

Celebrating National Night Out

Law enforcement and community come together for a night of celebration.

By VERNON MILES
GAZETTE PACKET

There was a tense moment between law enforcement and a member of the local community on National Night Out in Alexandria. Outside the Charles Houston Recreation Center, Deputy Devon Neckles watched as Sade Oshinubi raised her paddle and sent a ping pong ball flying across the table. Neckles returned, and the two went back and forth before Oshinubi finally curved the ball and it spun just out of Neckles' reach. Several families had gathered around and cheered as the two went back and forth. Across Alexandria, National Night Out on Aug. 2 gave law enforcement officers like Neckles a chance to meet with the community they serve in a friendly capacity.

"This shows the community as a whole that we're out here," said Neckles, "that it's not all bad interactions."

"We have to change the narrative to fellowship and community," said Poet Taylor, an entertainment correspondent for 95.5 FM helping to run the event at Charles Houston Recreation Center. "We're hoping for better engagement between law enforcement and the community. We want to restart that conversation. They're here to protect and serve, and a few bad apples don't spoil the batch."

A few blocks away, Gaynelle Diaz was running the activities at Tancil Court. Each location had a different set of activities. Children at Charles Houston Recreation Center had face painting and ping pong set up, while the location at Tancil Court



Deputy Devon Neckles (left) and Sade Oshinubi (right) square off in a bout of ping-pong outside the Charles Houston Recreation Center.

had a dunk tank and a bouncing castle. The dunk tank in particular was a favorite of the local children.

"This is a great way for the community to get to know each other and the police," said Diaz. Diaz has been helping out with National Night Out through ARHA for six years, but participated before that on her own. Some of Diaz's best memories of the event was a couple years ago when a fire truck let a hose go loose, shooting the water up into the air and letting the children run through it. "It feels good. It's nice fun. I hope people get to know their neighbors and form relations with the first responders."

"It's great," said Michelle Robinson, a local resident. "It's a great night to come out and have fun."



Children get their face painted outside the Charles Houston Recreation Center on National Night Out.

PHOTOS BY VERNON MILES/GAZETTE PACKET

Robinson Terminal North Reconsidered

Developers say plans for Old Town warehouse no longer economically viable.

By VERNON MILES
GAZETTE PACKET

Rooney Properties and CityInterests are reconsidering their options at Robinson Terminal North. The development, approved in October 2015 as a residential, hotel, and commercial space, has been put on indefinite hold. The companies announced the decision in a joint statement: "Rooney Properties and CityInterests have been working diligently over the past three years to entitle a project worthy of the truly unique site at Robinson Terminal North. Due to shifting market dynamics, the as-entitled,

luxury boutique hotel at Robinson Terminal North is no longer economically viable and high construction costs have resulted in a reevaluation of the project as a whole. As a result, we are currently considering a number of options that better reflect the market demands while providing substantial benefit to the city and community. As owners of the property, we are committed to working closely with the community and the City of Alexandria as we evaluate all options to ensure we deliver a first class development that complements the beauty of

SEE DEVELOPERS, PAGE 8

Donate Blood: Now

Local Red Cross blood supplies critically low.

By VERNON MILES
GAZETTE PACKET

Blood has a shelf life of 42 days, but in the Washington D.C. area, all available units are being snatched up within five days.

"Essentially, when you look at the U.S., each day 44,000 units of blood need to be collected to keep up with the demand," said Bernadette Jay, external communications manager for the American Red Cross, the organization responsible for 40 percent of the nation's blood collection. "Every

SEE LOCAL RED, PAGE 8



Gidget Roberson (right) draws blood from Dwight Macomber.

PHOTO BY VERNON MILES/GAZETTE PACKET

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Fighting Fire with Fun

Friendship Firehouse events kick off fundraising efforts.

BY JEANNE THEISMANN
GAZETTE PACKET

He may not be Willy Wonka, but Dave Borghesani knows his chocolate. As chocolate history research manager at Mars Chocolate North America, Borghesani travels the country telling the story of the role chocolate has played in society for more than 3,500 years. On Aug. 4, he will give a special presentation at the Lyceum to kick off a fundraising campaign on behalf of the Friendship Veterans Fire Engine Association.



Dave Borghesani.

PHOTO CONTRIBUTED



The Rodgers Suction Engine, built in 1851, is in need of restoration and repairs.



The Prettyman Hose Carriage, built in Alexandria in 1858, is in need of repair.

"This event is in support of our conservation fund for two pieces of apparatus," said Friendship Veterans Fire Engine Association board member Bill Kehoe. "Our overall goal is \$300,000 but once we raise \$150,000 we can get the first piece of equipment to the restoration company, which we hope to do by spring of next year."

Proceeds from the event will help fund the preservation of two firefighting vehicles on display at the Friendship Firehouse Museum: the Rodgers Suction Engine, built in 1851, and the Prettyman Hose Carriage, built in Alexandria in 1858.

"The Rodgers Suction Engine is the flagship of the Friendship Firehouse Museum's vehicle collection," Kehoe said. "From a distance, it looks pretty sound, but closer inspection reveals cracked and peeling paint, split wood, minor damage and bad repairs. A full conservation treatment will preserve what remains of the original 1851 appearance."

The Prettyman hose carriage has extensive cracked and peeling paint and conservation plans call for a complete documentation of all paint layers on each component, saving the traces of original finish that remain and replicating some of the missing pieces such as the original etched-glass lamp.

"Another fundraising event will take place Aug. 5 with a special curator's tour of Friendship Firehouse followed by a reception at Taverna Cretekou restaurant," Kehoe added.

On Saturday, the 242nd annual Friendship Firehouse Festival will take place in the 100

block of S. Alfred Street and will celebrate the 150th anniversary of the Alexandria Fire Department.

"This year kids will have the opportunity to 'fight a fire' with a real hose, water and 'building on fire,'" said Kehoe. "The fire department will also offer hands-only CPR training to all who want it and we'll have fire bucket brigade races with teams competing to see who can carry buckets of water fastest to put out the 'fire.'"

The event will feature a collection of antique fire equipment and a display of modern fire trucks and apparatus courtesy of the Alexandria Fire Department. Each child

attending will receive a free fire helmet. Other attractions include craft booths, community information tables and the Rocklands Barbeque and Grilling Company food truck. Free birthday cake will be served at 11 a.m. Now a philanthropic organization focusing on fire and life safety, the Friendship Veterans Fire Engine Association has also announced a special limited edition firemark for purchase to support the conservation fund.

"These firemarks are approximately 8" oval plaques painted and made of cast iron," said board president Joe Shumard. "They are similar to those made in the 18th and

19th centuries to identify buildings for fire insurance purposes. The lettering will be raised, there will be two holes at the top so it can be hung and there will be a fixture on the bottom so a pole can be attached to it so it can stand up in a garden or front lawn if desired."

The firemarks will be available for pre-sale at a cost of \$150 at the Special Curator's Reception at Friendship Firehouse Museum on Friday evening and at the Friendship Festival in the 100 block of S. Alfred St. on Saturday from 9 a.m. until 2 p.m.

For more information on any of these events, visit www.friendshipfire.net.



PHOTO CONTRIBUTED

The 242nd Friendship Firehouse Festival will take place Aug. 6 from 9 a.m. to 2 p.m. in the 100 block of S. Alfred St.

Cracked and peeling paint on the Rodgers Suction Engine will be restored through conservation efforts of the Friendship Veterans Fire Engine Association.

Uncovering History

Youths excavate site at Fort Ward Park.

BY ANTONELLA NICHOLAS
GAZETTE PACKET

Fourteen youths, aged 12 to 15, recently participated in the Alexandria Archaeology Summer Camp, where they excavated a Post-Civil War

African American community at Fort Ward Park.

The summer camp is run by the Alexandria Archaeology Museum, part of the Office of Historic Alexandria.

The community in Fort Ward includes homes, a church, burial grounds and a

school. Under the supervision of city archaeologists, the youths excavated a home within the community along Braddock Road that belonged to Jacob Ball.

Before the campers began scraping away the dirt, they needed to understand the history of the area they were exploring. Joyce

Casey Sanchez, whose uncle owned a house near Ball, shared memories of Post-Civil War Alexandria — Braddock road was a dirt road, and cows roamed near her home.

"We found the foundations of her
SEE YOUTHS UNCOVER, PAGE 5

Alexandria Survives Metro Mayhem

BY VERNON MILES
GAZETTE PACKET

July was rough for the metro in Alexandria, but the city has emerged through the worst of it. Between July 5 and 18, Surges 3 and 4 involved complete line shutdowns between Reagan National Airport and Braddock Road, then in the other direction between Reagan National Airport and Pentagon City. The latter didn't take place in Alexandria, but kept commuters from using the Metro to get to Washington D.C.

In place of the Metro, Carrie Sanders, deputy director of Transportation and Environmental Services, said the city worked with other partners to supply alternate transportation.

"Virginia Railway Express (VRE) was essential during Surge 3 and Surge 4," said Sanders. "The VRE saw an increase in ridership during those periods. For those that continued to use metrorail during the disruption, we had high frequency shuttles between Braddock Road and National Airport."

But the reception to those shuttles was mixed. Many said the shuttles worked effectively when they were on time, but that there were often long delays where the buses were backed up.

Mike Navarro is an Alexandria resident who had just returned to the area from El Paso when the surges hit. Navarro said the worst part of the surges was seeing buses lined up to take people from one station or another, then seeing some of the buses unexpectedly pull away to change shifts or



Blue Line train arrives to a full platform at Rosslyn Station.

PHOTOS BY VERNON MILES / GAZETTE PACKET

take a break. But overall, Navarro said he was impressed with the bus system.

"The buses were pretty good," said Navarro. "We had very courteous drivers and they knew their stuff. I think I would use the buses more after this."

"I thought the buses did a good job," said Lena Chang, who takes the Yellow Line to L'Enfant Plaza. "We had to take the shuttle buses, but they were pretty well organized. The commute was longer, it's usually about 30 minutes and during the surge it took an hour and 15 minutes, but they had people directing buses and the shuttles were ready to go."

Yon Lambert, director of Transportation and Environmental Services, said the shuttles were run by the Washington Met-

ropolitan Area Transportation Authority (WMATA),

"WMATA was very clear: the shuttle service was not going to fully replace service metrorail provides," said Lambert. "That's why WMATA, Alexandria, and Arlington offered different types of services during the surges. When you look at the numbers of people using the metro and the capacity of the [shuttle] bridge, it doesn't add up... The sheer number of people to move was a challenge."

Getting people from the Braddock Metro up to National Airport took a combination of taxis, bikes, and buses. Sanders said the city set a flat taxi fare of \$15 between the Braddock Metro and the airport. The bike share at Braddock, already the busiest in Alexandria, was expanded. Lambert said the average monthly riders renting bikes at Braddock is 635, but the numbers had steadily been increasing during safetracking. In June, 957 trips departed from Braddock Road, while the numbers for July have not come in yet.

Metroway was the last alternative transportation that saw a major uptick during the Alexandria Surges. The bus service runs from the Braddock Road Metro through Potomac Yard up to Crystal City.

"We had a huge increase in Metroway ridership," said Lambert. "Ridership was up 165-177 percent. Metroway carries upwards of 2,000 riders per day. People were using these transportation alternatives during the Surge."

However, not everyone in the city converted to other forms of public transporta-

Reviewing a month of metro-shutdowns.

tion. "Unfortunately, we saw some people that still chose to drive," said Lambert. "Traffic was up on all the major roads that served the surge zone. During surge 3 and 4, congestion on Route 1, on the parkway, and on I-395 was up over 100 percent."

Lambert said the delay wasn't as bad during Surge 3, which occurred the week of Fourth of July, but the traffic was more noticeably congested during the Surge 4 work week. Despite the emphasis on alternative modes of public transportation, Lambert said the city still needed to prepare for increased traffic.

"We made sure that our traffic management center was fully staffed during surges 3 and 4," said Lambert. "That's on-site traffic engineers monitoring travel throughout the city to adjust signal time, if needed. We have traffic cameras out and were coordinating with the police department at key intersections."

The next surge to impact Alexandria will be Surge 8, with single-tracking between Franconia-Springfield and Van Dorn Street. The last surge to impact Alexandria will be Surge 14 in January, with 24 days of continuous single-tracking from Braddock Road to the Huntington and Van Dorn

Sanders said the city's plan for Surge 8 will be released shortly and says it may include increased bus service out to the Van Dorn and Eisenhower metro stations.

"During each one of these surges, it's good opportunity to rethink your commute," said Lambert. "People will find there's lots of viable routes, whether it's a bus route or a shuttle, or even biking into work one day."

Teen's Presidential Business

One hundred years of American elections at one Alexandria table.

BY VERNON MILES
GAZETTE PACKET

It's election season in America, but Trump and Hillary aren't the only campaign pins showing up in Old Town Alexandria. Outside Big Wheel Bikes on The Strand, 14-year-old Diego Antonio Moore has a table full of election pins promoting candidates from Eisenhower to Obama.

For Diego Moore, selling campaign pins has been a chance to make money while exploring one of his favorite subjects: history. He has a friend at the Georgetown Flea market where he gets many of his pins and he loves hearing the friend tell him the stories behind each of them. Diego Moore's favorite pins are the holograms, like the ones for the Adlai Stevenson ticket, where the image changes based on how you look at the picture.

"I love selling as many as I can," said

Diego Moore. "I want to see people have a piece of American history with them."

The stand started with lemonade, but Diego Moore says the inventory expanded into selling seashells he collected from the nearby shoreline, then into collecting and selling antique bottles. But over the summer, the bottle sales started to dwindle. But Diego Moore noticed that more and more people were taking an interest in the few antique pins he had available.

"People were really buying them," said Diego Moore.

Diego Moore says running his own stand has helped teach him a lot about retail and salesmanship.

"You have to take care of your product and stay at your post for the people walking by," said Diego Moore. There have been some challenges. Diego Moore says there have been windy days where his inventory was blown over and he thought he'd lost all of them. Other times, the intense sun deters people from staying outside or shop-

ping up and down along the waterfront. Most of his customers are from the nearby foot traffic. It might be a long ways off, but Diego Moore only half-jokingly says he's saving up for a building.

Among the Democratic pins, Diego Moore says the most popular ones have been Kennedy and Obama. Among the Republican pins, he says the most popular choices have been the Nixon pins and the Eisenhower pins. Diego Moore's oldest political pin is a Smith-Robinson pin from 1928. He also has a few older international flag pins; pins that came in cigarette packages in the late 1800s.

Diego Moore's father, Bennett Moore, runs Big Wheel Bikes in Alexandria. Bennett Moore says at first he thought the stand would last a couple weeks, but he's been surprised at how much of a success it's been.

"A lot of people come in and are really impressed with him," said Bennett Moore. "I'm really proud of what he's been doing."



Diego Antonio Moore

He's taking it very seriously and he won't miss a day. He's been hoping to get election day off from school to come back and sell pins."

After the election is over, Diego Moore said his parents told him people won't be as interested in buying campaign pins, but Diego isn't as sure.

"Even after the elections over, I think people will still be interested," said Diego Moore. "I think this is something that's important to people."

Youths Uncover Historic Artifacts

FROM PAGE 3

uncle's house two years ago, and it is very very close to Mr. Ball's house," said Ruth Reader, education coordinator at the Archaeology Museum and the camp coordinator. Sanchez, who is in her 80s, also spoke of three distinct African American communities: the one in Fort Ward, the area where T.C. Williams High School is now, and one in an area that is now Arlington. They were separate communities but they interacted with each other.

Ruth Reader, the camp coordinator, explained that to an on-looker, Fort Ward is a Civil War site, but an archaeologist who excavates there sees the abundance of Post-Civil War history shown through the artifacts from the African American communities.

The youths also learned that in the '60s, the City of Alexandria bought the land at Fort Ward to preserve the area. In reality, the city had plans to use the land for housing. Fortunately for the fort, a resident aware of Fort Ward's Civil War history demanded that the city preserve the site. As a result; however, the African American community living there was uprooted and displaced.

For the last five years, the camp has excavated different homes in the African American community of Fort Ward. Before that, they excavated Shooter's Hill at the George Washington Masonic National Memorial. The museum uses aerial photography to choose locations to excavate.

On Monday, Tuesday, and Wednesday, the campers excavated like professional archaeologists. They divided the land into units, with nail and string. And, with their trowels, dust pans, knee pads and clipboards, they scraped the dirt from artifacts and made detailed records of their findings.

Ben Skolnik, a city archaeologist and site supervisor, emphasized that the youths are not just dig-



Campers participating in the Alexandria Archaeology summer Camp excavated a Post-Civil War African American community at Fort Ward Park.



Campers wash artifacts and sort them into categories in the Alexandria Archaeology Museum lab in the Torpedo Factory.

PHOTOS BY
ALEXANDRIA
ARCHAEOLOGY

ging randomly; the excavations are "very controlled and methodical."

Fourteen-year-old camper Gwen Roman said her favorite part was "looking at artifacts and assessing what they could be." She found Sanchez's history lesson "very complex and interesting." Gwen's group found a strip of boot leather, a piece of ceramic and a nail head, among other items. A different group found a spoon and a base of a glass bottle with a logo. "Al-

exandria has so much more history than we think," she said.

On Thursday, the youths headed to the Alexandria Archaeology Museum lab in the Torpedo Factory. There, they washed the artifacts and sorted them into categories. Next, the artifacts will be recorded in the museum database and incorporated into the museum's collection.

On Friday, the youths returned to the site where their families came to observe their exploration.

Correction

In "New Heights for Alexandria" [July 28], the Carlyle Plaza Two development is located at the easternmost end of Eisenhower Avenue and was approved in a Development Special Use Permit for four buildings, two residential and two office uses. Also, the city staff member's name is spelled Emily Oaksford.

Old Town Alexandria One Block Away \$875,000

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Campolieta Thinks Outside the Piano

BY SHIRLEY RUHE
GAZETTE PACKET

Daniel Campolieta remembers when he was about four years old his mother attached numbers with masking tape to the keys on a little plastic keyboard. “She wrote out the accompanying numbers for my favorite songs in a book — like the Ninja Turtles theme song.” Campolieta’s mother was a piano teacher and noticed he seemed to like it so his piano career started from there.

Campolieta was practicing for his performance for the 26th Annual Chamber Music Series at the Lyceum on July 31 with cellist

PEOPLE AT WORK

Benjamin Wensel, clarinetist Rogelio Garza and Matthew Richardson as tenor. The Wash-

ington Metropolitan Philharmonic Association sponsors this series. In addition to works by Lauridsen and Genzmer, they performed Seven Sketches written by Campolieta. He said,

“It is a classical-jazz crossover,” he said. “Each sketch has a slightly different flavor and lasts for a minute. Most are notated but there is some improvisation. The transition can be jarring but it seems to work.” Campolieta explains that this piece was written in 2009 and has evolved. He wrote the first part which is now number five in the sketches and, “it was two minutes long and I was done. I thought what if I structure the whole piece like that in two-minute parts.”

Garza comments things sound so much better in this Lyceum room. The group had practiced together a couple of times earlier in the week. Garza said, “Things are really clicking today. The rest of this one is fine.”

Wensel said, “I’d like to take one more pass on this part. Could we start a little before F and go through



Daniel Campolieta practices his Seven Sketches composition that was part of July 31 concert held as part of the Annual Chamber Music Series at the Lyceum. The concert series is sponsored by the Washington Metropolitan Philharmonic Association.

90ish?”

Campolieta, Wensel and Garza are all colleagues in the U.S. Army band but have not played together before as a group. They are able to synch easily because, “we trust each other.” In addition to the U.S. Army band and various concerts, Campolieta says he “substitutes at churches all over the place and last night I played at a wedding reception.”

Campolieta’s fingers dance through mid-keyboard. Garza’s body leans back in his chair and Wensel nods his head as a discordant note is followed by a pause moving into a haunting clarinet. Campolieta says he composed his first piece in high school to a Walt Whitman poem set for a men’s chorus.

“They let me conduct it and I thought wow, I created this and got to hear it.” Then in college a friend asked him if he wanted to go half and half on a recital. “I thought, cool, what do I write for voice and

piano.”

Campolieta said, “Composing is weird. Some days I wake up and it’s there and I have to write it down fast on a napkin. Other times I have to compose a request by a certain date and I may sit down and see if it will come. It might take four hours to get eight measures but if it is the right eight measures, it is worth it.”

He says since composition is not his living, he is fascinated by the process. Campolieta has written a number of choral pieces and several chamber pieces as well as liturgical compositions for churches. He has had one piece published so far based on Emily Dickinson’s poem “Will There Really be a May.”

Being a pianist, sometimes he just improvises. “But sometimes I just sit there and think outside the piano, it sounds like meditating, and see if something comes. Sometimes it just explodes and happens all at once and sometimes it takes over a year. I view these as unfinished works.”



Daniel Campolieta shifts from one sketch to another in his Seven Sketches composition. He says each part is a slightly different flavor with the first written in 2009.



Benjamin Wensel, cello, and Rogelio Garza, clarinet, join Daniel Campolieta on piano with Matthew Richardson on vocals.

That Keeps Her Young

Every day is a 10 out of 10 for Annie Scheppach.

BY EDEN BROWN
GAZETTE PACKET

Annie Scheppach does not look her age. She looks almost two decades younger. But she would be the first person to tell you: that part isn’t important. It’s how you feel, every day, that matters. And Scheppach says when she started this journey, she felt like a 2 out of 10 most days: aches, pains, apprehension, sugar highs, caffeine lows. Sometimes she felt worse. Now she says she scores herself at a 10, not just every other day, but every day. She feels “fabulous.”

Scheppach explains how this all came about in her new book, her first, written in Alexandria for a national audience. “Looking for Health in All the Right Places” is available on Amazon.com. She will donate the proceeds to Leukemia research, in honor of her grandson, Ryan, who went through a long treatment and recovery from the disease.

At her book launch on June 1 her son told a story of how addicted to sugar his mother once was: she had started a campaign of “no sugar” in the house and told the children the penalty for breaking the “no sugar” vow was \$20. A few days later, when her son came down for breakfast, there was a \$20 bill — her \$20 — on the table.

Scheppach in those days had digestive issues, didn’t sleep well, had aches and pains, and ran off to her hour-long commute every morning after eating a bowl of frosted flakes. Then, 23 years ago, she went on a vacation in Cancun, Mexico. Her health was depleted and she needed a rest. She had never meditated before, but one day, went out to the beach and sat cross-legged on the sand, and meditated.

Scheppach’s Guidelines

- ❖ Get moving (exercise).
- ❖ Eat right — eat organic, at the right times and in the right way.
- ❖ Sleep more and better.
- ❖ Think about your beliefs, role in life. Turn off the radio, turn down negativity.
- ❖ Deal with your emotions and the “old stories” you’ve held in.
- ❖ Do some quieting activity — meditate, do Tai Chi, Yoga, be idle.



Annie Scheppach in her living room in Alexandria.

And this is the part Scheppach tells with some concern that people might think she has a screw loose: she heard a voice telling her to “Clean the sediment from your pipes.” She was surprised: she had a big job with a lot of pressure and responsibility and the last thing she expected was to hear that phrase. She went home and started working on her diet, and one thing led to another. She realized she was like everyone else in the U.S. — she was not taking responsibility for her health.

Her guidelines are easy and she doesn’t pretend to be perfect. Her idea of Yoga is “do nothing Yoga” not hot or athletic Yoga. She runs, but not too far. Her biggest point is: you can ignore the wake up call, but you’ve gotten it already and either done something about it or not. It might have been an allergic reaction or high blood pressure, but it was a signal to change your life. It’s important not to expect doctors and pills to fix your problems, but to work with the other options that are out there like acupuncture, integrative medicine, and physical therapy.

She believes people are hurting ourselves with their lifestyle, especially fluoride treatments, chlorine in the water, electricity pinging on us all the time, and over-processed foods. She unplugs her wifi every night, and doesn’t wear her fitbit when she sleeps. Scheppach, in her 70s, takes no medication.

Scheppach is frequently asked to speak to groups, particularly about diseases like Dementia. She talks to women’s groups, synagogues, community centers, and schools. See www.anniescheppach.com.

PHOTO BY EDEN BROWN/GAZETTE PACKET

OBITUARY

Colgate Selden Prentice

Colgate Selden Prentice ("Coke") died on July 28, 2016, in Medford, N.J., with his three children by his side. Born on Jan. 10, 1924 in Newport News to a southern mother and Yankee father, Coke spent much of his childhood in Tidewater. He lived in Alexandria from 1951 to 1990.

In 1943, at the age of 19, Coke joined the U.S. Army Air Corps and served in the Pacific theater as a Chief Gunner on a B-29.

After the war, Coke attended college at Swarthmore, where he developed an interest in politics and government. While visiting Smith College one weekend, he met Harris Wofford — later a U.S. senator from Pennsylvania — who had founded the Student World Federalists, an organization promoting a union of democracies. Inspired by Wofford's idealism, Coke joined the organization and eventually served as its president. He then took a year off from college and toured the country, speaking on behalf of the organization at colleges, universities as well as on the radio.

It was at a World Federalist meeting on the Yale campus that Coke met and fell in love with Pamela Davis, who was a student at Bryn Mawr College. They later married on Sept. 2, 1950. Coke then continued his education, receiving a Master's degree from Princeton's Woodrow Wilson School for Public and International Affairs.

Coke began his long career in the U.S. government in 1951 spending several years on Capitol Hill working for Sen. Howard

Alexander Smith of New Jersey, Sen. Sherman Cooper of Kentucky, and U.S. Rep. Peter Frelinghuysen of New Jersey. He also spent two years as an executive assistant to then Vice-President Richard Nixon, and in several positions at the U.S. Department of State, including as the Deputy Assistant Secretary for Congressional Relations, from 1969 to 1973. Coke retired from government in 1980.

Known for his kindness and generosity, his nieces and nephews nominated him as their favorite uncle. He adored his wife and three children and on many a morning, with Beethoven on the hi-fi, he could be found bringing coffee to his wife, and cooking breakfast for their children.

In later years, after Pam developed dementia, they moved to the Medford Leas Retirement Community, in Medford, NJ. There, Coke cared for her with extraordinary devotion, rarely leaving her side.

Coke is survived by his three children, Christine Prentice, Stephen Prentice, and Selden Prentice; grandchildren Shawneah Mondzelewski, Thatcher Woodley, Thomas Woodley, Peter Woodley, Claire Hobby, Kate Blackstone and Hilary Blackstone; and great-grandchildren Jackson Mondzelewski, Colgate Woodley, Oliver Woodley, and Evie Hobby.

Memorial donations in Colgate Prentice's name can be made to the Westport Land Conservation Trust. Website: <http://westportlandtrust.org/>. Mailing address: PO Box 3975, 830 Drift Road, Westport, MA 02790.

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Developers Say Robinson Terminal North Plans on Hold

FROM PAGE 1

the neighborhood, respects the historical context of Old Town Alexandria, and delivers on the commitment to provide the missing link in the Old Town Alexandria linear waterfront park."

In an email to members of the Waterfront Commission and the Ad Hoc Monitoring Group, attorney Kenneth Wire, representing the owner of Robinson Terminal North, said the owner will continue with the environmental testing outlined at a community meeting on May 25, but demolition and construction work is put on hold while the owners evaluate design and economic alternatives.

But on specific questions, like what shifting market dynamics led to the change, the answers have been vague. In an email, CityInterests Development Manager Russ Wheeler said that CityInterests will provide the community with an update at the September Alexandria Waterfront Commission.

As the owners consider their options, many local residents are feeling left in the dark.

"Obviously that's a big question mark for that part of the community," said Tom Soapes, president of the North Old Town Independent Citizens Civic Association. "I know the city was counting on that development heavily. It's just a big question mark right now."

Some local residents embraced the decision.

"CityInterests was very smart to go back

and revisit what they want to develop," said Ann Shack, president of the Tobacco Quay Citizen's Association. "We residents know that somebody in the city is pushing for the developers to do commercial only ... but residents know residential is what should be there. We're hoping the city wakes up and lets CityInterests come back with residential plan. We residents are not against an improvement over what's there now, but the city pushed development too fast. I like the idea that they're slowing things down

so more information can be collected."

Shack said that so far, the property developers have been very responsive to the neighbors about concerns over damage to nearby properties during construction. Shack says residents are in support of development, but hope any new design comes with a more historic look and doesn't remove parking from the area.

"I think we're looking forward to finding out what exactly is going to happen," said Shack.

Yvonne Weight Callahan, president of the Old Town Civic Association, said she wasn't particularly surprised by the decision.

"In one sense, we saw it coming," said Callahan. "A few months ago, Wire said they were holding off development of the hotel portion when they couldn't find anyone waiting in the wings to take it over."

Both Callahan and Shack said they were happy the property owners were going to proceed with plans for an environmental clean-up of the site. Mayor Allison Silberberg said that, along with the envi-



PHOTO BY VERNON MILES/GAZETTE PACKET

Robinson Terminal North.

ronmental cleanup, the developers have also indicated to the City Council that they intend to keep one acre of land on the site as open space.

"While this is not what has been planned, we look forward to working with the developer to envision what is possible for this three acre site," said Silberberg. "Right now, we all need to be patient as Mr. Wire's client looks at their options. Clearly all of us want something to replace the warehouse ... I look forward very much to working with Ken Wire and his client to see what is possible."

According to Frank Shafroth, director of the Center for State and Local Government Leadership at George Mason University, the questions surrounding Robinson Terminal North are emblematic of the struggle between conservation and development along the waterfront.

"Alexandria has a yin and a yang," said Shafroth in an email. "Most citizens want lower assessments and lower property taxes, but a significant segment of citizens do not want development, such as we have in Crystal City or Rosslyn. That is especially true of Old Town."

Thus, the waterfront has long been a center of contention ... but the community has, at least so far, been unable to reach real consensus with regard to benefitting from the exceptional value of the city's waterfront. While we cannot be certain of all the rea-

sons the developer has withdrawn, we can be certain that the developer lacked confidence that there would be further development which would, over time, benefit the value of his investment and reduce pressure on rising assessed property taxes for all Alexandria citizens."

"Due to shifting market dynamics, the as-entitled, luxury boutique hotel at Robinson Terminal North is no longer economically viable and high construction costs have resulted in a reevaluation of the project as a whole."

— Joint Statement from Rooney Properties and CityInterests

"That's a big question mark for that part of the community."

— Tom Soapes, President, North Old Town Independent Citizens Civic Association

Local Red Cross Blood Supplies Critically Low

FROM PAGE 1

two seconds, someone in the country needs blood. In the Greater Chesapeake and Potomac region, each day the region need to bring in 425-500 units of blood each day to keep up with the demand. The need for blood never stops."

But while the demand for blood hasn't fallen, donor numbers have. Jay said over the summers, the Red Cross sees a decrease in blood donations as local donors take vacations or college campuses empty.

"But that's also when we need it the most," said Nikki Boyce, from Alexandria's Red Cross station. "People are driving more and getting into more accidents, but we don't have as many donors locally. 'People don't under-

stand: a simple car accident can sometimes require a blood transfusion. Imagine if nobody thought it was important. If you could do it once a year, you're still helping. People don't understand, but the donations help."

According to Jay, someone involved in a car accident could require as much as 100 units of blood.

Boyce said groups like firefighters and police are particularly aware that, at any minute, they could need a blood transfusion and they actively help promote blood donation. Boyce said a simple donation could take five minutes.

"Just give," Boyce said. "We take that for granted. It doesn't just happen by chance."

Boyce has been working in blood services with the Red Cross since 9/11, though she'd worked with a different company before

then. The timing of her joining on 9/11 was a coincidence, but Boyce said it only reinforced the need. Both Boyce and Jay also had family members who required blood donations and said they know how thankful the family is when they're on the other side of that donation.

"My grandmother had surgery and she lost a lot of blood," said Jay. "The hospital brought in a unit of blood and within 30 minutes of the [transfusion], she was back up and spry. It made her whole again. Any family in a waiting room deserves that. Looking back, someone donated. Someone made the decision."

The Alexandria Red Cross is located at 123 N Alfred St. Blood donations can be done on site.

"When you look at what's needed right

there in Alexandria, there's a big need for people to roll up their sleeves and donate," said Jay. "Thirty-eight percent of the population is eligible but only eight percent actually donate. A large portion feel like they haven't been asked to donate. Consider this the official ask. Nobody's excited about being poked and prodded. But for a little bit of discomfort, you're saving the lives of three people. Pinch the underside of your arm."

That's exactly what it feels like."

Jay said there are three ways to get in contact with the local Red Cross, to download the blood donor app, to go to www.redcrossblood.org and enter your ZIP Code, or to call 1-800-RED-CROSS.



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OPINION

An Open Letter to Readers and More

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I have a special favor to ask:

Buy an ad in our Newcomers and Community Guide.

Show your support for our organization which continues to be here to support the forces of good in our communities.

Our annual Newcomers and Community Guide is a pullout section that will appear in the the Aug. 24, 2016 edition of all 15 Connection Newspapers, published by Local Media Connection. Deadline is Aug. 17.

We are creating a quality special issue, and we need your help. Whether you invest in a small ad in a single paper (super affordable),

or a full page in all 15 of our papers (super value), we appreciate your help this month.

To put on my publisher's hat (and not my editor's hat) for a minute, if you have a marketing budget, and you value coverage of local newspapers (not just ours), why wouldn't you spend a portion of that budget (any portion) supporting that platform?

For the same reasons that organizations, businesses and campaigns know they want local newspaper coverage, newspaper advertising is an effective way to reach voters, residents, clients. The Connection reaches more than 200,000 readers, in print and online, including remarkable demographics. Our readers include local and national decision makers in the public and private sector. According to an independent study during the last presidential campaign, cited by the National Newspaper Association: 86 percent of voters who cast ballots in the last election read newspapers in print or online; 79 percent of voters ages 18 to 34 read newspapers in print or online; 91 percent of voters who contribute to campaigns read newspapers in print or online. The deadline for the Newcomers and Community Guide is Aug. 17. Digital enhancements and support are available. More information at www.connectionnewspapers.com/advertising or email sales@connectionnewspapers.com or call 703-778-9431.

LETTERS TO THE EDITOR

Support Local Police

To the editor:

Recently an Alexandria Police

Department (APD) officer was denied service at a local restaurant in Alexandria solely because she was in uniform and the restaurant's chef took umbrage with that fact and refused to cook

her order. The officer left the restaurant and did not escalate the issue, despite the fact that most people would have.

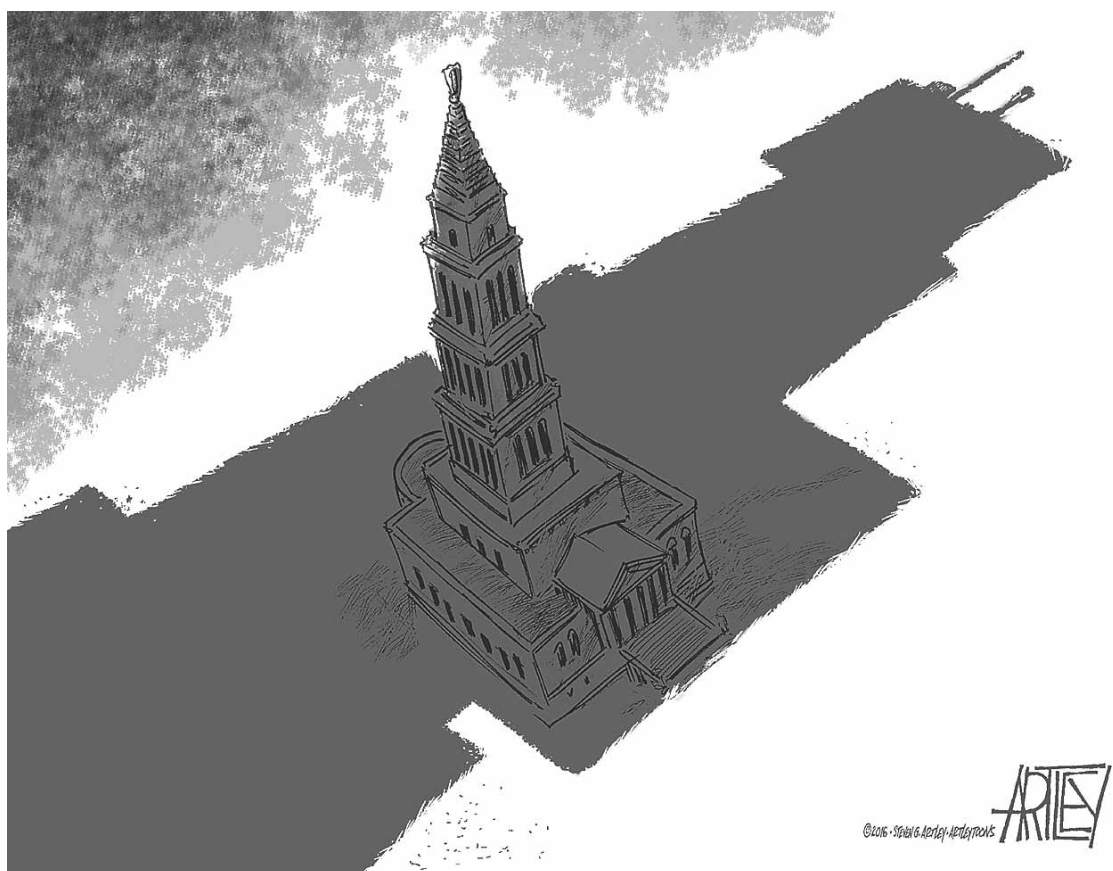
Later, APD Chief Cook and Mayor Silberberg contacted the

restaurant management to ascertain the problem and hopefully resolve any underlying issues. Restaurant management responded by terminating two employees at their restaurant. However, where was the outrage from the vice mayor, other City Council members, city manager and residents as a whole?

Yes, I understand that there are some people across the country upset with their law enforcement agency in their community and there are some (very few) officers who have abused their power. However, the vast majority of police officers today are good cops. There are countless officers every day throughout the United States who want nothing more than to protect, serve and return home at the end of their shift.

Every single profession (doctors, lawyers, judges, teachers, priests, plumbers, police, etc. ...) has what I call the "one per centers" — those that look for ways to do a sloppy job or ignore internal rules or policies. Management will sooner or later weed out these bad employees. It is so wrong to paint all police officers bad, just because a few have abused their powers. Just as some bad officers don't rep

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OPINION

'The Peace of Wild Things'

BY WENDI R. KAPLAN

"Poetry is a life-cherishing force. For poems are not words, after all, but fires for the cold, ropes let down to the lost, something as necessary as bread in the pockets of the hungry. Yes indeed."

— Mary Oliver

Hello Alexandria! I am thrilled to have been appointed as the Poet Laureate of Alexandria. Yes, I write poetry, I read poetry and even use poetry in my work as a clinical social worker and teacher.

In this occasional column I will be sharing poetry with you, poetry that I hope will spark creative thoughts and conversations. I will be asking you readers about the poetry that you are inspired by, poems that may have soothed, excited and challenged you. This is a column to begin the conversation about poetry and what it means to you.

I have many beloved poets and poems. They are friends and guides to me. Lately I have been turning to a poem I often refer to as a best friend. It is called "The Peace Of Wild Things" by Wendell Berry, a Kentucky farmer, writer, activist and keen observer of our culture. In these turbulent times, when our politics is harshly divisive, when people are being killed without regard in Dallas, Orlando, Baton Rouge,



Ferguson, Nice, Washington D.C. and in all corners of this planet, I reach out for words to help balance me and provide me support and perspective. Berry's poem reminds me that I am not alone in my concerns and that there are simple things I can do to calm myself. It reminds me that nature and attention can create new

possibilities. It connects me to myself, to others, to nature and to quietude. When I read it I take a deep breath and feel the peace he describes.

How does this poem speak to you?

The Peace of Wild Things

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
Waiting with their light. For a time
I rest in the grace of the world, and am free.

— Wendell Berry

I am looking forward to hearing from you Alexandrians. Let's keep the conversation going.

LETTERS TO THE EDITOR

FROM PAGE 10

resent American law enforcement as a whole; neither are the minority of radical protesters who have called for violence against the police representative of all the demonstrators who have gathered peacefully to protest their causes.

Next to those that serve in the military, I can't think of another profession where the danger level is so high, yet you still find dedicated people who are willing to serve despite the low pay, low morale and lack of public support.

If we all don't support our police departments, what is the result? The days of the Wild West? People taking the law into their own hands? Rampant discrimination and lawlessness will surely flourish. Furthermore, when you need help who are you going to call?

I would like to thank Chief Cook and Mayor Silberberg for standing by our APD officer and I call on the rest of the City Council, city manager and our city residents to support our police officers because one day you will need them and more importantly because they deserve our support.

Bryan Kirkes
Alexandria

Another Hotel?

To the Editor:

A proposed 6- or 7- story 124-room hotel Plan 1 has been submitted to Planning and Zoning on

June of this year by developers to be built at 1617 and 1711 King Street in the Upper King street area, a few blocks from the King Street Metro station. In order for this proposed hotel to be built, the developers must comply to a list of comments and suggestions before the plan can move to Plan 2 then to a SUP, then council for rejection or approval.

The developers are proposing the destruction of two buildings at 1617, the Weeks and Mellish Naval Reserve building which is nearly 86 years old. The 1711 building houses an active first floor business for job training and recruitment as well as at least 60 bookkeepers and accountants on the second floor.

The proposed hotel will have a restaurant, an entrance lobby located on King Street, sidewalk dining, valet parking for residents, an underground garage for 64 vehicles and 42 for above ground parking vehicles, and it will take two full years to complete this project. The roof will contain some plants to add beauty to the top outside floor. The entrance from King Street into Harvard Street has been one-way only. The developers would like to make it a two-way entrance so that traffic can move to the alley so that hotel guests can park in the underground garage or on top of it. If accepted this will close the entrance section of Harvard street to those people who live at 100 Harvard above the corner Coffee

Shop and to those loyal customers who come every morning for their coffee or tea since there will be no room for parking.




Harvard Street is historical with many beautiful big trees planted and owned by the city. With construction trucks coming and going for two years, many will be damaged, and perhaps destroyed. Major street traffic on King Street all day long will have problems detouring or slowing down getting through the area. Tourists walking through the area on the sidewalks will also be disturbed as well as waiting for the free trolley bus which has its stop on the other side of King Street in front of the Hampton Inn.

The proposed hotel if approved by the city adds six hotels within a three block area of the King Street metro area. I am aware that this city has the hotelitis condition desiring more and more income for its programs but another hotel in this Upper King Street area is totally ridiculous as well as destruction of a beautiful building and displacement of small businesses.



I am opposed to the proposed hotel as well as many residents of this immediate area who see no reason for it and have said: Why does the city need another hotel, why not an apartment building instead in that old building there?


Jim Melton
Alexandria

SEE LETTERS, PAGE 13

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Inspiring Greatness

Event highlights importance of community, respect and love.

BY MICHAEL ERIC SMITH

On a warm Friday night in June of this year, The Untouchables male youth organization of Alexandria hosted, what could possibly be, its first annual Lock-In. The young Untouchables and several mentors spent the night at the Charles Houston Recreation Center. The chosen theme for this event was “Inspiring Greatness.”

While many of our black youth are marginalized by society, this evening served as an attempt to demonstrate the importance of community, respect and love: “Lock-In,” as opposed to “Lock-Up” or “Lock Out.” The event promptly started at 7 p.m. with a simple dinner of sandwiches, chips, juices and water, thanks to Safeway grocery store of King Street.

The Untouchables co-founder(s) — Theodore Jones, Sr. and James Moore III — opened the evening with a prayer and blessing. A few of the young men even left their school dance early because they understood the importance of congregating with their brothers.

This was the first lesson the young Untouchables would learn that night — making mature decisions over succumbing to boyhood desires. Then there were many more valuable lessons taught by several men raised in Alexandria. These men included: Super Bowl Champion and former NFL coach Keith Burns, Councilman and Battalion Chief Willie Bailey,

Officer Benny Evans, and Officer John Ellis. About 20 young men, ages 5 - 16, sat eagerly watching the evening unfold.

Mr. Burns and Councilman Bailey took the floor first. At more than 6 feet in height and over 200 lbs, yet with the utmost humility, Mr. Burns elaborated on the concept of what “success” really is and how to actually “achieve success.” How can a professional athlete have longevity in his career without the eagerness to study and grow? Each year or season, there are recruiters seeking a specimen that is stronger, faster, quicker and hungrier than the last. He explained to the young men how studying an NFL playbook reminded him of studying in school. “It’s like a textbook,”

he said. “If you don’t have the attentiveness to read and study your class books, then how can you expect to progress as a student?” It is this “attentiveness” that shows the passion to grow.

He remarked on how in the NFL he would read his playbook front to back, no skimming, no skipping pages. He was eager to know everything about every play that would be demonstrated.

How else would a player be ready when it’s his turn to take the field? Mr. Burns also expressed how he didn’t meet his father until he was nearly 30 years old. However,



GRIFFIN SMITH FOR GRIFFIN VISION PHOTOGRAPHY

The Untouchables male youth organization of Alexandria hosted a Lock-In at the Charles Houston Recreation Center.

he was fortunate enough to have other positive men in his life who served as his role models.

Like Mr. Burns, Councilman Bailey also expressed the need to always remember where you came from and those who helped you along the way. He grew up in Del Ray and has always served Alexandria in several different positions. He commented on how excuses could have kept him from achieving success and the importance of always striving for better, for yourself and for those around you.

The next pair of speakers worked the room like a tag-team duo. They appeared to be the perfect formula for a misfit team: a youthfully matured black American man, short in height but solid in stature paired with a much younger, broad-chested, tall, white American “country boy.” The former of the two grabbed the floor first. He dressed in all blue, from head to toe. His short sleeves revealed tattoos on both forearms. He wore his baseball cap low like a gangster. The first questions he asked were, “Who in here has ever been bullied?” and “Who in here has ever been a bully?” Several of the young men raised their hands on the first question and a few even raised their hands on the second question. “I was always the bully,” he continued. He began to speak about what it means to be a dominant person and using that dominance to control people. I thought, “Great! Most times people speak on what it’s like to be bullied but very seldom do we hear the testimony of the other side. This will be great for the young men.” The man continued to

talk about how many different types of guns he had shot and how connected in the streets he is. The testimony was getting really good until the man demonstrated the ultimate form of disrespect; his phone began to ring in his pocket. Not only did he not turn it off or ignore it, he answered quickly, telling the young men and everyone else in the room to “hold on a sec.” He then said that he would have to leave but would return and gestured for the other man, Officer John Ellis, to go ahead and take over.

As a teacher and a mentor, I thought how rude and inconsiderate; as a spectator, I thought, well, he just told us how connected in the streets he is so it makes sense.

Officer Ellis took the floor. He stood just as big as Mr. Burns in his t-shirt, shorts and flip flops, as if he had just gotten up off the couch and decided to go outside for a nice walk. Officer Ellis grew up in Tennessee but lives in the Andrew Atkins Public Housing block of Old Town. How else to help better the community than to be a part of the community? He talked about the big issue of the day — police brutality against black Americans. When spat upon, called inhumane names and very often having his life threatened, Officer Ellis’ response is, “How did this person allow their life to reach such a low level?” One of the mentors raised his hand and asked about Mr. Ellis’ partner. “Yes, he’s supposed to be coming tonight.” Right then there was a knock on the door and in came another police officer. This police officer was completely dressed in his blues — handcuffs, bullet proof vest and

all. It took most of the room some time to realize that this was the same “gang banger” who had just abruptly left the room. Jaws dropped. “What! He’s a cop!” some of the young men laughed in amazement.

“So let me finish telling my story,” Officer Evans continued. All of the guns he had previously told the young men that he had fired were from the four years he spent in the U.S. Marine Corps.

He explained how because of his height he had become a dominant person. People always told him he was too short to do things but he refused to let that be an impediment.

He was even told he was too short to be a police officer. “Would any of you have picked me out to be a cop when I was up here at first?” he asked the young men. “It’s a small word [and] that’s a big issue — perception. Perception is not what you see, it’s what you believe.” Are all police

officers bad? Are all black people with dreadlocks bad? Officer Evans went on to explain that, “What people see is not always accurate.” It is not against the law to wear all blue, nor is it against the law to have tattoos or dreadlocks. For many citizens, our beliefs are constructed by societal conditioning. Babies are not born with the awareness of race. That awareness comes from the culture of that baby’s society. If the culture of the society is unrighteous how can we expect to raise righteous children?

After the speakers, the young men were refreshed with probably everyone’s favorite food — pizza! Sending out a huge thank you to Nick Roman of Fairlington Pizza. The rest of the night continued with hours of music, basketball and laser tag in the gymnasium.

Sometime after midnight the word passed that the all-time legend, Muhammad Ali had died. The group stopped all activity to form a prayer circle in the middle of the gym. Around 3:30 a.m. the sleeping bags, blankets and pillows began to scatter over the floor.

As men of The Untouchables we feel it is our obligation to keep our young men from being marginalized by society. The unethical methods of the prison and school system is nothing new to any of us but these methods still maintain our young men as second-class citizens. In prisons we are “locked up” and in schools we are “locked out.” Let’s place our youth at the forefront where they should be. Forget the conditioned perceptions we are used to and let’s move forward with empowerment and the achievement of greatness.

The writer is a mentor with The Untouchables. He became a member in 1991 when he was 9 years old. Find The Untouchables at 703-746-5460, on Facebook (search Untouchables), or www.TheUntouchables88.org. The group meets regularly at Charles Houston Recreation Center, 901 Wythe St. on Thursdays, 4:30-5:30 p.m.

OPINION

The Irish Festival on Aug. 13 will help pay for the St. Patrick's Day Parade.



PHOTO CONTRIBUTED

Attend Irish Festival

To the Editor:

The Ballyshaners are thrilled to be hosting the Irish Festival on Saturday, Aug. 13 at Waterfront Park. The festival is a fundraiser to help pay for the St. Patrick's Day Parade in Alexandria. From 11 a.m. until 7 p.m., the festival will include live music, Irish dancers, food from local restaurants, local jewelers and crafts, retail vendors, and a beer truck.

We encourage residents and visitors to make the Irish Festival a part of their weekend so that the Ballyshaners can bring the City of Alexandria another wonderful St. Patrick's Day Parade in 2017; an event that highlights Alexandria's festive spirit while also serving as one of Old Town's key business days.

The Ballyshaners, hosts of the festival and the parade, is a 501(c)3 non-profit organization run by volunteers who are committed to celebrating Alexandria's Celtic heritage. Every dollar raised during the festival helps to pay for the St. Patrick's Day Parade in Alexandria. We are grateful to all of our vendors and sponsors. Our sponsors include Murphy's Irish Pub, O'Connell's, among many others. Without their and your support, the parade could not happen. For more, visit www.ballyshaners.org.

We look forward to seeing our friends, neighbors and supporters at the Festival on Saturday, Aug. 13.

Mike Pablo
Chair, The Ballyshaners

LETTERS TO THE EDITOR

FROM PAGE 11

Evaluate Each Felon

To the Editor:

I am disappointed in the Alexandria Gazette Packet's editorial stance ["Voting for Former Felons and Others," July 21], joining our current governor's campaign to restore voting rights to 206,000 convicted felons. Once they are out of jail, the governor and the editor cite the felons' sentences are com-

plete; their votes will invigorate our democracy.

My contention: Neither the editor nor Governor McAuliffe know for sure if any felon's sentence is complete; we the public certainly don't know either. Unless we are given more information about these tens of thousands of former felons, I am strongly suspect next to none of any fines imposed on them for their criminal conduct have been paid. If that's the case, then it strikes me their sentences have

SEE LETTERS, PAGE 14

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Why Mentors Matter

BY ALESSANDRA COLIA
THE URBAN ALLIANCE

An interview with Tanaga Boozer and Joey Nelson, United States Patent and Trademark Office.

Think back to that first “real” job you had. Try to relive the first day when you walked through the doors. Were you nervous? Was there a supervisor who greeted you? Did you feel like you dressed appropriately? Did someone show you where the restroom was?

It may be hard to remember all the details of the day, but I’m sure you can easily recall whether your boss began mentoring you from that moment you arrived. By welcoming you and creating a safe environment, you felt comfortable enough to keep coming back to work. And you built up confidence over the days and weeks in that first job because of the coworkers who either officially or unofficially mentored you. Those mentors were the key to your success and professional development.

Every day at the United States Patent and Trademark Office (USPTO) in Alexandria, mentors are working with local Alexandria youth to develop them professionally. This year, there are 25 T.C. Williams High School seniors in paid professional internships at the USPTO. Through a 10-month workplace-readiness program sponsored by the Urban Alliance and the USPTO’s Office of Education and Outreach, mentor Tanaga Boozer, a Program Advisor in the Office of Education and Outreach, met intern Joey Nelson (Urban Alliance and T.C. Williams alumni). In this interview, Tanaga and Joey dialogue about the importance of mentorship.

Tanaga: No matter where you are in your career — early, mid or late — everybody needs a good mentor. Mentors support, help, listen, direct and advise interns while providing safe space for discussions regarding their career and professional development.

Joey: Exactly, mentors aren’t like parents, they support you on a professional level and they want the best for you without being mothered. Mentors give you a different view.

Tanaga: Mentors at the USPTO offer their interns support by sharing their perspective on things based on years of experience without being judgmental or critical. Everyone needs an objective person in their life who will be honest with them.

Joey: I’ve seen how far people have come in their careers at the USPTO. It is clear that their career success has grown out of networking. There are so many mentors espe-

cially within this agency that are willing to help you connect and build that network. It is good to see that there are so many people who have been where I am and now want to pull others up in the agency.

Tanaga: That’s a great point. People at the USPTO are very supportive and aim to encourage the employees to seek career advancing opportunities — they want people to move up in the organization.

Joey: I would tell other mentees that I’ve learned a lot about networking, and how there are truly endless possibilities. The mentoring has helped me to see that there are always several different options and that something will work for you. Thanks to my mentor, I have learned about problem solving as well as the importance of working with others.

Tanaga: Wow! That’s huge because when you began working at the USPTO last year, you seemed more comfortable working alone. However, we had to encourage you to work with others to help you see the benefit of working in teams. Fortunately, it did not take long for you to notice that Office of Education and Outreach team accomplishes most of what it does by working in teams and that her skills were valued by our team.

Joey: I definitely learned about teamwork, and how more people working together can make the job easier. I didn’t realize that most people would be so willing to help.

Tanaga: It is great to hear that you’ve found a supportive environment at the PTO and that you’ve discovered on your own that people throughout the agency are genuinely interested in your professional development.

Joey: I’m much more outgoing with people now than I was last year.

Tanaga: I agree 100 percent with that statement. You are definitely more comfortable with talking to people, taking on new assignments and working the team. This new level of engagement is great because it provides an opportunity for us to share and connect with her on matters that will directly and indirectly advance her career goals.

Joey: That’s why I’d tell mentees to connect with their mentor and to take time to build those relationships. Explore opportunities together and take advantage of everything.

Tanaga: “All I have is what I give” and when I have an intern like you who is willing to learn, you feel great knowing that you are giving in a manner that will make a difference — now and in the future and that’s why mentoring matters.

to Referrals” will host and speak at a free event. The event is open for salespeople in all industries. Visit bit.ly/2axZFz3 to register.
First Thursday. 6 p.m.-dusk on Mount Vernon Avenue. Mount Vernon Avenue will be lined with a variety of local music and dance acts. A free trolley will be available along Mount Vernon Avenue from Hume to Nelson avenues throughout the event. Visit visitdelray.com.

LETTERS TO THE EDITOR

FROM PAGE 10

not been completed, especially if they have not completed their probation.

What’s sad is both the governor and the editor did not demand that each felon’s sentence be assessed to ensure whether their probation has been completed, or if fines imposed as a condition of their sentence have been paid to their victims or to the courts. Moreover, why give them voting rights if they are in jail in another state for another felony?

Instead, our governor acting as emperor is planning to use an autopen to sign 206,000 individual letters restoring every felon the right to vote.

Let’s face it: the governor, a Democrat and former fundraiser for the Clintons, wants them on the voting rolls as soon as possible.

He wants them on the voting rolls not because he’s done his homework and is confident these former felons have fulfilled their figurative and literal debt to society and made restitution where required to their victims; instead, Emperor McAuliffe wants their voting privilege restored because he believes they will vote for a Democrat out of gratitude. Shame on him.

Jimm Roberts
Alexandria

Planting Trees Too Closely?

To the Editor:

There has been much new construction around the city in the past few years. Whenever a new project is built, it usually involves installation of new trees in the landscape. No doubt, most people appreciate the value of well-situated shade trees and smaller ornamental trees. But over the past few years, I have noticed that the tree installations on newly-completed construction sites are often grossly ill-suited for the sites.

If one is installing shade trees that can grow up to 70 or 80 feet in height and width, what would be a reasonable distance between them? You might think at least 40 feet apart. Whoever is designing and approving these plans doesn’t think that.

At T.C. Williams High School around the parking lot and tennis courts, red maples (mature size: 50 feet to 60 feet high and wide) are installed in groups of four to eight, sometimes mixed with other large shade tree species, and some are as little as nine feet apart.

At the new pocket park on the corner of Pendleton and Henry streets, there are small Sweetgum trees (mature size: 60 feet to 75 feet high and wide) planted 14 feet apart in a group of three. There is also a row of Tulip Poplar trees (mature size 70 feet to 90 feet high by 50 feet wide) planted 17 feet apart with one being less than 20 feet from utility lines.

At Jefferson-Houston school, which was completed a couple of years ago, a row of shade trees was planted in the space between the sidewalk and the curb and directly under, and now nearly touching, utility lines that



PHOTO CONTRIBUTED

A letter-writer questions decisions on tree installations.

are about 20 feet off the ground.

I can cite more instances of ill-conceived tree installations in the city, mainly on city property, but these three illustrate my point that the city is creating a problem that the taxpayers of Alexandria will pay for. Poorly sited tree installations such as those noted above will be dangerous in storms, require extraordinary maintenance and/or removal, and leave the city with butchered trees and large maintenance contracts.

They are like an annuity for the tree trimming companies.

The City of Alexandria has a city arborist and staff. One would think that unsuitable tree-planting plans for private development sites, but especially for city-owned sites, would be reviewed and rejected. That is, obviously, not the case.

Kevin Sherlock
Alexandria

Importance of Neighborhoods

To the Editor:

At present Alexandria is going through a process to develop a set of “Strategic Plan Goals” for 2016-2022. This is an activity that takes place every five years as a means of updating guidelines for where the city in aspiration would like to be five years out. Although city staff has been working hard at the effort, I fear we are on the wrong track.

Prior to 2006 similar city goals statements had an emphasis on neighborhoods. That has been lost in subsequent formulations, the latest being in 2010-2016. Eliminating from the goals any mention of preserving, protecting and enhancing neighborhoods, I believe, has been a factor contributing to the development excesses of recent years.

Current planning efforts do not remedy that omission. Thus far the goals have been expressed in eight “vision” themes that raise more questions than they answer. None mention neighborhoods or even historic preservation. I am particularly concerned — confused — about one theme. It reads: “In 2022, Alexandria has a unique identity.” What does this mean? Immediately Old Town comes to mind when “unique identity” is mentioned. What about other neighborhoods? Where do they fit?

For an authentically visionary approach
SEE LETTERS, PAGE 20

BULLETIN BOARD

Email announcements to gazette@connectionnewspapers.com.

THURSDAY/AUG. 4

Sales Referral Seminar. 12:30 p.m. at the Keller Williams Metro Center, 1701 Duke St. Michael J. Maher, author of “7L: The Seven Levels of Communication Go From Relationship



Nina and Christian Elliot plan ahead to incorporate a healthy diet and exercise into family vacations with their children Naomi, 8, Caleb, 6, Noah, 2, and Cohen, 7 months.

PHOTO
COURTESY OF
CHRISTIAN ELLIOT

Staying Fit and Healthy on Vacation

Advance planning is key to maintaining a healthy diet and fitness on the road.

BY MARILYN CAMPBELL
GAZETTE PACKET

Listening to Christian Elliot describe part of a recent vacation that he took with his wife, Nina, you might think he was attending a fitness bootcamp.

"We woke up early, got in a jog and I did push-ups on a step, lunges on a dirt road," said Christian Elliot. "As long as you have gravity ... you can exercise."

While August vacations offer a chance to renew and rejuvenate, carving out time to exercise and creating opportunities for nutritious food are keys to maintaining a healthy lifestyle while on holiday.

"The biggest thing about eating healthy and exercising on vacation is planning ahead," said Elliot, a personal trainer and founder of TRUE Health and Wholeness in Arlington. "People plan their vacation in pretty good detail, but they fail to plan where and how they're going to work out."

Part of that planning includes bringing packable equipment and appropriate clothing for exercise. "Pack [resistance] bands for strengthening exercises, and a jump rope is a great way to get cardio. Those are lightweight and easy to pack," said Catie Bocker, NP-C, MSN, director of the Student Health Center at Marymount University in Arlington. "Whatever you do, keep it simple and fun. If we make it too complicated it might not work."

GETTING ACTIVE with family and friends is one way that Bocker made exercise enjoyable during a recent vacation. "I led a bodyweight circuit for my family every morning when I was on a beach vacation recently," she said. "We were staying on the beach and we would wake up each morning and do a workout."

Part of the appeal of bodyweight exercises is that

they can be done virtually anywhere and require no equipment. Bocker recommends 60-second exercise intervals with 15 seconds of rest between each set.

"I do an upper body exercise, a lower body exercise, sit ups and some type of cardio," she said. "For example, push ups, squats, jumping jacks and a sit up. There are fitness and workout apps out there that you can use if you feel intimidated by creating your own bodyweight circuit. If you write out a few exercises before you leave for vacation, you're far more likely to do it."

From swimming laps in a hotel pool to walking laps around an airport terminal while waiting for a flight, there are many ways to get creative with exercise.

"Hotels usually either have a gym ... and the concierge can tell you about nearby trails for hiking or walking," said Bocker.

In addition to planning to exercise while on vacation, packing a small, portable stash of fruit, vegetables or trail mix can quell hunger while sightseeing or waiting at the airport. "Stop by the grocery store and pick up healthier snacks," said Bocker. "Go-to foods for me are nuts or dried fruit. They're great when going through security."

For those who, like the Elliots, will be traveling with children, child-friendly snacks are a must. "We have to manage their low blood sugar with quick energy hits," said Elliot. "Our kids love the grass-fed beef sticks or beef jerky."

"You can't deprive yourself and say 'I'm not going to have ice cream at all,'" said Janet Zalman, founder of the Zalman Nutrition Group. "You can say, 'I'm going to have ice cream one or two times, but I'm not going to eat the supersize, I'll have a kiddie size.'"

It's also a good idea to choose restaurants and peruse menus at your destination before leaving on vacation. "Research your options," said Bocker, "Like anything else you do, you have to plan and research it so that you can be an informed consumer."

Finally, if you decide to splurge on a favorite food, make it count. "When you go off the rails and eat high calories food, make sure it's fabulous," Zalman. "Most people cheat out of convenience, but if you're going to cheat, cheat high."

"Whatever you do, keep it simple and fun. If we make it too complicated it might not work."

— Catie Bocker,
Marymount University

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ENTERTAINMENT

3 Gold-Medal Spots to Watch the Olympics

Here are three restaurants to whet your appetite while you cheer on the USA.

BY HOPE NELSON
GAZETTE PACKET

After the usual four-year absence, Summer Olympics mania is ready for liftoff again. Looking for a change of scenery to watch your favorite sports? Here are three restaurants that are sure to be gold-medal bets. (A word of warning, though: If you're interested in a particular matchup at a particular time – U.S. water polo, say – you'd do well to call before you venture out, just to make sure the game is on.)

Mason Social, 728 N. Henry St.

Anyone who's sat in Mason Social's bar during football season knows it's a great spot to catch a game. The same extends to the Olympics. Situated in the Parker-Gray neighborhood of Old Town, Mason Social offers a dining room and bar needs. But when it comes to the Games, the bar is your best bet.

Order up some roasted celery root hummus or some wings and avail yourself of the Mason punch to wet your whistle. The bar also offers plenty of craft beers from

around the regional neighborhood – the offerings from Richmond's Hardywood are always winners – so you can toast your favorite team.

Ramparts, 1700 Fern St.

A longtime staple of Fairlington, Ramparts Tavern and Grill is an excellent choice for catching an Olympics event or two (or more). Much more casual than its restaurant counterpart, the bar is decidedly a sports pub in both ambience and clientele, so you'll be right at home.

Choose some chili nachos or a signature burger (topped with gouda, mushrooms, and fried onion strings) to watch the proceedings and wash it down with a Port City seasonal selection or perhaps a Dogfish 60-Minute IPA. Vegetarians won't be left out, either – the Portobello sandwich is hearty and meaty, and the veg wrap will keep you fortified from event to event.

Bugsy's Pizza, 111 King St.

No list of recommendations worth its salt would be complete without a mention of Bugsy's, the venerable sports bar and pizzeria located on lower King Street, just a block from the river. From hockey to foot-



Try Bugsy's Olympic pizza during the Summer Games.

ball, baseball to soccer, there's always room on the television at Bugsy's, and the Olympics are no exception.

When you come to a pizzeria, it's probably best to order a pie. And honestly, in this season of medals and podiums, ordering the Olympic pizza – topped with artichokes, mushrooms, onions, garlic herb

sauce, feta, and mozzarella – is a no-brainer. Too exotic? The margherita pizza is always a crowd-pleaser. Wash it down with a frosty beverage – happy hour deals from 4 to 7 p.m. on weekdays can't be beat.

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

CALENDAR

Email announcements to gazette@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

Exhibit: "A Retrospective Exhibit of Florals and Still Life." Gallery hours at Goodwin House Alexandria Art Center, 4800 Fillmore Ave. Artist Concetta C. Scott presents her work. Call 703-578-1000 for more.

Summerquest. Various times at various libraries in Alexandria. SummerQuest is divided into three groups: SummerQuest, Jr. (ages 0-5), SummerQuest (ages 6-12) and Teen Summer Reading (ages 12-18). This year's theme is "Read for the Win!" Free. Visit www.alexandria.lib.va.us.

"Not a Box." Through Aug. 7, gallery hours at The Art League, 105 N. Union St. Art League artists use a dedicated space in the gallery to create an installation. Juror Alex Paik, an installation artist, selected 12 works. Free. Visit www.theartleague.org for more.

Exhibit: "Decatheat: a verb." Through Aug. 14, gallery hours at The Associates' Gallery at the Torpedo Factory, 105 N. Union St. The theme of the show is derived from a series of personal studies illustrating Richard Greenway's progression from when he began painting with oils in 2010. Free. Visit www.torpedofactory.org for more.

Art Exhibit: "Streets Meets Glass." Through Aug. 15, business hours at the Vola Lawson Animal Shelter, 4101 Eisenhower Ave. The exhibit features the work of two Del Ray Artisans artists, Joshua Oliveira and

Betsy Mead. Free. Visit www.TheDelRayArtisans.org/GWW.

Fort Hunt Concerts. Through Aug. 28, Sundays 7-8 p.m. at Fort Hunt Park, 8999 Fort Hunt Road. A different band performs each week. Free. Visit www.nps.gov/gwmp for more.

Collage and Ceramics – Kathryn Horn Coneway. Through Aug. 28, gallery hours at Huntley Meadows Park, 3701 Lockheed Blvd. Free. Visit www.kathrynconeway.com for more.

"Dotted Space." Through Aug. 28, gallery hours at The Target Gallery, 105 N. Union St. The exhibit will feature site-specific installations and a series of artist pop-up books that use dotted lines to demarcate rectilinear spaces. When viewed from a particular angle, the dotted lines seem like three-dimensional shapes, some of which appear to penetrate and continue through the gallery walls. Free. Visit www.torpedofactory.org for more.

Cool Yoga. Wednesdays through Aug. 31, 7:30 p.m. at Just ASK Publications and Professional Development parking lot, 1900 Mount Vernon Ave. Cool Yoga is a community event taught by Maureen Clyne. Each class ends with a Senzu Juicery "After Party" with complimentary cold pressed juices. Free. Visit www.prasadayoag.com for more.

Family Golf Days. Through Aug. 31, all day at Pinecrest Golf Course, 6600 Little River Turnpike. Parents pay for their 9-hole round of golf and their son or daughter (ages 8-17) will receive their round and a pull cart rental for free. Visit www.fairfaxcounty.gov/parks/golf/pinecrestgc for more.

Latin Expressions Exhibit. Through Aug. 31, gallery hours at Torpedo

Factory Art Center, 105 N. Union St. Two dozen artists have contributed to an exhibit titled "Magic and Color." Visit www.torpedofactory.org for more.

Women of Civil War Alexandria Tour. Through Sept. 3, 7 p.m. Fridays-Saturdays at The Lyceum, 201 S. Washington St. Learn more about women's roles during the Civil War in Alexandria. Presented by the National Women's History Museum (NWHM). Tickets are \$15, \$12 for NWHM members. Visit www.nwhm.com/get-involved/event/walking-tours.

Summer Chamber Series. Sundays, through Sept. 11, 3 p.m. at The Lyceum, 201 S. Washington St. Washington Metropolitan Philharmonic Association presents the 26th annual chamber music series. Free. Visit wmpamusic.org for more.

Mercy in Alexandria Walking Tour. Sundays at 1:30 p.m. at Alexandria Visitors Center, 221 King St. Experience an inside access tour of 19th century Alexandria. Inspired by the PBS mini-series "Mercy Street," accompany a trained military historian through Civil War-era Alexandria and learn the actual history behind the TV show. Short tours are \$15, private tours for five are \$149. Visit www.dcmilitarytour.com for more.

The Lyceum: 175 Years of Local History. Ongoing, Monday-Saturday 10 a.m.-5 p.m. and Sunday 1-5 p.m. at The Lyceum, 201 S. Washington St. On view in the museum's Coldsmith Gallery, the historical objects and images featured represent The Lyceum, the community at work, and commemorations and celebrations. Throughout the exhibition, visitors

are invited to "be the curator" and think about why the various artifacts are in the museum's collection, and about how tangible representatives of the past help tell the story of Alexandria's history. Free. Visit www.alexandriahistory.org for more.

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

Alexandria's Nurses & Hospitals During the Civil War. Ongoing at The Lyceum, 201 S. Washington St. An exhibit on the life of Clarissa Jones, a nurse at The Lyceum hospital during the Civil War. The true story of a nurse in Alexandria during the war, drawing parallels with characters portrayed in the PBS drama "Mercy Street," with references to the experiences of other nurses, such as Anne Reading, who worked in the Mansion House hospital, and Jane Woolsey, who served at the Fairfax Seminary hospital. Admission is \$2. Visit www.alexandriava.gov/lyceum for more.

"Ancient Art of Movement." 1 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Carmen Shippy, retired professional dancer, teaches a series designed for ages 50 and above. Movements are designed to strengthen core muscles and increase flexibility. Adjustments will be made for those with physical limitations. First lesson in the series is free for non-center members. To continue lessons, a yearly membership to all

Senior Center programs is \$48. Call 703-765-4573 to sign up.

Flamenco Show. Wednesdays and Thursdays, 7:30-8:30 p.m. at La Tasca, 607 King St. Watch dancers and guitarists perform traditional flamenco. Free to attend. Call 703-299-9810 or visit www.latascausa.com.

French Movie Night. Every Thursday, 7 p.m. in the back room of Fontaine Caffé & Creperie, 119 S. Royal St. View a French film. Free, no reservation necessary. Call 703-535-8151 or visit www.fontainecaffe.com/reviews.html.

Their Fates Intertwined: The Lees of Alexandria in the War of 1812. Wednesday- Saturday, 10 a.m.-4 p.m. Sunday, 1-4 p.m. Lee-Fendall House and Gardens, 614 Oronoco St. A new exhibit on the experiences of the Lee family in Alexandria during the War of 1812 examines the contributions of Alexandria's citizens during the conflict that led to the writing of our national anthem through the lives of this iconic Virginia family. Visit www.leefendallhouse.org or call 703-548-1789.

Alexandria Cars and Coffee invites car enthusiasts to meet for coffee at Hollin Hall Shopping Center in front of Roseina's, 1307 Shenandoah Road. Owners of classic cars, hot rods, exotic cars, motorcycles and more meet to share car stories and drink coffee. Group meets the first Sunday of every month. 8:30-11 a.m.

Fifty Years of Collecting. Tuesday-Saturday 10 a.m.-5 p.m., Sundays 12-5 p.m. Fort Ward Museum, 4301 W. Braddock Road. An anniversary exhibit of objects from the Fort Ward collection. Free. Visit www.fortward.org or call 703-746-

ENTERTAINMENT

4848.

National Inventors Hall of Fame Exhibit. Through November at The National Inventors Hall of Fame—USPTO campus, 600 Dulany St. The exhibit features the stories of Inductees of the National Inventors Hall of Fame who served their country during World War II and returned home to help build the nation with their innovations. Free. Visit www.inventnow.org.

Dinner for the Washingtons. 12 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. A walking tour that goes behind the scenes to find out how food was prepared and served before the era of microwaves and TV dinners. \$5 in addition to estate admission. Visit www.mountvernon.org for more.

Second Thursday Music. Athenaeum, 201 Prince St. 7 pm. Second Thursday of every month. Visit nvfaa.org to view concert calendar and listen to upcoming Second Thursday Music artists.

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

Art for Life. Third Thursday of every month. 4:30-7:30 p.m. at Torpedo Factory, 105 N. Union St. Hyatt Regency Crystal City has partnered will the National Kidney Foundation for a program highlighting a different artist each month for a year.

Civil War Sundays. 1-5 p.m. at Alexandria Archaeology Museum, 105 North Union St., #327. Learn more about the Civil War as it occurred in Alexandria. Find dioramas, newspaper articles and more. Free. Visit www.alexandriarchaeology.org.

Doggy Happy Hour. Starting April 5, Tuesdays through October 5-8 p.m. at Jackson 20 and Hotel Monaco Alexandria, 480 King St. Doggy Happy Hour at Jackson 20 and the Hotel Monaco Alexandria offers specials on cocktails and beers plus treats and water for canine companions. Free, but drinks sold separately. Visit www.monaco-alexandria.com for more.

Baseball Boat to Nationals Park. Departs from the Alexandria Marina, 1 Cameron St. The Potomac Riverboat Company offers baseball enthusiasts the chance to avoid the crowds and take a leisurely cruise from Old Town Alexandria to Nationals Park along the scenic Potomac River. Admission: one-way \$20; round-trip \$25 Monday-Thursday; round-trip \$28 Friday-Sunday. Visit www.baseballboat.com for more.

CAMPS, CLASSES & WORKSHOPS

Olympic Champions Camp. July 25-Aug. 26, 7 a.m.-6 p.m. at Boys & Girls Club, 401 N. Payne St. The Olympic Champions Camp incorporates "Triple Play" to engage mind, body, and soul. Campers participate in reading, STEM, sports, meditation and more. Prices vary. Visit www.bgcgw.org for more.

Theatre Camp. Through Sept. 2, various times at The Little Theatre of Alexandria, 600 Wolfe St. Offering a variety of camps for age 3 through 8th grade, covering creative play, acting, singing, dancing, musical theatre and improv. Sessions also include comedy, scene study, Shakespeare and drama. Tuition prices vary. Visit www.thelittletheatre.com for more.

Photography Workshop. 10:30 a.m.-12 p.m. at Multiple Exposures Gallery

on 105 N. Union St. Photographers of all skill levels are invited to share work, ideas, and questions at this free workshop held on the last Sunday of each month, except December. No reservations. Call 703-683-2205.

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

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

Community Yoga. Wednesdays 9:30-10:30 a.m. and Sundays 7:30-8:45 p.m. at 532YOGA, 532 N. Washington St. Suite 100. No experience required to participate in weekly community class. Suggested \$10 donation. Visit www.532yoga.com.

AUG. 4-SEPT. 18

Exhibit: Kit Keung Kan. Gallery hours at The Athenaeum, 201 S. Prince St. Kit Keung Kan is a Hong Kong-American artist and physicist who interprets traditional Chinese landscape paintings with his passion for the art form as well as his experience in scientific study and research such as relational concepts and objective abstraction. Free. Visit www.nvfaa.org for more.

FRIDAY/AUG. 5

Reception: "FUN-derful." 7-9 p.m. at Del Ray Artisans Gallery, 2704 Mount Vernon Ave. Celebrate a new exhibit featuring humorous art created by local artists. Free. Visit www.delrayartisans.org for more.

AUG. 5-27

Exhibit: "The Silent World." 10 a.m.-5 p.m. Fridays, 10 a.m.-4 p.m. Saturdays at Gallery @Convergence, 1801 N. Quaker Lane. "The Silent World" explores the intricacies of creativity and the effect of society, education, and age on the creative process. Students are asked to respond to the prompt: "95% of the ocean is still unexplored. Make something that's never been seen before that you think lives in the deep ocean." Their responses will make up the Silent World Exhibit and lead to conversations about the way creative nature changes over time. Free. Visit www.ourconvergence.org for more.

AUG. 5-28

Exhibit: "FUN-derful." Gallery hours at Del Ray Artisans Gallery, 2704 Mount Vernon Ave. Del Ray Artisans invites you to a curated exhibit humorous art. Free. Visit www.delrayartisans.org for more.

SATURDAY/AUG. 6

Friendship Firehouse Festival. 9 a.m.-2 p.m. at Friendship Firehouse Museum, 107 S. Alfred St. This year marks the 150th Anniversary of the City of Alexandria Fire Department. Held at the historic Friendship Firehouse, the festival celebrates the role firefighters have played throughout history, especially those of Friendship. The event will feature a collection of antique fire equipment and, courtesy of the Alexandria Fire Department, a display of modern fire trucks and apparatus. The Alexandria Red Cross and the Community Emergency Response Team will also

be on hand. Other attractions include craft booths, food vendors and free birthday cake. Free. Visit www.friendshipfire.net.

Cold Press Soap Making. 9:30 a.m. at Green Spring Gardens, 4603 Green Spring Road. Learn how to make cold process soap using all natural, botanical ingredients. This demonstration shows how to safely handle and store lye, how to add fragrance, exfoliants and colorants, and covers molding, curing, and packaging ideas. Take home two bars of soap and soap recipes. Tickets are \$65 for Fairfax County residents, \$80 for non-residents plus a supply fee. Visit www.fairfaxcounty.gov/parks/greenspring/manor.htm.

Floral Design Workshop. 10 a.m. at Green Spring Gardens, 4603 Green Spring Road. Large leaves and bold flowers accent the arrangement that you make with the help of florist, Chuck Mason. Reuse the container and design ideas to make a tropical arrangement at home. Tickets are \$38 for Fairfax County residents, \$40 for residents plus a supply fee. Visit www.fairfaxcounty.gov/parks/greenspring/manor.htm.

Lecture: "A Fine Beginning." 12-4 p.m. at Carlyle House, 121 N. Fairfax St. In August 1753, John Carlyle and his wife, Sarah Fairfax Carlyle, moved into their new home in Alexandria. That night, Sarah gave birth to a son, William. Visit the museum and learn about 18th century colonial family life. Children can also play 18th century games on the front lawn. Free, \$1 suggested donation. Call 703-549-2997 for more.

Youth Arts Festival. 1-5 p.m. at Mount Vernon Recreation Center, 2701 Commonwealth Ave. This festival will showcase the talents of youth around the city and serve as a forum of expression for both visual and performing arts. Free. Call 703-549-7115 ext. 370.

Tavern Day Open House. 1-5 p.m. at Gadsby's Tavern Museum, 134 N. Royal St. and Stabler-Leadbeater Apothecary Museum, 105-107 S. Fairfax St. Experience Alexandria's five-star hotel of the 18th century, made famous by John Gadsby, whose guests included George Washington and Thomas Jefferson. Explore the museum with costumed guides, learn more about 18th century foodways and enjoy period music and dancing in the historic ballroom. Free. Visit www.VisitAlexandriaVA.com/summer.

Country-Western Dance. 6:30 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. A DJ provides music. Couples and singles welcome. Admission for NVCWDA members \$10; non-members \$12; children under 18 accompanied by a paying adult \$5. Visit www.nvcwda.org or call 703-860-4941.

Pop-Cultured: Marvel. 7 p.m. at Barnes & Noble Potomac Yard, 3651 Jefferson Davis Highway. Customers can explore the Marvel Universe and enjoy trivia, coloring, cosplay, special offers and more. Free. Call 703-299-9124 for more.

SUNDAY/AUG. 7

Mount Vernon Celebrates Purple Heart Day. 12:30-2:30 p.m. at Mount Vernon, 3200 Mount Vernon Memorial Highway, Mount Vernon. The U.S. Army Brass Quintet, "Pershing's Own" will kick off the event with a patriotic musical concert. The Color Guard will be supported by the Military District of Washington. The ceremony will feature remarks from "General Washington" and other military officials. A special wreathlaying ceremony will take place at the Purple Heart Memorial, located outside the Ford Orientation Center. The event will conclude with a laying of the wreath. Free. Visit

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5:00 pm Vigil Mass
6:30 pm Vigil Mass
(en Español)

Sunday:
7:30 am; 9:00 am
(with Sign Language Interpreter and Children's Liturgy of the Word); 10:30 am; 12:00 Noon; 2:00 pm (en Español); 6:30 pm

Monday-Saturday:
9:00 am Mass
(Rosary at 8:30 am)

En Español:
Monday, 6:30 pm;
Thursday, 7:30 pm;
First Friday, 7:30 pm

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ENTERTAINMENT

www.mountvernon.org for more.

The Victorian Seaside. 1-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. Victorians flocked to the seaside for day trips and holidays but how did the proper Victorian lady preserve respectability at the beach? Hear about Victorian seaside attractions and entertainments, and the bizarre inventions, regulations and fashions that preserved 19th century notions of modesty. Tickets are \$32. Call Historic Green Spring at 703-941-7987 to register.

Kit Keung Kan Opening Reception. 4-6 p.m. at The Athenaeum, 201 S. Prince St. Celebrate this new exhibit. Keung Kan is a Hong Kong-American artist and physicist who interprets traditional Chinese landscape paintings with his passion for the art form as well as his experience in scientific study and research such as relational concepts and objective abstraction. Free. Visit www.nvfaa.org for more.

THURSDAY/AUG. 11

Eat, Create, and Retreat. 11 a.m.-3 p.m. at Ease Yoga and Cafe, 3051 Mount Vernon Ave. A day filled with learning, creating and moving that will provide children 7-12 years old with better body awareness, nutritional understanding, well-being. Registration is \$75. Visit www.easeyogacafe.com.

Latin Expressions Exhibit Reception. 6 p.m. at Torpedo Factory Art Center, 105 N. Union St. Celebrate this new exhibit featuring two dozen artists in an exhibit titled “Magic and Color.” Visit www.torpedofactory.org for more.

An Evening wit KaNikki Jakarta. 7 p.m. at The Athenaeum, 201 S. Prince St. Author and poet KaNikki Jakarta will read her own work. Free. Call 205-530-3823 for more.

Jane Austen Dance Class. 7:30-9:30 p.m. at Gadsby’s Tavern Museum, 134 N. Royal St. In preparation for the Jane Austen Ball on Aug. 13, learn 18th-century English country dancing. Tickets are \$12 each or \$30 for the series. Call 703-746-4242 for more.

FRIDAY/AUG. 12

Movies Under the Stars: “The Lion King.” 8:30 p.m. at Ben Brenman Park, 4800 Brenman Park Drive. The public is invited to attend an outdoor movie on a three-story high movie screen. Free. Call 703-746-5592 or visit www.alexandriava.gov/Recreation.

SATURDAY/AUG. 13

Beyond the Battlefield Tour. 10 a.m. at The Lyceum, 201 S. Washington St. Participants will see locations and stories associated with soldiers, citizens, and the enslaved, including the occupation of Alexandria and emancipation. Stops on the tour will include locations featured in the PBS drama, “Mercy Street.” Advance tickets are \$15, \$20 on the day of the program. Visit www.leefendallhouse.org for more.

Fall & Winter Vegetable Gardening: Extending Your Harvest. 10:30 a.m.-12 p.m. at Burke Branch Library, 4701 Seminary Road. Learn inexpensive techniques to extend a harvest and how to enjoy some crops in the dead of winter. Free. Call 703-228-6414 or email mgarlaralex@gmail.com.

Canine Cruise. 11 a.m. at Alexandria City Marina, 1 Cameron St. With four-legged friends in tow, board a Potomac Riverboat Co. cruise and tour the Alexandria Seaport on this popular 60-minute waterfront excursion. Dogs must be on 6-foot flat leash at all times. Tickets are \$16 for adults, \$10 for children, free for dogs. Visit

www.PotomacRiverboatCo.com/canine-cruise.php.

Delicious Dairy. 1 p.m. at Historic Huntley, 6918 Harrison Lane. Churn your own butter and taste fresh cheese you can make at home. House tour included. Tickets are \$7 for Fairfax County residents, \$9 for non-residents. Visit www.fairfaxcounty.gov/parks/huntley-meadows-park.

Garden Tour and Ice Cream Social. 3 p.m. at Green Spring Gardens, 4603 Green Spring Road. Stroll the gardens with a master gardener docent. Then come into the Historic House for an ice cream social, a traditional gathering dating back to the 18th century. Enjoy a variety of ices, served with toppings and garnishes. Tickets are \$12 for Fairfax County residents, \$14 for residents. Visit www.fairfaxcounty.gov/parks.

Garden Party. 4:30-7 p.m. at Historic Pohick Church, 9301 Richmond Highway, Lorton. The Pohick Church Docent Guild will host a Garden Party. A string quartet and flute and Living History characters will provide entertainment for an afternoon of wine, assorted beverages, hors d’oeuvres, and a live auction. Tickets are \$30. Call 703-339-6572 for more.

Woven Green Soundscapes with Sacred Mantra Chants. 7-8:30 p.m. at Ease Yoga and Cafe, 3051 Mount Vernon Ave. This workshop will begin with chanting of sacred sanskrit mantras and then lead into a sound healing meditation. Registration is \$30. Visit www.easeyogacafe.com.

Jane Austen Ball. 8-11 p.m. at Gadsby’s Tavern Museum, 134 N. Royal St. The evening will feature a variety of English country dances in the historic ballroom, live music, and “iced refreshments.” Period costume optional; “after-five” attire encouraged. Tickets are \$45. Visit shop.AlexandriaVA.gov/Events.aspx.

SATURDAY-SUNDAY/AUG. 13-14

Summer Sidewalk Sale. All day throughout Old Town and Del Ray. Participating stores, including The Shoe Hive, Kiskadee, La Cuisine, the Purple Goose, Red Barn Mercantile, and Olio Tasting Room, and will have bright yellow balloon markers outside of their storefronts. Free. Visit www.visitalexva.com/sidewalksale for more.

WEDNESDAY/AUG. 17

Babes in the Woods. 9:30-11 a.m. at Huntley Meadows Park, 3701 Lockheed Blvd. Explore the parks of Northern Virginia with your babies in backpack carriers. Tickets are \$5. Call 703-228-6535 for more.

Swing Dance. 9-11 p.m. at Nick’s Nightclub, 642 S. Pickett St. Deja Blue is a four-piece blues band based in Northern Virginia. The play list covers Muddy Waters, Albert King, and Little Walter along with the more current sounds of Rod Piazza and more. Tickets are \$10. Visit www.gottaswing.com for more.

THURSDAY/AUG. 18

Garden Tour and Tea. 1-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. Tour the demonstration gardens with Master Gardener docents. Hear about Green Spring’s history, educational mission and more. Tickets are \$32. Visit Call Historic Green Spring at 703-941-7987 to register.



New Artist at TAG

One of the Torpedo Factory’s newest artists, Richard Greenway will exhibit his paintings at The Associates Gallery (TAG) in his first solo show through Aug. 14. The theme of “Decatheet: a verb” is derived from a series of very personal studies illustrating the artist progression from when he first began painting with oils in 2010. Admission to the gallery is free. Visit www.torpedofactory.org for more.

FRIDAY/AUG. 19

Garden Fresh Garden Dinner. 6-10 p.m. at Mount Vernon, 3200 Mount Vernon memorial Highway, Mount Vernon. Enjoy a four-course meal paired with Port City beers. Tickets are \$75. Visit www.mountvernon.org for more.

AUG. 19-28

Alexandria Summer Restaurant Week. Various times throughout Alexandria. For 10 days and two weekends, more than 50 Alexandria restaurants offer a \$35 three-course dinner or a \$35 dinner for two. Visit www.AlexandriaRestaurantWeek.com.

SATURDAY/AUG. 20

National Honeybee Day. 10 a.m.-12 p.m. at Green Spring Gardens, 4603 Green Spring Road. Meet a beekeeper, see the inside of a beehive, learn a bee dance, join a bee scavenger hunt and learn how bees are important to our food supply. You can get tips on growing a pollinator garden and purchase your own pollinator starter garden. Tickets are \$12. Call 703-642-5173 or visit www.fairfaxcounty.gov/parks/greenspring/.

Beeswax Votive Candles Workshop. 1 p.m. at Green Spring Gardens, 4603 Green Spring Road. Learn about the materials, wicks, waxes, fragrances and containers needed for making poured beeswax jar candles. Pour two votive candles to take home. Tickets are \$35 for Fairfax County residents, \$37 for non-residents. Visit www.fairfaxcounty.gov/parks.

FootGolf National Championship Qualifier. 2 p.m. at Pinecrest Golf Course, 6600 Little River Turnpike. The tournament combining soccer and golf is open to all skill levels, including beginners. Participants

receive a swag bag, food and beverage specials and discounted merchandise. Tickets are \$22 for American FootGolf League members, \$27 for non-members. Visit www.footgolf.us for more.

Summer Concert. 7-9 p.m. at Carlyle House, 121 N. Fairfax St. Howard University’s DuPont Brass performs. Free, \$5 suggested donation. Visit www.carlylehouse.org.

Country-Western Dance. 6:30-7:30 p.m. lessons, 7:30-10 p.m. dance at Hollin Hall Senior Center, 1500 Shenandoah Road. A DJ provides music. Couples and singles welcome. Admission for NVCWDA members \$10; non-members \$12; children under 18 accompanied by a paying adult \$5. See www.nvcwda.org or call 703-860-4941.

FRIDAY/AUG. 26

Film Screening: “Zootopia.” Movie starts at dusk, activities start at 6 p.m. at Four Mile Conservatory Center, 4109 Mount Vernon Ave. Free. Visit www.fourmilemovieseries.com.

Movies Under the Stars: “Alice in Wonderland.” 8 p.m. at Market Square, 301 King St. The public is invited to attend an outdoor movie on a three-story high movie screen. Free. Call 703-746-5592 or visit www.alexandriava.gov/Recreation.

SATURDAY/AUG. 27

Swim for Engie. 8-10 a.m. at Hunting Park Pool, 7000 Canterbury Lane. Alexandria Masters Swimming is holding a swimathon for Inova’s Schar Cancer Institute in honor of Engie Mokhtar. It is open to the public of all ages who can swim laps. Registration fee is \$5. Visit www.crowdrise.com/SwimforEngie2016.

Ice Cream at Historic Huntley. 1 p.m. at Historic Huntley, 6918

Left: “Decatheet” and below: “Octomonkey”



Harrison Lane. Make and enjoy hand-cranked ice cream as Huntley’s Harris family may have done. Discover how the histories of ice cream and Huntley follow a similar path from elite luxury to family fare. Tour of ice well and Historic Huntley House included. Tickets are \$8 for Fairfax County residents, \$10 for residents. Visit www.fairfaxcounty.gov/parks/huntley-meadows-park.

Face Off 2016 Reception. 1-4 p.m. at Principle Gallery, 208 King St. Three painters will all be painting the same model, live in the gallery. Free. Visit www.principlegallery.com for more.

SATURDAY-SUNDAY/AUG. 27-28

Begonia Show and Sale. 9 a.m.-4:30 p.m. Saturday, 12-3:30 p.m. Sunday at Green Spring Gardens, 4603 Green Spring Road. The sale offers a wide variety of begonias, including subtropical species. Free. Visit www.fairfaxcounty.gov/parks/greenspring/events.htm.

AUG. 27-SEPT. 23

Face Off 2016. Gallery hours at Principle Gallery, 208 King St. Face Off 2016 is a live painting demonstration and exhibition of new works by artists Cindy Precious, Mia Bergeron and Elizabeth Floyd. Free. Visit www.principlegallery.com.

SATURDAY/SEPT. 3

Tea with Lady Washington. 2-3 p.m. at Mount Vernon, 3200 Mount Vernon Memorial Highway, Mount Vernon. Step back in time and join “Lady Washington” for a cozy fireside tea as she shares memories of her and the General’s life as a young married couple, during the Revolutionary War, and at their beloved Mount Vernon. Following the program, guests are invited to a

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ENTERTAINMENT

self-guided exploration of the estate and Mount Vernon's beautiful decorative arts collection. Tickets are \$35. Visit www.mountvernon.org.

TUESDAY/SEPT. 6

Simpson Park Garden Stroll. 11 a.m.-12 p.m. at 420 E. Monroe St. VCE Master Gardeners who maintain Simpson Park Demonstration Gardens invite Alexandria residents and others to stroll by the gardens. Free. Call 703-228-6414.

FRIDAY/SEPT. 9

Gentleman Distiller: Whiskey Tasting & Dinner. 6:30-10 p.m. at Mount Vernon, 3200 Mount Vernon Memorial Highway, Mount Vernon. The evening begins with a reception at George Washington's Distillery & Gristmill, where guests will get a first-hand look at how whiskey was produced in Washington's time. The event continues on the estate with a brief talk by Mount Vernon's resident distiller, followed by a whiskey tasting and seated dinner at the Mount Vernon Inn Restaurant. Tickets are \$125. Visit www.mountvernon.org for more.

FRIDAY-SUNDAY/SEPT. 9-11

Hope Fest. Various times at Bryant Alternative High School, 2709 Popkins Lane. Find youth concert and community basketball game. Free. Email Info@cityofhopemetro.org.

SATURDAY/SEPT. 10

9/11 Heroes Run. 8:30 a.m. at Carl Sandburg Middle School, 8428 Fort Hunt Road. Honor our military and first responders and remember those who died on 9/11 and in the wars since. Registration is \$22.50-80. Visit www.911heroesrun.org for more.

Beyond the Battlefield Walking Tour. 10 a.m. starting at the Lyceum, 201 S. Washington St. Discover the real-life stories and locations of soldiers, citizens, and former slaves that inspired the PBS drama "Mercy Street" in this walking tour of Old Town. Tickets are \$15. Visit www.leefendallhouse.org.

Civil War Artillery Day. 10 a.m.-4 p.m. at Fort Ward, 4301 West Braddock Road. The program features reenactors from the 1st Connecticut Heavy Artillery, a Union regiment that was stationed at Fort Ward during the Civil War. The unit will interpret the duties and soldier life of typical artillerymen assigned to forts in the Washington area. Activities will include cannon firing demonstrations in the restored Northwest bastion of the fort, artillery equipment displays, and camp life scenarios. Visitors can also view the Museum exhibit, "The Art of

the Artilleryman in the Defenses of Washington," which features a variety of original equipment and personal items. Free. Visit www.fortward.org for more.

Tea with Lady Washington. 2-3 p.m. at Mount Vernon, 3200 Mount Vernon Memorial Highway, Mount Vernon. Step back in time and join "Lady Washington" for a cozy fireside tea as she shares memories of her and the General's life as a young married couple, during the Revolutionary War, and at their beloved Mount Vernon. Following the program, guests are invited to a self-guided exploration of the estate and Mount Vernon's beautiful decorative arts collection. Tickets are \$35. Visit www.mountvernon.org

SEPT. 10-21

33rd Annual Senior Olympics. Various times at various locations. Participants over 50 years old will participate in track and field, swimming, diving, tennis, table tennis, golf, miniature golf, ten pin bowling, Wii bowling, scrabble, duplicate bridge, cribbage, Mexican train dominoes, pickleball, racquetball, handball, volleyball, badminton, bocce, eight ball pool, cycling, horseshoes, yo-yo tricks, American style Mah Jongg, 5K run and more. Admission varies based on event. Visit www.nvso.us.

SUNDAY/SEPT. 11

The George Washington Patriot Run. 8 a.m. at Mount Vernon, 3200 Mount Vernon Memorial Highway. Run the first USATF-certified road race to enter George Washington's Mount Vernon. Organized by Mount Vernon and the Alexandria George Washington Birthday Celebration Committee, the race will take runners up the George Washington Memorial Parkway. Return down the Parkway to trace Washington's footsteps through the historic area at Mount Vernon. Registration is \$50, spectator tickets are \$10. Visit www.mountvernon.org/run for more.

FRIDAY/SEPT. 16

Garden Talk: Grow Beautiful Bulbs. 1:30 p.m. at Green Spring Gardens, 4603 Green Spring Road. Colorful bulbs can turn an ordinary garden into extraordinary. Planted in mass displays, small groupings or containers, they are a welcome sight in any garden. Learn from master gardeners about a variety of beautiful bulbs and how to plant and care for them. Admission is \$10 for county residents, \$12 for out-of-county residents. Call 703-642-5173 or visit www.fairfaxcounty.gov/parks/greenspring/.

SATURDAY/SEPT. 17

Lush Autumn Container Workshop. 9:30 a.m. or 11 a.m. at Green Spring Gardens, 4603 Green Spring Road. With creative help from horticulturalist Nancy Olney, pair colorful edibles and showy tender perennials for a lush autumn mix of container plants that are sure to grab attention. Admission is \$35 for county residents, \$37 for out-of-county residents, plus a supply fee. Call 703-642-5173 or visit www.fairfaxcounty.gov/parks/greenspring/.

SATURDAY-SUNDAY/SEPT. 17-18

Colonial Market And Fair. 9 a.m.-5 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Highway. Visit the 18th century at this colonial celebration featuring crafting demonstrations, puppet shows, military drills, and traditional food and music. Tickets are \$9-17. Children age 5 and under are free. Visit www.mountvernon.org.

King Street Art Festival. 10 a.m.-7 p.m. Saturday, 10 a.m.-5 p.m. Sunday at King Street from Washington Street to the Potomac River waterfront. Outdoor Art Festival featuring multiple art vendors on King Street between Washington and Union Streets with over six blocks of artwork by more than 200 artists. Free. Visit www.artfestival.com/cities/alexandria.

SATURDAY/SEPT. 24

St. Luke's Annual Craft Fair. 9 a.m.-2 p.m. at St. Luke's Episcopal Church, 8009 Fort Hunt Road, Mount Vernon. Connect with old friends and neighbors. Cold drinks and luncheon items from the St. Luke's grill will be available, along with a bake sale featuring cakes, pies, cookies and brownies. Also fresh produce from a nearby farm, entertainment provided by a guest guitarist and two local pianists. For children, there will be a moonbounce, face-painting and games. Visit www.saintlukeschurch.net or call 703-765-4342 for more.

75th Annual Historic Alexandria Homes Tour. 10 a.m.-3 p.m. in Old Town Alexandria. For the 75th annual Historic Alexandria Homes Tour, the public may visit six historic homes and gardens in Old Town Alexandria, all within walking distance of one another. Proceeds benefit Inova Alexandria Hospital. Tickets are \$35 through Sept. 25 and may be purchased online. Thereafter, tickets are \$40 and may be purchased at The Twig's Thrift Shop, 106 N Columbus St. Visit www.thetwig.org/homes-tour for more.

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OPINION

Providing Some Tips for Back-To-School Shopping

BY MEGAN PODOLSKY
PROPRIETRESS, 529 KIDS CONSIGN

FROM THE OLD TOWN BOUTIQUE DISTRICT

It just about time for those school bells to start ringing once again. To get you and your family ready for the new school year, here are some tricks and trends to help guide you through back-to-school clothing shopping.

1. What's in your closet?

Before you head to the store, take a good look at what you already have in your closet. For the items that got the most use consider adding more of those to your shopping list. Also look for items that might have been outgrown or damaged. For any items that could be of use to another family, consider consigning them at stores like 529 Kids

Consign in Old Town (122 A S. Royal St.), which is a great way to earn money.

2. Know the trends

This fall, the top trends for boys are influenced by “city chic” and “athletic” looks. On the other side, it's all about the year of the girl. With 2016 marking our first ever female presidential nominee of a major party, girls are about breaking old gender norms, even with their clothing. Like the boys, athletics are influencing their style as well as “bohemian” styles.

However, the most important note when it comes to trends, is to know that now, more than ever before, kids are all about

showcasing their own personal style. It's all about standing out and not fitting in this year, so let them shine.

3. Set a schedule for shopping.

Once you know what you need, set aside a distinct time for shopping. While it may be tempting to pick up items here and there amidst your other errands, scheduling a time can save you the headaches. It will allow you and the kids to be focused and make sure you stick to your lists.

Also pay attention to special promotions to get the most bang for your buck. Look for promotional emails or on the social media pages of your favorite boutiques, to see if they are offering Back-to-School sales or incentives. Don't forget this weekend (Aug 5-7) is the Sales Tax Holiday/Tax-Free

Weekend in Virginia.

5. Get the kids involved and excited

Back-to-School shopping is all about the kids, so get them involved. Depending on their age and interest, let them be part of the decision making process. For little ones it might be as simple as letting them choose between green or red shoes, while more mature students might be more involved in choosing where to shop, or sticking to their budget. For kids that aren't really into shopping make sure you add another fun activity to the day. Perhaps they get to choose a restaurant for the lunch break or build in a reward for a good day of shopping. Make it fun.

Visit 529kidsconsign.com.

LETTERS TO THE EDITOR

FROM PAGE 14

to strategic planning, we should look down the road to Norfolk. That city and its residents embarked on a planning effort several years ago that has focused primarily on neighborhoods. The city has taken practical efforts to achieve their nurturing, including creating a new Department of Neighborhood Development. While following the exact example of Norfolk may be not appropriate here, the concept of neighborhood preservation, protection, and en-

hancement should be at the top of city goals and the centerpiece of Alexandria's vision for the next five years and beyond.

Jack Sullivan
Alexandria

Time for Hard Choices

To the Editor:

What will it take to get Council to under-

stand — and act — on the fact that their cycle of spending more money than we have — to pay for discretionary services we cannot afford — and then raising taxes — is killing our city? Your July 21 article, “Market Affordable Homes in Freefall,” cites tax increases as causing rent increases and thereby forcing low income residents out of the city. This is a real problem and one that all the council members bemoaned when running for office last year.

Some examples of unnecessary spending include: the “King Street Complete Streets Project” to reduce King Street between Chinquapin Drive and Janneys Lane from four to two lanes — which solves a problem that does not exist and will create needless traffic congestion; subsidizing the Capital Bike Share program rather than making users support it; and paying for a July fireworks display the week after the one on the National Mall. I could go on and on. By definition none of these discretionary expenditures were funded, because if we had the money we would not have to raise taxes.

Note to council: A few months ago the mayor said that the council would have to start making hard choices on budget requests — please do that.

Edward M. Templeman
Alexandria

Abuse of Power

To the Editor:

I commend the Alexandria Gazette Packet for drawing so cogent a nexus between tax and rent increases, complete with charts which scare off many a local weekly. My July 14 letter noted that our city hall cannot see more than one move ahead, which your lead story about how increasing city taxes drive affordable housing's disappearance corroborates. City hall is capable of imagining only what it will spend the additional tax revenue, assuming ipse dixit that property owners will be able to shoulder the increased tax burden, but your article shows a collateral effect, two moves ahead, which city hall was incapable of foreseeing.

As with so many other things, city hall is

the prime cause of the problems it is trying to solve. One of the greatest abuses of power is when a government body arrogates to itself new prerogatives to stanch problems that very governmental body itself has caused.

Your analysis notes that rents are increasing while wages are stagnant:

Why rents are increasing: Native citizens have been reproducing at near replacement level or four decades, so nearly all population increase is immigration-driven. Consequently, population increases, driven by immigration, drive up rents simply because more people are demanding a relatively fixed affordable rental housing supply. New rental construction generally is not in the affordable category, except for a pittance committed in exchange for city council making land use concessions.

Why wages are stagnating: Large scale immigration floods the labor market with workers willing to work for less because most of them have a frame of reference from underdeveloped economies. Moreover, plenty of anecdotal evidence suggests immigrants, from the end of the Civil War on, were willing to work for less and under worse working conditions than our native workforce in the “jobs Americans won't do” which is code language for ages and working conditions Americans won't abide. This unfavorable competition drives down wages.

City hall's response, providing services for noncitizens (including illegally present ones) more than the minimum the law requires, reinforces and subsidizes these parallel phenomena which annihilate affordable housing, further evidence that city hall cannot see more than one move ahead and enacts policies which exacerbate the problems city hall is trying to solve.

Dino Drudi
Alexandria

Write

The Gazette Packet welcomes views on any public issue. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Email gazette@connectionnewspapers.com



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<https://survey.alexandriava.gov/s3/YouthLeadershipConference2016>

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21 Announcements

21 Announcements

21 Announcements

21 Announcements

21 Announcements



Ashby Lee Allen, a much loved and cared for family man and friend, died on July 30, 2016 in the Lancashire Convalescent and Rehab Center in Kilmarnock, VA.

He was predeceased by his beloved and dedicated wife, Helen M. Allen and his parents Claude and Clara May Allen.

He leaves to cherish his memory sons: Ashby L. Allen, Jr.; Stephen D. Allen; and Glenn M. Allen (Virginia); and a daughter, Jennifer Wharton. Also, Grandchildren: Ashby Allen III(Sara), Kelley Hargrove, Stephen Allen, (Gretchen), Joy Mussari, Kristin Ashburn, and Laura E. King(Jake). Ashby had many great-grandchildren: Kaitlin, Chase, Haley, Bradley, Dylan, Lauren, Autumn, Alexis, Brayden, Preston and Annabelle.

Ashby served in World War II as a Military Policeman and after his service commitment, he was a career police officer with the Alexandria Police Department. He retired from there and came to Lancaster County and served with the Lancaster County Sheriff's Department.

He was born and raised in Alexandria, Virginia where he graduated from George Washington High School. He was an avid hunter and fisherman.

Funeral services will be held on August 4, 2016, Thursday, at 2 PM at Grace Episcopal Church Chapel. Visitation will be on August 3, 2016, from 6 pm to 8 pm at Currie Funeral Home, Kilmarnock, VA.

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21 Announcements

LEGAL NOTICE
Pursuant to the provision of section 4-1-16 of the code of the City of Alexandria, the Alexandria Police Department located at 3600 Wheeler Avenue, Alexandria, VA 22304 is now in possession of unclaimed bicycles, mopeds, lawn equipment, money, scooters, and other items. All persons having valid claim to the property should file a claim to the property with reasonable proof of ownership or the items will be sold, destroyed, converted or donated. For a complete listing go to <http://alexandriava.gov/police/> and contact the Police Property Section at (703) 746-6709.

Do what you can, with what you have, where you are.
-Theodore Roosevelt

21 Announcements

21 Announcements

LEGAL ADVERTISEMENT

The Board of Equalization and Assessment Review for the City of Alexandria will convene on the days hereafter listed for the purpose of hearing complaints of inequalities wherein the property owners allege a lack of uniformity in assessment, or errors in acreage in such real estate assessments. Upon hearing such complains, the Board will give consideration AND INCREASE, DECREASE, OR AFFIRM such real estate assessments.

All meetings will be held at 301 King Street, City Hall, Room 3008, Alexandria, VA. The dates and times are:

August 1, 2016 4:00 PM to 7:00 PM
August 2, 2016 9:00 AM to 12:00 noon
August 3, 2016 4:00 PM to 7:00 PM
August 8, 2016 4:00 PM to 7:00 PM
August 9, 2016 9:00 AM to 12:00 noon
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September 26, 2016 4:00 PM to 7:00 PM
September 27, 2016 9:00 AM to 12:00 noon
September 28, 2016 4:00 PM to 7:00 PM

Dockets for each hearing may be obtained by contacting the Department of Real Estate Assessments, 301 King Street, City Hall, Room 2600, Alexandria, VA 22314 between 8:00 am. And 5:00 pm. Monday through Friday in person or by calling 703-746-41 80.

The deadline for filing an appeal was June 1, 2016, however, this appeal deadline is not applicable to appeals of assessments for real estate that was newly constructed pursuant to Virginia Code g58.1-3292.

21 Announcements

PUBLIC NOTICE
Please be advised that a brief fireworks display will take place as part of a private event at George Washington's Mount Vernon on the following date:

Monday, August 8, between 8:45 p.m. and 9:15 p.m. (3 minutes)

The Mount Vernon Ladies' Association thanks you for your tolerance and apologizes for any disruption. To receive Mount Vernon fireworks notifications via e-mail, write to Events@MountVernon.org.

21 Announcements

LEGAL NOTICE
Sealed proposals for the City of Alexandria per specifications will be received in the Office of the Purchasing Division until the date and time designated as follows:

RFP No. 00000617, Professional Engineering Pavement Marking Design Services for the Complete Streets Program

RFP Closing Date and Time: August 25, 2016, 4 p.m., prevailing local time

For general inquiries contact Darryl K. Jackson, CPPB, Contract Specialist III at 703.746.4298.

The City of Alexandria reserves the right to reject any and all proposals, cancel this solicitation, and to waive any informalities or irregularities in procedure. THE CITY REQUIRES ITS CONTRACTORS TO BE EQUAL OPPORTUNITY EMPLOYERS.

21 Announcements

OBITUARY
ALEXANDRIA – **Jean Nixon Stuhl**, of Alexandria, VA., passed away Tuesday, 2 August 2016 in Mechanicsburg, PA.

Born in Alexandria, Virginia, October 6, 1932, to Claude Nixon, a Sergeant on the Alexandria Police Force and Evelyn Nixon, Jean was an active member of St Paul's Episcopal Church where she faithfully served as President of the Altar Guild for more than 30 years. Jean also served as the Secretary to the Board of Governors of the Little Theater of Alexandria also for more than 30 years and as Secretary of the Alexandria Choral Society.

Jean's spirit was greater than life itself. She was a friend to all whom she met, sacrificed for causes higher than her own and breathed the promise of love and peace each day.

Jean is survived by her beloved husband of nearly 43 years, Allen, her cherished daughters with Mr. Donald Moore, Lynn Knight and Janice Beckner, their husbands, Perry and Steve; grandchildren, Philip and Erin Knight and Douglas and Craig Beckner; and two step-granddaughters, Erica Stokes and Stefanie Paris.

Everly-Wheatley Funeral Home, Alexandria, has been entrusted with arrangements

21 Announcements

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-Elizabeth Barret Browning

21 Announcements

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RESOLUTION OF INTENT

TO ADOPT AND CHANGE CERTAIN RATES, FEES AND CHARGES

"BE IT RESOLVED, that the City of Alexandria, Virginia Sanitation Authority d/b/a Alexandria Renew Enterprises, Inc. hereby signifies its intent to change certain rates, fees and charges to become effective **October 1, 2016** and hereby sets the date of **Tuesday September 20, 2016 at 6:00 p.m.**, at the Authority's administration office, 1800 Limerick Street, Alexandria, Virginia 22314 for a public hearing to receive comment regarding same.

BE IT FURTHER RESOLVED that the Chief Executive Officer is hereby directed to have published in a newspaper having general circulation in the City of Alexandria, for two consecutive weeks, notice of the proposed change in the schedule of rates, fees and charges and the day and time of the public hearing.

The proposed rates, fees and charges are:

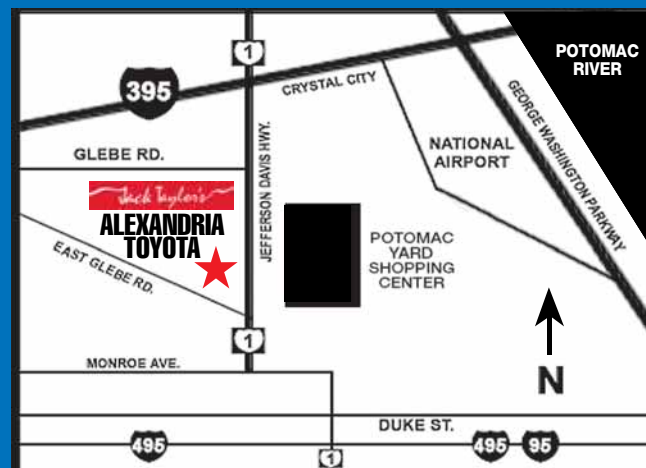
Preliminary Schedule of Rates

Description	Meter Size	Current Monthly	Proposed October 1, 2016 Monthly	Proposed October 1, 2017 Monthly
Residential Base Charge	All Meters	\$8.38	\$8.99	\$9.61
Commercial Base Charge	5/8"	\$25.15	\$26.98	\$28.83
	3/4"	\$25.15	\$26.98	\$28.83
	1"	\$62.87	\$67.45	\$72.07
	1-1/2"	\$125.75	\$134.90	\$144.16
	2"	\$201.20	\$215.84	\$230.65
	3"	\$377.25	\$404.70	\$432.47
	4"	\$628.74	\$674.50	\$720.77
	6"	\$1,257.50	\$1,349.00	\$1,441.56
	8"	\$2,012.00	\$2,158.40	\$2,306.50
Minimum Deposit Requirements	Based on Meter Size		\$0.00	\$0.00
New Residential Customer Activation Fee		\$0.00	\$15.00	\$15.00

All other rates, fees and charges currently in force shall remain unchanged.

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TOYOTA GENUINE SERVICE
SUMMER MAINTENANCE SPECIAL \$59⁹⁵
INCLUDES: Genuine Toyota oil filter, up to 5 qts of conventional oil, inspect windshield wipers, tire rotation, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters Alexandria Toyota's 27 pt. inspection.
SYNTHETIC OIL \$149.95 MORE. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. SALES ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 8/31/16.

SUNDAY ONLY SPECIALS
TOYOTA GENUINE SERVICE
LUBE, OIL & FILTER SERVICE \$29⁹⁵ \$49⁹⁵
NON-SYNTHETIC PLUS FREE TIRE ROTATION
SYNTHETIC
\$20 OFF ANY FACTORY RECOMMENDED SERVICE
NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. SALES ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 8/31/16.

SUMMER SAVINGS

TOYOTA GENUINE SERVICE
DETAIL SPECIALS
STANDARD HAND-WASH & VACUUM \$39⁹⁵
Recommended Monthly
Vacuum carpets, floor mats, upholstery & trunk, wipe down dash board, console & door panels, wash wheels, tires & fender wells, hand wash exterior door jams, and dress tires.

TOYOTA GENUINE SERVICE
QUALITY HAND-WASH VACUUM & WAX \$139⁹⁵
Recommended Every 6 Months
Hand wash exterior door jams, wash wheels, tires & fender wells, hand-wax or glaze, vacuum carpets, upholstery & trunk, clean interior vinyl & leather, clean dash board, vents, console, door panels & windows, and dress tires.

TOYOTA GENUINE SERVICE
PREMIUM FULL DETAIL \$295⁹⁵
Recommended Every 12 Months
Full interior & exterior detailing, including trunk, shampoo carpets, upholstery & trunk, clean interior vinyl & leather plus conditioning, wash wheels, tires, fender wells & door jams, hand wax exterior, buff & polish, wax or glaze application, tar & sap removal, dress tires, rubber molding & trim, clean dashboard, vents, console plus door panels, clean overhead liner, seatbelts & windows, and engine cleaning.
All details by appointment only.
NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. SALES ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 8/31/16.

TOYOTA GENUINE SERVICE
LUBE, OIL & FILTER SERVICE SPECIAL \$29⁹⁵ \$49⁹⁵
NON-SYNTHETIC SYNTHETIC
INCLUDES: Change oil (up to 5 qts.), install Genuine Toyota oil filter, inspect & adjust all fluid levels and complimentary multi-point inspection with print out.
NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. SALES ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 8/31/16.

TOYOTA GENUINE SERVICE
VARIABLE DISCOUNT
\$5.00 OFF with purchase of \$35.00 - \$49.99
\$10.00 OFF with purchase of \$50.00 - \$99.99
\$15.00 OFF with purchase of \$100.00 - \$199.99
\$20.00 OFF with purchase of \$200.00 - \$499.99
\$50.00 OFF with purchase of \$500.00 Or more
NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. SALES ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 8/31/16.

TOYOTA GENUINE SERVICE
VENTILATION SERVICE \$49⁹⁵
INCLUDES: Clean condensor fins, check A/C performance, inspect drive belts for tension/wear and replace cabin air filter.
NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. SALES ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 8/31/16.

JOIN OUR 100,000 MILE CLUB FOR FREE 15% OFF REPAIRS
Parts & Labor This Month Only
NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. SALES ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 8/31/16.

TOYOTA GENUINE SERVICE
COMPLIMENTARY MULTI-POINT INSPECTION
INCLUDES: Inspect tires, brakes, wipers, lights, belts & hoses & fluid levels.
Plus Take 10% OFF your bill if you choose to perform the repair with us.
NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. SALES ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 8/31/16.

TOYOTA GENUINE SERVICE
4 WHEEL ALIGNMENT \$79⁹⁵
Your car's alignment suffers, and can cause uneven tire wear, steering problems and decreased fuel economy.
INCLUDES: Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.
NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. SALES ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 8/31/16.

GENUINE TOYOTA
SIGHT LINE WIPER BLADES \$10 OFF
ANY PAIR
Sight Line only.
NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. SALES ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 8/31/16.

TOYOTA GENUINE SERVICE
15% OFF ANY ACCESSORIES
• Apparel • Window visors
• I-pad adaptors • All weather floor mats
• Toyota bedliners
NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. SALES ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 8/31/16.

TOYOTA GENUINE SERVICE
30000 MILES FACTORY RECOMMENDED SERVICE \$159⁹⁵
Synthetic \$10 More
INCLUDES: Change engine oil & filter (up to 5 qts), rotate tires, inspect wear and adjust pressure, measure brake pad thickness & rotor runout, replace cabin air filter (if equipped), replace engine air filter, reset maintenance reminder light (if applicable) and multi-point vehicle inspection.
NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. SALES ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 8/31/16.



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Let's Go Places



Old Town **\$839,900**

Historic 3-bedroom, 2.5-bath home in the SE Quadrant of Old Town. 1 block from Potomac River and 3 blocks from King St. Rare to find so much storage! Charming outdoor patios. Updated kitchen and baths. Designer paint throughout. www.thegoodhartgroup.com/listings/205-wolfe/

Sue & Allison Goodhart

703.362.3221

www.TheGoodhartGroup.com



Warwick Village **\$565,000**

Gorgeous end unit Warwick Village townhouse. 3 bedrooms, 2 baths on 3 levels. Windows on 3 sides lets the light shine in. Updated kitchen with granite counters, refinished hardwood floors and fresh paint throughout. Welcome home! 3100 Landover Street

Jen Walker

703.675.1566

www.JenWalker.com



Kingstowne/The Mews **\$589,900**

Stately end-unit townhome. 3-bedroom, 3.5 bath-home features 2-car garage, deck and patio, spacious eat-in kitchen, handsome master bedroom suite, and lower level family room with fireplace. Wonderful community amenities. Easy walk to shopping and restaurants. 5800 Appleford Drive

Robin Arnold

703.966.5457

www.RobinArnoldSells.com



Mount Vernon/Southwood **\$599,999**

Nestled on over 1/3 acre, this lovely home has tons of upgrades! Updated kitchen & bath (master bath is spa quality), 4-bedrooms, 2.5-baths, gleaming hardwoods, and expansive sun room. Full basement includes laundry, shop and extensive storage.

Vicki Binkley

703.994.0778

www.VickiBinkley.com



Carlyle Square Condos **\$599,900**

Gorgeous! A must see unique & sophisticated 2-level urban condo with spectacular floor-to-ceiling windows (approximately 20 ft). This open floor plan features concrete ceilings, exposed duct work, granite & stainless steel appliances in kitchen & a cozy loft. Garage parking space included.

Rochelle Gray

703.328.1686

www.RochelleGray.com



Alexandria/Amberleigh **\$400,000**

Remodeled, 2-bedroom, 3-level end-unit! New kitchen (granite, stainless, cabinets), updated bathrooms, new lighting and flooring throughout. Fresh paint. Adjacent to path to Metro. 6600 Rockleigh Way

Ann McClure

301.367.5098

www.AnnMcClure.com



Old Town
\$1,225,000

Spacious Fords Landing townhouse offers 3 bedrooms, 3.5 baths, hardwood floors, plantation shutters, gas fireplace and custom built-in bookshelves. Gorgeous moldings, a chandelier and sconces highlight the dining room. Renovated chef's kitchen with Silestone counters includes a breakfast room. A luxurious master suite includes vaulted ceilings, walk-in custom closet and spa bath.

Babs Beckwith

703.627.5421

www.BabsBeckwith.com



Alexandria
\$499,900

Stunning 4-bedroom, 3-bath, Island Creek townhouse in serene location that backs to woods. Upgraded and renovated throughout including kitchen, baths, windows, A/C and more. Close to Fort Belvoir, Metro and Kingstowne Center. 7741 Sullivan Circle

Wendy Santantonio

703.625.8802

www.WendySantantonio.com



Warwick Village
\$529,900

3-bedroom, 2-bath Warwick Village townhouse on quiet tree-lined street. Large kitchen with plenty of storage opens to living and dining rooms. Expansive back deck with views of the city is the perfect spot to relax or entertain. Finished basement with access to back yard. Short walk to "The Avenune" in Del Ray. 249 Tennessee Avenue

Jen Walker

703.675.1566

www.JenWalker.com