuss their work. Free. 703-768-6700.

#### r. **JUNE 8-17**

Three Sheets to the Wind will be playing

live in our courtyard! Doors open at 6:30

exclusively through www.CityEats.com

P.M., and the music starts at 7:00 P.M.

Tickets are \$75 and can be purchased

JFK Presidential Yacht Tours. Take a free tour of Honey Fitz, located at

See Calendar, Page 24



The American Century Theater

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SUMMER

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6/13 Parlez Vous Jazz?

7/11 Emerald City

8/8 Animal Instincts

bit.ly/TFACdirections

June 7-29

presents S N Behrman's comedy

Directed by

Steven Scott Mazzola

★ Friday, June 21

Let's kick off summer with an all-you-can-eat courtyard picnic including pork ribs, fried chicken, and more. Good times & live music...

★ Welcome Summer Party





hardwood floors

# ENTERTAINMENT



"Supreme Action" by The Art Monkeys.

## 'Pride Party' for Studio 4, Old Town

The artists of Studio 4, Old Town, in Alexandria, are creating a topical show of 2D and 3D artworks reflecting on the themes of pride and equality. The artists believe that art is a vehicle for social change and are devoted to making the community a better place. They have committed to donating a portion of all proceeds raised via art sales to Fairfax Pride.

An evening that includes live entertainment is in the works for the exhibit's "Pride Party" reception, Saturday, June 15, 6-9 p.m. It is free and open to the public. The exhibition will be on display through June 30 at Studio 4, Old Town, 218 N. Lee Street, Suite 101. Gallery Hours: Wednesday-Satutday 11 a.m.-7 p.m. and Sunday noon-5 p.m. Visit www.facebook.com/events/150301198479526.



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# Entertainment

#### From Page 21

Alexandria City Marina adjacent to Founders Park, 351 N. Union St. Visit www.visitalexandriava.com/ honeyfitz or 703-746-3301.

#### **JUNE 8-29**

Theater Performance. See "Twentieth Century" at the Little Theatre of Alexandria, 600 Wolfe St. Performances Wednesdays through Saturdays at 8 p.m. and Sundays at 3 p.m. Visit www.thelittletheatre.com or 703-683-0496 for tickets or information.

#### SATURDAY-SUNDAY/JUNE 8-30

Art Exhibit. See the exhibit "Food: Friend or Foe," which examines the complex relationship we have with food. Showcases 19 works by artists from all over the country. Free. Located at Target Gallery, Torpedo Factory, 105 N. Union St. Visit www.torpedofactory.org/target.

#### SUNDAY/JUNE 9

- Sunday Film Fest. 2 p.m. at Central Library, 5005 Duke St. Free. Watch "Calendar Girls." Visit www.alexandria.lib.va.us or 703-746-1702.
- **Bike Day.** 8:30 a.m.-1 p.m. during the West End Farmers Market at Ben Brenman Park. Local Motion and Arlington Rides will be at the market giving out biking maps and goodies. Used bikes will be for sale, and repairs will be offered by Phoenix Bikes. Visit www.westendfarmers market.org for more.
- All the Fair Ladies: Civil War Fundraisers. 1-3 p.m. at Green

Spring Gardens, 4603 Green Spring Road. Hear about how women in the North and South leapt into the war effort by raising funds through charity fairs and how fundraising empowered the women who organized them. \$28. Call 703-941-7987 for reservations.

**Performance.** Marc Cohn performs with Rebecca Pidgeon at 7:30 p.m. at The Birchmere Music Hall, 3701 Mount Vernon Ave. \$45. Visit www.Birchmere.com or 703-549-7500.

#### Watershed Friendly Garden Tour.

- 1-5 p.m. around Mount Vernon, including Mount Vernon Unitarian Church, two schools, a community garden and several homes. The tour highlights facilities that feature rain gardens, native plants, solar panels and more. Visit www.fairfax county.gov/nvswcd/gardentour.htm for a list of locations. Free, and can
- be started at any location on the list. **Civil War Sunday.** 1-5 p.m. at Alexandria Archaeology Museum, 105 N. Union St., #327. See an original May 26, 1861, edition of "The New-York Tribune" detailing Colonel Elmer Ellsworth's death in Alexandria, a Peeps diorama illustrating Ellsworth's death, a cocked and loaded Wickham musket discarded in a privy during the 1860s, and more. Free. Visit www.alexandriaarchaeology.org or

#### MONDAY/JUNE 10

call 703.746.4399.

- **Meet the Artists.** 10 a.m.-noon at River Farm. Meet the artists of "The Elegance of Spring." For more information, call 703-768-5700 or
- visit www.ahs.org. Little One-Ders. 10:30 a.m. at Beatley Library, 5005 Duke St. Children ages



12-23 months can enjoy stories and more. Registration required, 703-746-1702 ext. 5.

- **Baby Rhyme Time.** 11:30 a.m. at Beatley Central Library, 5005 Duke St. Children up to 11 months with adult. Free. 703-746-1702.
- Read, Sing & Play Baby. 4 p.m. at Barrett Branch Library, 717 Queen St. Children up to 11 months can enjoy stories and more. Free. 703-746-1703.
- Interfaith Book Club. 7 p.m. at Beatley Library, 5005 Duke St. Read nonfiction works that strive to find common ground through recognizing and celebrating common values. Free. Call 703-746-1743 for title.
- Let's Talk Books. 7 p.m. at Barett Branch Library, 717 Queen St. Discuss "Bossy Pants" by Tina Fey. Free. 703-746-1703.
- Summer Cooking. 7 p.m. at Burke Library, 4701 Seminary Road. Learn how to use produce bought at local

### **Family Fun**

Good Shepherd Housing & Family Services is hosting a free event to raise awareness and funds for homeless families Thursday, June 6, 4-6 p.m. Art at the Center will be hosting chalk drawing as part of the festivities. Local author, Alexis Conti will read from her new book "One Blue Shoe" and will donate 30 percent of the proceeds of the book sales from that day to Good Shepherd Housing.

Shepherd Housing. A family-friendly event including chalk drawing, door prizes, music, a visit from the fire department and more. Books will also be collected to be given to children in need. All the money raised stays in the community. This event will be held at St. Aidan's Episcopal Church, 8531 Riverside Road. Call 703-768-9404.

farmers' markets. Free. 703-746-1704.

- **Child and Me Yoga.** 10:30 a.m. at Kingstowne Library, 6500 Landsdowne Centre. Children ages 1-3 can use yoga poses to imitate animals and more. Bring a yoga mat or beach towel. Free. Registration required, 703-339-4610.
- **Books and Ideas.** 7:30 p.m. at Sherwood Library, 2501 Sherwood Hall Lane. Call for title. Free. 703-765-3645.

#### **TUESDAY/JUNE 11**

- Second Tuesday Book Group. 7 p.m. at Kingstowne Library, 6500 Landsdowne Centre. Discuss "Ladies of Liberty" by Cokie Roberts. Free. Visit secondtuesdaybook group.blogspot.com or 703-339-4610.
- **Evening Book Group.** 7 p.m. at Martha Washington Library, 6614

BUY ONE DAY. GET AN ENTIRE YEAR.

Fort Hunt Road. Adults can discuss "The Known World" by Edward P. Jones. Free. 703-768-6700. **Mother Goose Time.** 10:15 a.m. at

- Barrett Branch Library, 717 Queen St. Children ages 12-24 months can enjoy games, rhymes and more. Free. 703-746-1703.
- Time For 2s. 10:30 a.m. at Beatley Library, 5005 Duke St. Children age 24-36 months can enjoy stories and more. Free. Registration required, 703-746-1702 ext. 5.
- **Tuesday Tots.** 11 a.m. at Burke Branch Library, 4701 Seminary Road. Children ages 2-3 can enjoy stories and more. Free. 703-746-1704.
- Stories to Grow On. 11 a.m. at Barrett Branch Library, 717 Queen St. Children age 2 and up can enjoy stories and more. Free. 703-746-1703.
- Baby Rhyme Time. 11:30 a.m. at

See Calendar, Page 25



703-684-0580

ANNUAL PASS How can one day of fun last an entire year? Virginia residents can now visit Jamestown Settlement and the

Jamestown Settlement and the Yorktown Victory Center for one year for the price of one day — \$20.50 for adults and \$10.25 for ages 6-12 — available only online.

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# ENTERTAINMENT

#### From Page 24

- Beatley Central Library, 5005 Duke St. Children up to 11 months with adult. Free. 703-746-1702.
- Paws to Read. 5:30 p.m. at Duncan Library, 2501 Commonwealth Ave. Children in grades 1-6 can read to friendly dogs. Registration required, 703-746-1705.
- Game Night. 7 p.m. at Beatley Library, 5005 Duke St. Children ages 8-12 can play with their friends. Free. 703-746-1702.

#### WEDNESDAY/JUNE 12

- Rising Words, Rising Images. 10:30 a.m. at Sherwood Library, 2501 Sherwood Hall Lane. Discuss "Night" by Elie Wiesel. For children ages 12-17. Free. 703-76-3645.
- Older Adults Book Group. 2 p.m. at Kingstowne Center for Active Adults. 6500 Landsdowne Centre. Discuss 'Years of Wonder" by Geraldine Brooks. Free. 703-339-4610. **Mother Goose Time.** 10:15 a.m. at
- Barrett Branch Library, 717 Queen St. Children ages 12-24 months can enjoy games, rhymes and more. Free. 703-746-1703.
- **Time For 2s.** 10:30 a.m. at Beatley Library, 5005 Duke St. Children age 24-36 months can enjoy stories and more. Free. Registration required, 703-746-1702 ext. 5.
- Stories to Grow On. 11 a.m. at Barrett Branch Library, 717 Queen St. Children age 2 and up can enjoy stories and more. Free. 703-746-1703
- Spanish Story Time. 1 p.m. at Beatley Library, 5005 Duke St. All abilities and all levels can join in for stories. Free. 703-746-1702.
- Matinee Series. 4 p.m. at Burke Branch Library, 4701 Seminary Road. Watch "The Hobbit." Free. 703-746-1704
- **Lego Family Night.** 7 p.m. at Beatley Library, 5005 Duke St. The whole family can enjoy an evening of creative play. Free. 703-746-1702.

#### THURSDAY/JUNE 13

- Lecture. 7:30-9 p.m. at Green Spring Gardens, 4603 Green Spring Road The Potowmack chapter of the Virginia Native Plant Society will discuss "Celebrating the Natural Communities of VA," including plant roots and their fungal partners. Free. 703-642-5173.
- **Reception.** 6-8 p.m. enjoy a juror talk with April Wood and see the exhibit "Food: Friend or Foe," which examines the complex relationship we have with food. Showcases 19 works by artists from all over the country. Free. Located at Target Gallery, Torpedo Factory, 105 N. Union St. Visit www.torpedo factory.org/target for more.
- Second Thursday Music. 7 p.m. at Athenaeum, 201 Prince St. Tom Dews performs with Henry Cross and Ron Goad. \$10. Visit nvfaa.org or 703-548-0035.
- Music Performance. 8 p.m. at Old Town Theater, 815 King St. Hear Live Jazz. Buy tickets at www.oldtowntheater1914.com/ home.html or 703-544-5313.
- Jazz Evening. 6-9 p.m. at locations on King Street near the waterfront. There will be interactive art activities, live music and art receptions. Some locations are free, but some have a charge. Visit secondthursdayoldtown.com.
- Story Time. 10:30 a.m. or 3 p.m. at Beatley Library, 5005 Duke St. Children ages 3-5 can enjoy stories, activities and more. Free. Registration required, 703-746-1702
- Little One-Ders. 11:15 a.m. at Beatley Library, 5005 Duke St. Children ages 12-23 months can enjoy stories and more. Registration required, 703-

www.ConnectionNewspapers.com

emmet swimming kid walks into a bar...

## **Emmet Swimming Album Debut**

Fairfax's emmet swimming is celebrating the release of "This Kid Walks Into A Bar...", their first studio album release in more than a decade. The album features five new songs along with two previously unreleased tracks from emmet's earlier years.

The new songs were recorded and produced by emmet's longtime producer, mentor and friend, Washington Area Music Hall of Fame Producer, Marco Delmar. The result is vintage emmet swim-ming, seven songs that cross genres, themes and styles and refuse to be put into a conventional box of style or chronology. The band will celebrate the release of "This Kid Walks Into a Bar... by playing an album release party on Saturday, June 15 at the Birchmere at 3701 Mt. Vernon Ave. Showtime is 7:30 p.m., all ages, tickets are \$20. Visit www.birchmere.com.

- Crime Prevention Tips. 5 p.m. at Burke Library, 4701 Seminary Road. The ACPD Crime Prevention Officer will give tips on how to stay safe at home, on vacation and even around the city. Free. 703-746-1704.
- Library Speed Dating. 7 p.m. at Beatley Library, 5005 Duke St. Book lovers can share love of books to find a literary better half. Prizes will be awarded. Free. 703-746-1751 to reserve a spot.

#### **FRIDAY/JUNE 14**

- **Concert.** 7:30 p.m. at the Birchmere Music Hall, 3701 Mount Vernon Ave. Come see HEM perform. \$25. Visit www.hemmusic.com.
- Opening Reception. 6-9 p.m. eight painters, including Alexandria Christine Gray, have been selected as finalists for the Bethesda Painting Awards. Their works will be on display at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Free.
- Performance. 7 p.m. at Athenaeum, 201 Prince St. Ellouise Schoettler will perform a one-woman piece about Arlington National Cemetery. A follow. \$10. Visit nvfaa.org or 703-548-0035.
- Comedy. 7 p.m. or 10 p.m. at Old Town Theater, 815 King St. Chris Barnes performs. Buy tickets at www.oldtowntheater1914.com/ home.html or 703-544-5313. Opening Reception. 7-9 p.m., see

"Conscious Evolution" by Denise Philipbar at Margaret W. and Joseph L. Fisher Art Gallery, located in the Rachel M. Schlesinger Concert Hall & Arts Center, 3001 N. Beauregard St. The exhibit blends nature with science and technology. Visit www.nvcc.edu/schlesingercenter.

Tango Performance. 7 p.m. at Minnie Howard Auditorium, 3801 W. Braddock Road. QuinTango will perform with student performers. Free. Visit www.quintango.com or 703-548-6811.

#### **FRIDAY/JUNE 14**

**PBS Documentary Screening.** 2 p.m. at Beatley Library, 5005 Duke St. Watch "Guilty Pleasures," which takes a look at why romance novels are so popular and "Biblioburro: The Donkey Library," which showcases a Columbian library. Free. 703-746-1702.

#### JUNE 14 THROUGH JULY 21

Art Exhibit. See "Conscious Evolution" by Denise Philipbar at Margaret W. and Joseph L. Fisher Art Gallery, located in the Rachel M. Schlesinger Concert Hall & Arts Center, 3001 N. Beauregard St. The exhibit blends nature with science and technology. Visitwww.nvcc.edu/ chlesingercenter/ for more.

#### SATURDAY/JUNE 15

Workshop. 11 a.m.-1 p.m. at The Alexandria Black History Museum, 902 Wythe St. Adults and children work together to choose a "legend" in their family, write their story, and

make it into a handmade storybook to take home. **Pride Party** Reception. 6-9 p.m. the artists of Studio 4, Old Town, 218 N. Lee St., Suite 101, have created 2D and 3D artworks on the themes of pride and equality. Hours are Wednesday through Saturday 11 a.m.-7 p.m. and Sunday from noon-5 p.m. Visit www.facebook.com/ WorkhouseStudio4 for more

#### **Book Signing**

and Discussion. 4 p.m. at The Gallery at Convergence. Mike Stavlund will sign and discuss his book "The Reshaping of Faith in a Year of Grief." Free. Workshop: DIY Plant Markers. 9:30 11:30 a.m. at Green Spring Gardens, 4603 Green Spring Road. Look at creative ideas for plant labels from frugal to decorative and then use your creativity to make some to take home. \$35/ person. Register

- www.greenspring.org or call 703-642-Tasting Party: Coffee Cupping. 10
- a.m.-noon at Green Spring Gardens, 4603 Green Spring Road. Taste a selection of specialty brews to discern the nuances that give each a signature flavor and hear the story of coffee's transformation from bean to beverage.

5173.

- Performance. Margot MacDonald opens for Emmet Swimming at 7:30 p.m. at The Birchmere Music Hall, . 3701 Mount Vernon Ave. Visit www.Birchmere.com or 703-549-7500.
- Music Performance. 8 p.m. or 11 p.m. at Old Town Theater, 815 King St. Hear Dana Fuchs. Buy tickets at www.oldtowntheater1914.com/ home.html or 703-544-5313.
- Music Performance. See Emmet Swimming at 7:30 p.m. at Birchmere, 3701 Mt. Vernon Ave. All ages welcome. \$20. Visit
- www.birchmere.com for tickets. Saturday Stories. 11 a.m. at Beatley Library, 5005 Duke St. All ages can enjoy stories and songs. Free. 703-746-1702.
- Summer Reading Open House. 10:30 a.m. at Martha Washington Library, 6614 Fort Hunt Road. Learn all about the 2013 Summer Reading Program for children ages -15. Free. Door prizes and refreshments provided. 703-768-6700.
- Wag A Tale. 10:30-11:30 a.m. Kingstowne Library, 6500 Landsdowne Centre. Children ages 5-12 can register to read aloud to Chester, a reading therapy dog. Registration required, 703-339-4610.

#### **SUNDAY/JUNE 16**

Carlyle House Tours. Noon-4 p.m.

Free tours on Father's Day for all fathers and grandfathers at the Carlyle House Historic Park, 121 N. Fairfax St. \$5/adults; \$3/children ages 5-12. Contact carlyle@nvrpa.org or call 703-549-2997.

- Hair-Centric Events. Noon-4 p.m. at Athenaeum, 201 Prince St. Holly Bass will perform "Come Clean," a ritualized performance in which strangers are invited to wash the artist's hair and engage in structured dialogue. Poet and performance artist Shelly Bell will become a touchable art exhibit, allowing others to explore her hair and identity. Amber Robles Gordon will invite attendees to participate in her elaborate Hair Shrine. Free. Visit nvfaa.org or 703-548-0035.
- Sunday Film Fest. 2 p.m. at Central Library, 5005 Duke St. Free. Watch "The Bucket List." Visit www.alexandria.lib.va.us or 703-746-1702.
- Father's Day Celebration. 8:30 a.m.-1 p.m. during the West End Farmers Market at Ben Brenman Park. Fathers can get their picture taken with a throne, a crown and robe. Visit
- www.westendfarmersmarket.org . Film. 2 p.m. at Beatley Library, 5005 Duke St. Watch "Bucket List." Free. 703-746-1702.

#### **THROUGH JUNE 16**

Art Exhibit. See "Under the Microscope" at Potomac Fiber Arts Gallery, Torpedo Factory Art Center, 105 N. Union St. In the exhibit, artists draw inspiration from small life forms, sub-atomic particles and other items we cannot see with the naked eye. Hours are 10 a.m.-6 p.m. except Thursdays when it is open 1-9 p.m. Visit www.potomacfiber artsgallery.com for more.

#### **MONDAY/JUNE 17**

- Music Performance. See Tommy Emmanuel with Anthony Snape at 7:30 p.m. at The Birchmere Music Hall, 3701 Mount Vernon Ave. \$45. Visit www.Birchmere.com or 703-549-7500.
- Evening Storytime. 7 p.m. at Martha Washington Library, 6614 Fort Hunt Road. Children ages 1-5 can wear pajamas and enjoy stories and activities about bedtime. Free, Registration required, 703-768-6700.

#### **TUESDAY/JUNE 18**

- Swing Dance. 9-10:30 p.m. at The Carlyle Club, 411 John Carlyle St. TK the DJ provides the music. Free. Visit www.gottaswing.com or 703-35-9882.
- Partners in Art. 7 p.m. at Little Theatre of Alexandria, 600 Wolfe St. Support Carlyle House Historic Park while enjoying a night at the theatre. \$30. Enjoy a reception at 7 p.m. and at 8 p.m. watch "Twentieth Century." Tickets must be purchased in advance by calling 703-549-2997.

#### WEDNESDAY/JUNE 19

- Performance. 7:30 p.m. at Lee District Park. Robin & Linda Williams will perform. Visit www.fairfax county.gov/parks/performances.
- Concert. Noon-1 p.m. at Canal Center Plaza, 44 Canal Center Plaza. Music by Cathy Ponton King. Free. 703-746-5592.
- Swing Dance. 9-11 p.m. at Nick's Nightclub, 642 S. Pickett St. The Hula Monsters provide the music \$10. Visit www.gottaswing.com.

#### **THURSDAY/JUNE 20**

- Garden Stroll & Tea. 1-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. Enjoy traditional English afternoon tea. \$28. Call 703-914-7987 to register.
- Alexandria Gazette Packet 🔹 June 6-12, 2013 🔹 25

- **Pajama Party**. 7 p.m. at Burke Branch Library, 4701 Seminary Road. Children ages 3-6 can come dressed in their favorite outfit/pajamas and listen to stories. Free. 703-746-1704.
- 746-1702 ext. 5.

#### Zone 3: • Alexandria Mount Vernon



703-917-6400 ZONE 3 AD DEADLINE: Tuesday Noon



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## PEOPLE



Lisa Guernsey talks with Lonnie Rich and friends at the reception before the 27th Anniversary Alexandria Scholarship Fund Gala in March at the Mark Hilton Hotel.



Peter and Jenny Heinberg join Laura Machanic and Tom Dabney at the gala.



Julie and Ken Niemann

# Gala Benefits Alexandria Scholarship Fund



T.C. Williams alumni Farjana Akhter and MD Shahjalal.



Janel Fogelman and Tyler, Ellen and JB Yowell



Victor and Tammie Ignacio talk with former vice mayor Kerry Donley and candidate for Virginia Attorney General Justin Fairfax.



TC Williams principal Suzanne Maxey talks with Pierrette Hall and Beth Post.

#### - Business Notes -

Email announcements to gazette@ connectionnewspapers.com. Deadline is Thursday at noon.

Lindsay Automotive Group will sponsor the June 9 Potomac Nationals game to benefit nonprofit organization Autism Speaks. After the game, jerseys worn by Nationals players will be auctioned off, with all proceeds going directly toward autism advocacy and research efforts. Lindsay Auto Group will also support a team at the upcoming Bike to the Beach for Autism—a 100-mile charity bike ride from Washington, D.C. to Dewey Beach, Del.—on Aug. 2. Several of the company's employees are riding in the event, including Michael Lindsay, president of Lindsay Auto Group. Visit www.lindsaycars.com.

**Becky's Pet Care** of Alexandria is the 2013 Business of the Year Award



CEO of Inova Alexandria Hospital Christine Candio and Inova Alexandria Hospital Foundation executive director Mary Myers.

recipient by the National Association of

Professional Pet Sitters. Becky O'Neil

was named the NAPPS 2013 Business of

the Year Award recipient for many rea-

her business as sole proprietor and sole

employee 14 years ago and has since

grown to serve more than 3,500 clients

in the Alexandria area. Becky's Pet Care

currently staffs nearly 100 pet care pro-

fessionals in addition to a full

administrative office.

oped

sons: as an entrepreneur, she deve



Stephanie Kapsis, Greg Hutchings and Kelly Booz

In addition to managing her active pet care business, O'Neil supports various local and national animal rescue groups and participates in several community organizations. She is the president of the Northern Virginia Professional Pet Sitters Network, serves on the board of the Community Business Partnership in Alexandria and is the current president of her local Parent/Teacher Association.

Inova Alexandria Hospital has

been awarded a three-year term of accreditation in radiation oncology as the result of a recent review by the American College of Radiology. Radiation oncology (radiation therapy) is the careful use of highenergy radiation to treat cancer. A radiation oncologist may use radiation as a cancer treatment, in conjunction with other cancer treatments or to aid in symptomatic relief when a cure is not possible.

# Schools



Kisainya Miller joins friends Jared Clifford, Dominia Williams and Shay Martin in the lobby of the Waterford at Springfield for the T.C. Williams High School prom on June 1.



Prom guests: Abdula Ayubi, Yohannes Tekele, Jasmine Rainey, Tay'Juan Patten and Marcus Berry gather for group photos outside the ballroom.

# At the Prom



Courtland Chavis and Landon Moss dance a few numbers on stage with friends at the prom.



Luwan Bokure, Hadiya Aden, Jada Toote, Morgan Lataillade, Indya Wearer, Karaamah Jones and Fatmata Jimmy



**Bob Trout and Maria Muhtadi** www.ConnectionNewspapers.com



Terrell Williamson reattaches his boutonniere before going back to the dance in the ballroom.

Photos by Louise Krafft Gazette Packet



Analee Cuellar-Moreno and Simon Alvarez-Vasquez



mon Ra'Quell Carrington and Julia Ann Jones Alexandria Gazette Packet & June 6-12, 2013 & 29



<sup>30 🛠</sup> Alexandria Gazette Packet 🛠 June 6-12, 2013

# News Food Fight

#### From Page 1

Arlington and Washington, D.C. Now city officials are set to consider a series of proposals that could bring the mobile fare to a street near you.

A draft legislative proposal now under consideration would allow food trucks at three locations in Old Town — along the North Royal Street side of Market Square, in front of the city courthouse and at King Street Gardens near the Metro station. Along Mount Vernon Avenue, the trucks would be able to park near the Human Services building, the Arlandria city parking lot or Four Mile Run. In Carlyle, the vehicles would be allowed along the interior loop of Dulaney Street. The trucks could also park at any regular street parking space for up to four hours. That's a proposal that is deeply concerning to many existing businesses.

"We believe that putting food "In order for trucks near restaurants will cause a something to go negative economic forward well, impact on those restaurants," said you have to have Val Hawkins, president of the buy in from the Alexandria Economic Developrestaurants and ment Partnership. "And that concerns the community us." Hawkins said and the council

the Alexandria Economic Development Partnership is opposed to allowing food

trucks into Old Town or Del Ray, two parts of the city that are known for restaurants. Instead, he said, the city should concentrate its efforts on what he calls "food deserts," parts of town that are lacking restaurants. For example, he said, the partnership would support food trucks near the Mark Center or Canal Center, where restaurants are few and far between.

members."

- Meshelle Armstrong

"That relegates food trucks to being second-class citizens when it comes to business opportunities," said Doug Povich, chairman of the Food Truck Association of Metropolitan Washington. "If these were viable business areas, there would already be restaurants there."

**THIS WEEK**, City Manager Rashad Young issued a memorandum outlining a new stakeholders work group that would make recommendations to members of the Alexandria City Council. Although council members were originally set to consider the issue this month, Young said that the stakeholders group would allow for a wider community discussion and more time to consider the proposal.

"The work group will consist of citizens, restaurateurs, food truck vendors, farmers market masters and staff," Young wrote in the June 4 memo. "Its mission will be to review the current proposal and offer improvements or alternatives and provide recommendations for your consideration in the fall."

The draft proposal sets out a series of restrictions for where and when food trucks can operate. They must be at least 20 feet away from a restaurant that has outdoor dining, for example. They would be allowed only from 7 a.m. to 8 p.m. And they must be less than 10.5 feet high in vehicles that can fit into a standard parking space. "This is a very fair and balanced

proposal," said Povich. "It's quite enlightened as far as food truck regulations go, especially coming from a jurisdiction where food trucks are entirely prohibited."

**RECENT YEARS** 

have seen Arlington and the District become war zones where traditional brick-andmortar restaurants have gone to battle with newer

food trucks — in business and before elected officials. Critics say food trucks don't have to pay property taxes or adhere to zoning regulations. Here in Alexandria, for example, they would not have to adhere to oversight from the Board of Architectural Review. That means striking the right balance between the interests of food trucks and the existing business community might be a difficult task in the coming months.

"In order for something to go forward well, you have to have buy in from the restaurants and the community and the council members," said Meshelle Armstrong, a restaurant owner in Alexandria who is also a board member of the Restaurant Association of Metropolitian Washington. "If you open a door and things haven't been discussed thoroughly, trying to curtail a runaway beast down the road is far more difficult."

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From Page 13

With low bleachers and no nosebleed section, the players are so near that you can almost reach out and touch these aspiring college kids playing the Major League way. In fact, Majors' scouts frequent these games and recruit based on the talent they find.

To make this even more appealing for families, tickets prices are low (\$3 children; \$5 adults), there's fun baseball food on hand, children, who are often seen throwing balls behind the stand, can safely watch baseball, and for dad or mom, there's plenty of free parking.

These games are Americana at its best: family fun, NCAA goodsport conduct, watching talented kids play their hearts out. And it's right here in our backyard, so don't miss out. Come join us; check out the schedule on their website (www.alexandriaaces.org) and help us cheer our Aces to a winning season this summer. See you at the ballpark!

> **Linda Couture** Alexandria





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# Sports

# TC Crew Wins 13th Medal of Season at Canadian Nationals Girls' lightweight 8 captures bronze, three other boats reach finals.

Courtesy of T.C. Williams crew

he T.C. Williams crew team brought its rowing season to a successful conclusion this past weekend at the Canadian Secondary Schools National Championship Regatta in St. Catherines, Ontario, a storm-shortened competition that saw the Titans once again send multiple boats to the finals and come away with another medal in the end.

The medal was won by the T.C. girls' lightweight 8, a boat that was composed primarily of members of the girls' freshman 8. Guided by coach Patrick Marquardt, the frosh 8 have had a remarkable year, winning the Virginia State championship to go along with the bronze medals they captured at the Stotesbury Cup Regatta in Philadelphia and the Scholastic Rowing Association of America's National Championship in Camden, NJ.

The girls added to their medal collection in St. Catherines by capturing the bronze. The girls earned this award by winning their semifinal contest on Saturday, an event that was raced on a 1,000-meter course instead of a 2,000-meter course due to high winds and rough water, and one in which the Titans posted a time of 3:20.0. This was the third-fastest time of the day. As it turned out, it was also a time that won them the bronze.



T.C. Williams athletes and coaches gather in front of the team trailer at the conclusion of the 2013 Canadian Nationals, a competition that saw the Titans win their 13th medal of the year.

After a night of torrential downpours, and with high winds that continued into Sunday afternoon, the finals of the Canadian Nationals were cancelled and winners were determined based on the results of the semifinal events.

By posting the third-fastest time, the girls' lightweight 8 captured the bronze medal. Members of the T.C. girls' lightweight 8 included coxswain Maggie Chamberlain and rowers Natasha Magallon, Harper Jensen, Rachael Vannatta, Giulia Pastore, Hannah Posson, Abby Prall, Sarah Scroggs and

2008, Mike

Gallagher was named

the head coach of the

Cardinals. During his six

years leading the Redbirds, the Cardinals

amassed 65 wins. They

had four winning sea-

sons, four trips to the

VISAA state playoffs, and two trips to the

WCAC finals in 2008

and 2009. Coach Gallagher was named

WCAC Coach of the Year

in 2008. The Cardinals

have sent several play-

ers on to the next level

to play college baseball,

LeeAnn Richards.

The girls' lightweight 8 was not the only T.C. Williams boat to make it into the finals. In total, of the seven boats the Titans brought to the Canadian Nationals, four of the boats made it through the semifinal events to qualify for the finals on Sunday. The other T.C. boats advancing to the finals of the storm-shortened competition were: the boys' lightweight 8, who posted the sixth fastest time in their event; the girls' junior 8, who won their semifinal by five boat-lengths; and, the boys' senior 8, who had spent the season racing in the Junior 8 category and who made it to the finals despite the fact that they were competing in the senior 8 event.

Members of the T.C. crew team traveling to St. Catherines to compete on these and other boats in the 2013 Canadian Nationals included: Spenser Gilliand, Tyler Souza, Rodrigo Robles, Connor Quatannens, Nate Conrad, Carter Weitekamp, Greg Montenegro, Sam Zickar, Ben Blakeslee, Brian Comey, Perry Conner, Alexander Psaltis-Ivanis, George Waskowicz, Calvin Heimberg, Daniel Hinker, Mark Comey, Chris Porter, Ethan Vannatta, Noah Stewart, Kate Arnold, Maeve Bradley, Claire Embrey, Alexis Judd, Kyra McClary, Maggie McVeigh, Maura Nakahata, Katie Pickup, Kathrina Policarpio, Amelia Bender, Lynn Stevens, Rosa Procaccino, Julet Roque, and Taylor Sanders. The team was guided in Canada by Pete Stramese, the head boys' crew coach at T.C. Williams, and Marquardt, who, in addition to coaching the girls' lightweight 8, also coached the girls'

junior 8. Also guiding the Titans in Canada were coaches Peter Hearding, Matt Holland, Matt Given, Audrey Shankles and Cathy Hott. The bronze medal won by T.C. crew at the Canadian Nationals caps a very successful season of rowing for the Titans. In total for the 2013 rowing season, T.C. boats won three state championships, two silver medals, and eight bronze medals.

Next up for the Titans is their annual end of season award ceremony, which will be held at 6 p.m. on Tuesday, June 11, at the Dee Campbell Boathouse in Old Town.

For more information about T.C. Williams crew, visit www.tcwcrew.org or w w w . f a c e b o o k . c o m / alexandria.crewboosters.

# Coach Gallagher Steps Down

B ishop Ireton varsity baseball coach Mike Gallagher will step down, effective June 1, to pursue some longstanding personal goals, according to Athletic Director Bill Simmons.

Simmons lauded the efforts of the Hayfield High School graduate and one of the most successful baseball coaches in the school's history. Gallagher spent seven seasons at Bishop Ireton. He came to the school in 2007 as a var-

sity assistant coach after spending the 2006 season as the head coach at Hayfield High School in Alexandria, where he was the Patriot District Coach of the Year.



Bishop Ireton baseball coach Mike Gallagher has stepped down.

including five in this year's senior class. Simmons indicated the search for a replacement will begin immediately, but no time table has been set regarding the hiring of a new varsity head coach.



Coxswain Maggie Chamberlain shakes hands with a race official after being awarded the bronze medal as a member of the T.C. Williams girls' lightweight 8, which captured third place at the Canadian Nationals on June 2.

## Schools

# Extolling Strength of Character

iddle school students at Saint Rita School learned firsthand on May 30, how belief in God and strength of character can carry one through the most difficult situations. The school hall fell silent as Brig. Gen. J.W. Nicholson (ret.) told the story of Captain Rocky Versace, his friend and comrade during the Vietnam War.

Versace, an Alexandria native and Saint Rita altar boy, was captured by the Viet Cong and for 23 months was tortured and eventually executed on Sept. 26, 1965.

Versace had grown to love the Vietnamese people, especially the children and was known for his offduty humanitarian efforts on their behalf. He had planned to leave the Army at the end of his commitment and enter a seminary to become a Maryknoll Missionary priest. His goal was to return to Vietnam to help the children of that war-torn country.

Nicholson told the students how Versace would say aloud how he pitied the communists because they did not know God and when they hit him in the mouth for saying this he asked God to forgive them.

On July 8, 2002 President George W. Bush made a posthumous presentation of the Medal of Honor to the Versace family in recognition of Versace's valor "above and beyond the call of duty."

Accompanying Nicholson was Col. Kevin Rue, a member of the "Friends of Rocky Versace" committee, who showed the students a replica of the Medal of Honor.

School Notes

Email announcements to gazette@

Brendan T. Reilly was awarded a

scholarship by the Catholic University of

America's Architecture of Foreign Stud-

ies Program and is in the process of

completing the graduate program in

Barcelona, Spain, spring of 2013.

Brendan graduated Catholic University

in 2012, where he was a four-year var-

sity swimmer and captain. Brendan

graduated from Bishop Ireton High

School and is the son of Pete and Crissy

Daniel Deiter earned a master of

Alexandria City Public Schools an-

nounces the selection of Kathleen

Fitzpatrick, an art teacher at the

Northern Virginia Juvenile Detention

Home School as a 2013 Agnes Meyer

Outstanding Teacher Award recipient.

Fitzpatrick has been a teacher for nine

years and has been with ACPS since

2003. She holds a master's degree in

education from the University of New

Mexico and a bachelor's degree in fine

arts from Clarion University of Pennsyl-

vania. She first joined ACPS as an art

teacher at William Ramsav Elementary

School before two years at the American

International School in Cairo, Egypt. She started teaching at the Northern

Virginia Juvenile Detention Center in

2006 and has developed an art curricu-

lum and an innovative afterschool

program fusing art, meditation and yoga

to help students channel their energies in a positive manner. Given the nature

of the Detention Home School,

Fitzpatrick's teaching methods and posi-

tive engagement with students

prompted her nomination to the award

with letters of support from students

and colleagues. The Agnes Meyer Award

science in education degree from

Reilly of Alexandria.

Purdue University.

connectionnewspapers.com. Deadline is

Thursday at noon. Photos are welcome.

from each Washington, D.C., metropolitan area school district, and is designed to highlight excellence in teaching, encourage creative instruction and contribute to the improvement of D.C.area education. Each winner will receive a \$3,000 prize at a ceremony in May.

**Morgan R. Cheatham** is a recipient of the National Achievement Scholarship, worth \$2,500. Morgan is a student at Thomas Jefferson High School for Science and Technology and is interested in studying anesthesiology.

**Yonathan Dawit** is a recipient of the National Achievement Scholarship, worth \$2,500. Yonathan is a student at Washington International School in Washington, D.C., and is interested in the field of medicine.

**Samantha R. Williams** is a recipient of the National Achievement Scholarship, worth \$2,500. Samantha is a student at T.C. Williams High School and is interested in the field of music.

Byron Brown, a social studies teacher at Northern Virginia Juvenile Detention Home School, has been selected from group of teacher applicants from across the country in a national competition to receive a National Endowment for the Humanities (NEH) Award. Brown will receive a \$3,300 stipend for studying "The Abolitionist Movement: Fighting Slavery and Racial Injustice from the American Revolution to the Civil War," a summer seminar for school teachers sponsored by the NEH and hosted by the Library Company of Philadelphia. This year's seminar will be held at the Library Company from June 30-July 26. Founded in 1731 by Benjamin Franklin, the Library Company is America's oldest cultural institution and served as the Library of Congress from the Revolutionary War to 1800.

Queen Martin has been initiated

into the Laurel Circle of Omicron Delta Kappa, the national honor society in leadership at Mary Baldwin College.

Brig. Gen. J.W. Nicholson (ret.) and

Principal Mary Pat Schlickenmaier.

Col. Kevin Rue with Saint Rita School

Davis & Elkins College junior **Carly Sable** is serving as hair and makeup designer for the spring semester theatre production of "Boeing Boeing." She is the daughter of Carolyn Sable of Alexandria.

**Samantha R. Williams**, a senior at T.C. Williams High School, was named a 2013 National Achievement Scholar. She was recently accepted to Stanford University. She played varsity soccer and is president of the T.C. Williams Advanced Choir, and performed with the choir at the Atlanta Heritage Music Festival where the group received a Gold-Superior Award and an invitation to perform at Carnegie Hall in New York City next year.

**Linda McCargo**, a senior Germaneconomics major, was recognized as the recipient of the Robert W. Opdahl Economics Excellence Award at Lycoming College's Honors Convocation on April 14. The Robert W. Opdahl Economics Excellence Award is given to to a senior economics major for recognition of outstanding personal achievement and contributions.

**Christina B. Williams** has been named the Outstanding Graduating Senior in the College of Engineering at Virginia Tech for the 2012-13 academic year. Williams, who is pursuing a major in chemical engineering and minors in chemistry and Spanish, is expected to receive a bachelor's degree in May. She is a member of the University Honors Program and is the recipient of numerous scholarships. Williams is a member of Kappa Kappa Gamma sorority, the women's rugby team, Virginia Tech Symphonic Band, and the VT Salsa Club. She is the daughter of Steve and Lori Williams.



# McLaughlin Ryder

The Aces Home Opener on Friday June 7th is sponsored by McLaughlin Ryder Investments, Inc. Located in Old Town Alexandria. www.mclaughlinryder.com

### ACES OPENING WEEKEND SCHEDULE

Friday, June 7 vs. D.C. Grays - 7 PM Saturday, June 8 vs. Silver Spring/Takoma T-Bolts - 7 PM



Aces home games are played at Frank Mann Field at Four Mile Run Park, located at 3700 Commonwealth Avenue in Alexandria, behind Cora Kelly School

FAMILIES STILL NEEDED TO HOST ACES PLAYERS IN THEIR HOMES THROUGH THE END OF JULY! PLEASE CONTACT DAVE CHENEY AT cheneydave@gmail.com or 703-370-2882 for more info.

IF YOU AND YOUR BUSINESS ARE INTERESTED IN BEING AN ACES CORPORATE PARTNER OR BEING A GAME NIGHT SPONSOR FOR ONE OF THE 21 ACES' HOME GAMES IN THE SUMMER OF 2013, CONTACT PATRICK HARDY AT

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MCWILLIAMS BALLARD

# Neighborhood

# Taylor Run

Library head Rose Dawkins discussed the current state of Alexandria's library at the annual meeting of the Friends of the Library, warning us that funds will shrink with the city's income.

Julia Randle gave an interesting slide show about the historic buildings at Virginia Theological Seminary; particularly touching were the photographs of the fire that ruined a very old building beyond repair a few years ago.

President Elaine Hawes ran the meeting and election of officers.

#### **PURCHASES**

Among interesting additions to the library's collection were: a photo of the 1940 football team from Parker-Gray, with athletes names written on the back; a

#### Military Notes

Email announcements to gazette@connectionnewspapers.com. Photos are welcome.

Marine Corps Pvt. **Manuel Carrion**, son of Manuel M. Carrion, recently graduated from the Marine Corps Basic Combat Engineer Course at Marine Corps Engineer School, Marine Corps Base, Camp Lejeune, N.C. Carrion is a 2012 graduate of T. C. Williams High menu from the Old Colony Inn, a restaurant built on South Washington Street with the hope that it would serve tourists driving down to Mount Vernon (it has been turned into condominiums). Old South dishes like peanut soup were featured.

"Mapping Virginia," a book of Virginia maps, was presented to the library in honor of Allan Robbins.

#### MILLER PARTY

Joann Miller invited friends to dinner at her new home in Greenspring Village. Among them were Pat Schmid, L.K. Hunt, Rance Willis, Mike Curry and Bob Eiffert, who is now serving in program management for long term care with the Fairfax County Health Department.

— Lois Kelso Hunt

#### School.

Marine Corps Pfc. **Kellen G. Argue**, brother of Fredrica Packnett of Brandon, Miss. and nephew of Lee M. Packnett of Alexandria, earned the title of United States Marine after graduating from recruit training at Marine Corps Recruit Depot, Parris Island, S.C. Argue is a 2010 graduate of Rich South High School of Richton Park, Ill.

# CONGRATS, BURGUNDY GRADS!



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(1) DUE AT SIGNING INCLUDES DOWN PAYMENT (COROLLA: \$1,999, CAMRY: \$2,499, RAV4: \$2,990), FIRST MONTH'S PAYMENT, \$499 PROCESSING FEE AND NO SECURITY DEPOSIT. NOT ALL CUSTOMERS WILL QUALIFY TAX, REGISTRATION AND INSURANCES ARE EXTRA. CUSTOMER IS RESPONSIBLE FOR EXCESSIVE WEAR AND EXCESS MILEAGE CHARGES OF \$0.15 PER MILE IN EXCESS OF AGREEMENT'S MILES (COROLLA/RAV4: 36,000 MILES). CAMRY: 24,000 MILES). OFFER AVAILABLE ON APPROVED CREDIT TO QUALIFIED CUSTOMERS FROM TOYOTA FINANCIAL SERVICES. (2) 0% APR FINANCING AVAILABLE FOR UP TO 60 MONTHS ON SELECT MODELS. OFFERS FOR WELL-QUALIFED BUYERS WITH APPROVED TIER1+ CREDIT THROUGH TES. 60 MONTHLY PAYMENTS OF \$18,67 PER \$1,000 BORROWED. (3) PURCHASERS CAN RECEIVE UP TO 52,750 CASH BACK FROM TOYOTA OR CAN APPLY CASH BACK TO DOWN PAYMENT AVAILABLE APPROVED FIRE1+ CREDIT THROUGH TES. 60 MONTHLY PAYMENTS OF \$18,67 PER \$1,000 BORROWED. (3) PURCHASERS CAN RECEIVE UP TO \$2,750 CASH BACK FROM TOYOTA OR CAN APPLY CASH BACK TO DOWN PAYMENT ANOUNT VARIES PER MODEL. (4) BASED ON BLACK BOOK TRADE VALUE MINUS \$18,67 PER \$1,000 BORROWED. (3) PURCHASERS CAN RECEIVE UP TO \$2,750 CASH BACK FROM TOYOTA OR CAN APPLY CASH BACK TO DOWN PAYMENT. THE NOUNT VARIES PER MODEL. (4) BASED ON BLACK BOOK TRADE VALUE MINUS \$18,62 AND RECONDITIONING. (5) COVERS NORMAL FACTORY SCHEDULED SERVICE FOR 2 YEARS OR 25K MILES. WHICHEVER COMES FIRST. THE NEW VEHICLE CANNOT BE PART OF A RENTAL OR COMMERCIAL FLEET. SEE PARTICIPATING DEALER FOR COMPLETE PLAN DETAILS. VALID ONLY IN THE CONTINUL UNITED STATES AND ALASKA. (6) COLLEGE GRAD AND MILITARY REBATE AVAILABLE ON APPROVED CREDIT THRU TFS. ELIGIBLE CUSTOMERS MUST BE IN ACTIVE DUTY STATUS IN U.S. MILITARY TO RECEIVE REBATE. (7) 2012 OR 2013 EPA-ESTIMATED MILEAGE. ACTUAL MILEAGE MAY VARY. (1) WHICHEVER COMES FIRST FROM DATE OF TOUV PURCHASE. (8) VALID ON ANY NEW 2013 RAV4. CUSTOMER MUST TRADE IN A TOYOTA VEHICLE TO QUALIFY. (11) 19% APR FINANCING ON ALL CPO VEHICLES FOR UP TO 60 MONTHS WITH APPROVED CREDIT ON SELECT MODELS THROUGH TFS. 60 MONTHLY PAYMENTS OF \$17.





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# Senior Living Senior Services of Alexandria Provides

**Resources and Education to the Aging** 

By Courtney M. McSwain

f you ask the folks at Senior Services of Alexandria, a nonprofit organization that provides direct services and programs to the city's aging population, Alexandria is a great place to be a senior.

Both Janet Barnett, Senior Services' executive director, and Mary Lee Anderson, SSA's Senior Resource Center director, agree that Alexandria's government and nonprofit partners are committed to caring for the city's aging population. "We are a very caring community," said Barnett. "Alexandria is a good place to be and there are services available...it's a win-win for all ages."

SSA itself provides many of those services. Founded in 1968, SSA operates on an annual budget of approximately \$600,000 to provide direct support to Alexandria's senior citizens. For instance, SSA administers the City of Alexandria's Meals on Wheels program, which provides fresh meal delivery to senior citizens seven days a week.

The City of Alexandria provides subsidized meal delivery to medically certified homebound residents who are at least 60 years old. Those who are not homebound but have a need for home deliveries can pay out of pocket for the meals.

Additionally, SSA raises funds for services not covered by the City, such as special holiday-themed meals sponsored by the Ronald M. Bradley Foundation that are privately catered and delivered to Meals on Wheels participants during national holidays. One of the goals Barnett set in 2007 when she took the helm of SSA was to expand the Meals on Wheels delivery from five to seven days a week, which it now is.

ANSWERING THE NEED for transporta-

tion for seniors, SSA works with the City of Alexandria to administer the Department of Transportation's Paratransit program

that provides transportation services for 1,600 residents with disabilities. The program is open to all ages and provides reduced cost car service throughout Northern Virginia.

Clients meeting medical criteria can receive rides within the City of Alexandria for \$3 each way and rides for travel outside of the city limits in Fairfax County and Arlington for \$5 each way. SSA takes reservations and coordinates scheduling for the program, which operates each day of the week.

SSA has also launched several of its own outreach ini-

tiatives, including its Friendly Visitors pro-

gram, which it officially began in October 2012 after identifying companionship and socialization as one of the unmet needs of aging residents. Through the Friendly Visitors program, volunteers are matched with a senior citizen, and they visit for at least



one hour each week.

Since its launch, Friendly Visitors has provided one-on-one matches for 35 seniors and volunteers. According to Barnett and Anderson, the Friendly Visitors program helps alleviate loneliness for seniors and "We retrieve so much from the seniors themselves. ... To hear their stories and for them to give back to us through words and teachings, that is a real gift." — Janet Barnett

helps them continue to stay connected to the community. In addition, seniors are able to share their knowledge through stories about their life experiences, something that Barnett personally takes to heart.

"We retrieve so much from the seniors themselves. They come with so much experience and so many stories to share...they've lived their lives and they've had experiences that we haven't had. To hear their stories and for them to give back to us through words

and teachings, that is a real gift," Barnett said.

Not only providing services, but making sure seniors are aware of them has become

SEE SENIOR SERVICES PAGE G



By Courtney M. McSwain

B efore heading to the home of the 83year-old woman she visits each week, Diane Stoy calls to make sure her friend is up for a visit. The answer is almost always yes.

Stoy is a volunteer with Senior Services of Alexandria's Friendly Visitors program, which was established to alleviate isolation and loneliness among the city's aging population. Each week, volunteers like Stoy spend an hour with senior citizens building friendships and helping aging residents stay connected to the community. It's a program Stoy said she is privileged to be a part of.

vides aging residents, especially those who are limited in their mobility. "[The program] tapped into a need that is often not addressed for those seniors who are homebound — to have someone to come and brighten their day, to engage in conversation [and] to distract them from medical concerns or their regular routine," Stoy said. Further, the experience is beneficial for Stoy as well.

"I look forward to the visit very much," Stoy said. "I have been able to build a friendship with a woman whom I admire greatly for her optimism and her outlook, despite her limitations." And as a senior herself, she is inspired by her friend's resilience. "Her ability to adjust to physical challenges and to illness is an inspiration. I think for everybody growing older is very scary," Stoy DIA CONNECTION LLC said. Despite being bed-bound, Stoy describes the 83-year-old Alexandrian she has come to know as being clear and in control of her life. Plus, being around her imparts valuable lessons about appreciating in the small joys of life.

"We had a good talk about Memorial Day. Her family had a wonderful holiday meal together. They were able to get her out of her bed, and she was able to sit on the porch and enjoy the air and the comfort of her children," Stoy said. "Isn't that what life is — just these simple beautiful things?"

Bonding with her senior friend was something that came naturally to Stoy. As a selfdescribed extrovert and organizational development consultant, Stoy has plenty of

SEE VOLUNTEERS PAGE G



call 703-778-9431 or email sales@connectionnewspapers.com

# **Senior Living**

# Active and Prepared

Aging-in-place solutions aid senior's decision to stay put.

#### By John Byrd

y mother spent the last two years of her life in a nursing home," said northern Virginia native Connie Sorrentino, who recently turned 70. "You never know what's ahead. I spent a couple of years looking at retirement homes, then decided that the immediate problem was adapting my current house so it's easier to use.

Sorrentino, who lives alone, practices yoga and observes a strict vegetarian and fish diet, said she has "no stiffness" and is quite active in local church and civic groups.

"Still, since I've decided to stay put, I'm making changes that will make it easier for me to sustain myself happily for years to come," she said.

Along these lines, the retired economist has been working with Mindy Mitchell, cer- designing homes to meet aging-in-place retified aging-in-place specialist at Burkebased Sun Design Remodeling, planning out



Counter high drawers instead of overhead cabinets; cabinets pulls and sharper more focused lighted are among the simple but effective agingin-place solutions that have made it easier for Sorrentino to use her kitchen

learn that the firm's expertise includes reauirements

"We're seeing many more seniors explorthe future of a home in Arlington she's oc- ing ideas that will help them continue to live cupied for more than 30 years. Recently, the independently in their own homes," said design-build firm remodeled several rooms Mitchell. "Sometimes we're called in when in Sorrentino's four-bedroom ranch; she was mobility issues have become inescapable. pleased with the outcome, and gratified to But it's always easier when you plan ahead."

Mitchell said that an aging-in-place design is far more economical and practical when it's rolled into an already planned remodeling project — which is the course Sorrentino of the circa-1950s rambler.

"I'm remodeling several high-use spaces; it's a plan that makes it easier for me to do



everything I need with minimal challenge," said Sorrentino.

tions of daily life.'

In place of overhead kitchen shelves, for

high pull-out drawers for regularly-used items, reducing the need for out-of-reach overhead cabinetry. Mitchell said that the changes can seem Small hard to grasp knobs will be replaced with cabiis following in the current makeover of her discrete to outsiders, but they "make all the net pulls. Sharper, more concentrated lighting in key The floor will be surfaced in non-slip tile. kitchen, several bathrooms and other parts difference in reducing the ergonomic exer- locations provides the visual support needed to move about confidently.

In two bathrooms, plans call for precisely located instance, Mitchell is recommending counter- vertical and horizontal grab bars. The shower will have

# **Rogers' Retirement Dream**

Aging-in-place remodel required a generator, much to relief of their neighbors.

ed Rogers, 73, recently completed a senior-friendly makeover to his home, with the help of a master builder to meet his often challenging technical requirements.

Rogers, a former Navy pilot, had lived in convenient grab bars near the tub. 18 houses all over the world before settling in a circa 1960s ranch in Vienna with his wife and children in the early 1980s. The failure," said Rogers. "We're a bit off the traditional brick rambler had previously been owned by a local farmer whose family had worked a nearby spread for generations. you get older."

The house was conventional, but solidly wouldn't be ideal in retirement.

"We were looking for long term comfort Rogers now envisioned? and security," said Rogers. "That meant the "The more I looked into it, the more I re- with a second floor studio and a home gen- sorbing the learning curve just as the prob-

4 ♦ Alexandria Gazette Packet ♦ Senior Living June 2013

BY JOHN BYRD master bedroom suite."

Then, too, the master shower would be a "roll-in" design, suitable for a wheelchair if needed

Doors and hallways would be wider, in compliance with the Americans with Disabilities Act specifications. There would be

"But I also insisted on a way to keep our systems operating in the event of a power main road and have been through long outages. You want to avoid this kind of thing as

Complicating matters were several techconstructed. Still, as Rogers and his wife, nical questions. For instance: what was the **THE STARTING POINT:** a 2,553 squareering the substantially enlarged home the accommodating a master bedroom suite, a so I've been steadily servicing the growing gas or oil.

generators that have to be worked out between the contractor and the gas company," Rogers recalled.

"I was aware of plans like mine that hadn't worked well for the homeowner. I wanted enough power to keep the house running for days at a time, but the technology is still evolving and relatively few contractors have mastered it."

Then Rogers met David Foster, president of Foster Remodeling Solutions in Lorton, a veteran builder with a track record in home generator solutions.

"David came highly recommended, but it was meeting him that proved decisive," said Rogers. "His love of building impressed me. As we started walking through the house together, I could see that he understood my vision.

spacious gourmet kitchen, a two-car garage demand for this type of application — ab-

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Wanda and Ted Rogers in front of their remodeled home.

days a time without need for refueling.

"The call for a generator in a retirement

parent to everyone.' In Rogers' case. Foster specified a state-of-the-art were like a local community center," he said.

Wanda, settled into their 70s they recog- appropriate size and performance capabil- foot, three-bedroom ranch on two acres, and dream home struck a chord with me" said unit, one powerful enough to run all of his client's The larger satisfaction to Rogers, though, is that **TIONSHIPS** such as Brown's are Meanwhile, Brown is making nized several aspects of the home that ity of a home generator adequate for pow- a conversation regarding the best options for Foster. "We have a sizable seniors clientele, electrical needs for about a week without changing his computer, internet and security systems contin- another factor in one's overall plans for a weeklong summer vaued to perform as usual. "It's a relief to know that sense of well-being. "Reconnecting cation with her family. "There will And the timing couldn't have been more perfect. you're connected to the outside world — especially with family members can bring be 22 of us in one house at the Shortly after the project's completion in spring in an area-wide emergency. Five days is a long time happiness," said Boie. "That's also beach," she said. "I know we're usual wish-list — upgraded kitchen, larger alized that there are a lot of issues with home erator adequate for powering everything for lems with the power grid have become ap- 2012, the now-infamous derecho in early July to be cut off."

### More

Sun Design Remodel ng frequently sponsors orkshops on Aging-In-Place solutions. Call 703-425-5588 or visit www.SunDesignInc.com

Connie Sorrentino, 70, (center) reviews plans to introduce aging-inplace innovations into her kitchen and several bathooms with Sun Design Remodeling's **Mindy Mitchell** (left) and designer Kim Kruskamp.

www.ConnectionNewspapers.com 🚸 Local Media Connection LLC

#### a lower curve for easier access. Traditional and handheld shower faucets simplify bathing. The faucets themselves feature adjustable levers rather than knobs.

"Working out the details is fascinating," Sorrentino said. "The best part, though, is interior design that perfectly integrates all these new features. I don't want the house to look 'senior-friendly'—just pretty."

### More

Staff at Foster Remodeling Solutions periodically offer workshops on home remodeling topics. Call 703-550-1371 or visit www.FosterRemodeling.com

blacked-out large sections of Fairfax County for five memorably hot and humid days.

"We were actually out of town when the power failed,"

said Rogers. "But when I walked through my front door two days into the outage, my generator was on, the house was cool, and all the electrical systems were working just fine."

The rest of the neighborhood was another story.

"My neighbor's basement flooded when his sump pump stopped," said Rogers. "People were dealing with spoiled food, no lights, no phone — and no air conditioning during some of the hottest temperatures in years."

Ever the good neighbor, Rogers organized a relief effort at once, supplying power support where needed, even clearing refrigerator space so nearby friends could preserve their frozen foods.

"We'd invite neighbors to sit in the air condition- out of your routine." ing, and watch the news or check their emails. We

# Finding Joy, Fulfillment in Golden Years

## Mental health experts share factors that contribute to contentment.

n most evenings, 96year-old Dorothy "Dot" Brown can be found playing Scrabble or a game of bridge. A retired nurse who relocated to Virginia from Pennsylvania 11 years ago, Brown makes it a point to walk at least one mile tion. "Create an album of memoeach day and takes two Zumba or ries and insights to share with fulow-impact aerobics classes each ture generations," she said. week. She attends services regularly at St. Matthews United Methodist Church in Annandale, volunteers her time for projects like cooking and serving meals for others, and says her wide circle of friends and close-knit family are mean that they don't need to exher greatest sources of strength.

daughters in Annandale, who are a person who is 25 would. We 68 and 71," said Brown, who also has five grandchildren and nine great-grandchildren. "My family is sue." so important to me. We have so much fun together and now we all live within a half-hour of each other. There isn't a week that goes by that we don't get together."

her well-preserved mental and physical fitness to genetics, she says her lifestyle and attitude also play a role. "You have to keep busy in life and having a sense of purand active and you have to persevere," she said. "There are days when I don't feel like getting out, but I have to push myself. I am glad and what that might be," said to be 96 years old and still able to Frederic Bemak, Ed.D, a professor walk without any help."

Brown's daily activities are common among seniors who report contentment with their lives. "Everybody is unique, but overall happiness comes if people continue to their lifetime that have brought them joy and strength," said Ioana Boie, Ph.D., an assistant professor of counseling at Marymount Uni-

**STRONG FAMILIAL RELA-** time to do in their younger years. sometimes tricky because it can going to have a great time."

BY MARILYN CAMPBELL bring up unresolved issues in the THE CONNECTION family. Long-lasting tension in the family can lead to sadness in the sense of premature loss. Try and work out unresolved tensions and issues with family members."

When frequent and meaningful contact with family members is not possible, Boie says that even family memorabilia can offer inspira-

Intimacy is also important. "If a person has lost their spouse and sex was part of their life, that is a big part of who they are and will impact happiness," said Boie. "Just because a person is older doesn't perience intimacy, although they "I moved here to be closer to my might not experience it in the way should alleviate some of the tension around talking about this is-

In addition to human social connections, relationships with furry friends can also gratify. "Pets can bring a lot of joy," said Boie. "It is a very rewarding relationship. I While Brown partly attributes know people that are connected to a parrot or cat or dog."

#### FINDING A DEEPER MEANING

pose can also affect one's outlook. "Seniors are dealing with multiple issues like their own spirituality of counseling and development at In fact, experts say many of George Mason University in Fairfax. "One might ask: 'Who am I at this moment?' Have I done things that are in-line with my own value system and beliefs?"

Discovering new outlets for selfdo things that they have done over expression can lead to a sense of accomplishment and satisfaction as well. "What someone does with their own creativity can be rich and fulfilling," said Bemak who lives in versity. "Find out what brings you Fairfax Station. "Through physical joy and happiness and takes you activity and creative arts, seniors extend a sense of their creative selves that they might not have had

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## Senior Living

# Senior Volunteers to Help all Ages

From Page 3

experience building relationships with new people.

THE NEW JERSEY NATIVE was first introduced to Northern Virginia in 1974 when she and her daughter moved to Arling-

"I have been able to build a friendship with a whom I admire greatly for her optimism and her outlook, despite her limitations." **— Diane Stoy** 

eight years later, she had a large community of friends, many of whom were the doctoral students she advised. "My students and I are still very close," Stoy said. "Once you've gone through a doctoral program together, there's a bond."

After leaving Minneapolis in 2003, Stoy returned to Northern Virginia, this time settling in Alexandria.

"Over these 10 years, I have come to feel that it's a wonderful blessing

ton County and the working mother attended George Washington University. After receiving her bachelor's, master's, and docwoman toral degrees, Stoy relocated to Minneapolis, Minn., where she was offered a fulltime professorship at University of St. Thomas. There, she cre-

ated a doctoral program in organizational development. As Stoy recalls, when she moved to Minneapolis, she knew no one. However, when she left

Diane Stoy with her grandsons. to living in Alexandria." Stoy has solidified her connection to the

city by volunteering with Friendly Visitors and multiple food banks. She also serves as a commissioner on the City of Alexandria's Economic Opportunity Commission, where she represents the Parent Leadership Training Institute of Alexandria. The Parent Leadership Training Institute trains parents in civics and advocacy skills, and Stoy previously served as a facilitator for the program. She was recommended by the Parent Lead-

ership Training Institute's executive director Fay D. Slotnick for a seat on the commission because of her reliability and care for the city's vulnerable. "I knew if there was work to do, she would do it and do it well," Slotnick said.

STOY'S GENEROSITY and caring nature is also something that friend and fellow volunteer Linda James said drives Stoy's inclination to constantly connect with people. James met Stoy while the two were

volunteering at the Christ House food kitchen in Alexandria. "We became fast friends," James said. "There's a drive in her to be professional and to serve whoever is in need at that time."

Stoy herself sees volunteering as an extension of her vision of living in a community. "I very much believe in our city as a village of people who are here to live together and care for one another," Stoy said. "To me, the definition of a community is that we pull together - those who have can give."

# Senior Services Provides Resources and Education

#### From Page 3

an especially important goal for SSA. Through its Senior Resource Center, which has been operating for three years, SSA provides a call-in service that allows anyone to call in and ask questions about programs or resources available for seniors in Alexandria.

Receiving questions on issues ranging from Medicare to transportation and legal services, SSA's Senior Resource Center has amassed information on a wide range of topics that it now tries to actively share with the community.

"We quickly found out that people were not aware of the resources available for seniors," said Mary Lee Anderson. "We've

#### -More

Visit www.seniorservicesalex.org or call 703-836-4414

become more proactive in getting information out."

TO MORE ACTIVELY SHARE information, SSA's Senior Resource Center organizes a monthly Speaker Series featuring local experts who speak on topics like finding employment or avoiding financial scams.

The panel discussions, which are held at the Charles E. Beatley Jr. Central Library, have become popular within the community, garnering between 85-100 attendees,

according to Anderson. SSA also manages Senior Information Corners at each of the City of Alexandria's public libraries, which are stocked with literature from the Speaker Series events as well as organizations like AARP and the National Council on Aging. Barbara S. Anderson, the immediate past president of SSA's board of directors, said programs like the Senior Resource Center have been positive signs of the organization's expansion.

"It's been a wonderful experience to see the great strides that this organization has taken over the past five or six years. The majority of the programs that SSA had when I first started were really managing contracts for the City of Alexandria. We've really branched out in a number of areas to

providing direct services," said Barbara Anderson whose second term on the SSA board of directors ends in June.

Making sure SSA continues to see steady improvement and expansion is something Barnett said she and her colleagues are deeply committed to because of the personal rewards they receive in doing their work.

"Personally, sometimes I feel like I get more out of this than the seniors get," Barnett said. "It's good to give back and that's our job right now...it's important for each generation to know the value of giving back and caring for those who came before them. It's a wonderful feeling. We're very proud of what we do."

Ston

## Senior Living

# 'Age in Place' to Satisfy Evolving Needs

**By Josh Baker** Founder, BOWA Builders

our family may be approaching a transitional time in home ownership. Perhaps the kids have already moved out, or your "nest" is nearly empty as your last child contemplates going off to college. Or maybe you're craving a living space that is more comfortable and convenient as it becomes more difficult to move around. There are many reasons couples choose to "age in place," or modify their home to meet changing needs rather than purchase a new property.

#### WHERE THE HEART IS

Many people have spent years making memories in their home and have grown to be deeply connected

to their neighbors and the property's ideal location. So instead of uprooting and leaving their home's rich history for a new property, couples are seizing the opportunity to transform their beloved home into a space that fits their specific short- and long-term needs. Sometimes this decision involves revamping existing space or incorporating a user-friendly residential elevator into the home. In many cases couples opt to add ground-level space in a way that complements the home.

#### A 'SUITE' ADDITION

The most common "aging in place" transition involves adding a more accessible second master

suite to the first floor. This convenient change allows a couple to go about their day-to-day lifestyle without navigating stairs, yet still have ample space upstairs for visiting children and guests. This type of remodeling project is ideal because it is often unobtrusive, allowing homeowners to remain living in their home during construction with minimal disturbance.



Grab bars in shower and easy access help set the stage for seamless aging in place. www.ConnectionNewspapers.com & Local Media Connection LLC



DETAILS THAT MATTER

When making renovation plans, especially for a person using a wheelchair or walker, ensure there is enough space. Wider doorways and hallways, as well as large curb-less showers with grab bars and handheld shower heads are common features even for families without a disabled member. Other popular requests with noted value include

appliances with lever doors, varied countertop heights, and minimal steps through passageways. Creating a five-foot turning radius can greatly improve maneu-



The addition of a main-level master suite with easy access to outdoor living space paves the way for aging in place and family entertaining.

> verability for someone with limitations, but also feels a bit more spacious for the active family.

It's a reality that many people will endure some kind of temporary mobility challenge in their life, perhaps from surgery rehabilitation or an accident, so it makes sense to design your home in a practical, universal way to accommodate such unpredictable circumstances. If needed, first-floor laundry facilities and outdoor ramps also add convenience to the new space. With all of these changes, it is important to maintain the current look and feel of your home as much as possible, so consider choosing materials and colors that match the style of the rest of your home.

#### **OVERCOMING BARRIERS**

In instances when a small lot or zoning restrictions hamper the ability to add on square footage for a master suite or other area, there are alternative options to help a family stay in their home. There may be seldom-used space on the first floor that can be reconfigured into a cozy master suite with the expert eye of a design-build team.

Regardless of emotional attachment to the family home, homeowners being involved in the remodeling process allows them to create a space that best mirrors their individual needs to age gracefully and with less stress. Transforming a home to accommodate the later years in life creates a place that is easier to manage without giving up the opportunity to reminisce, or surrendering the cherished role of hosting distant family and friends.

# PetSage introduces 59@9 A new shopping experience for our senior clients! Join us Wednesday, June 19th @ 9 a.m. as we launch this monthly event. Special Discounts on food and toys for your pet Discuss pet health care with our experienced staff Enjoy light refreshments while shopping prior to regular store opening time Descent per store opening time Anew Wisdom in Pet Care\* 231 South Dove St., Alexandria, VA 22314 • 703-299-5044



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lost (adj): 1. unable to find the way.2. not appreciated or understood.3. no longer owned or known



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From the Beltway, follow Dulles Toll Road West. Take the Dulles Green way to Exit 6 (RT 772) Ashburn/Broadlands Exit. Left at exit ramp onto Ashburn Village Blvd., then right onto Wynridge Drive to a right onto Southern Walk Plaza into the Broadlands Marketplace. Sales Center located next to Rubino's Pizzeria. 43170 Southern Walk Plaza, Ashburn, VA 20148

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#### 703-764-5470

Directions To Model: Take the Dulles Toll Road (Route 627) West to the Dulles Greenway. Take Exit 1B, Route 15 North. Follow Route 15 North 4.7 miles to a left on Raspberry Drive. Take first right onto Levade Drive and left onto Briarberry Place to Model at: 41975 Briarberry Place, Leesburg, VA 20176.



