



PHOTO CONTRIBUTED

From left, CALEA Executive Director W. Craig Hartley, Jr., Major Richard Perez, Maj. Gun Lee, Col. Edwin C. Roessler Jr., Accreditation Manager Camie King, Sgt. Kevin White, 2nd Lt. Rex Pagerie, and CALEA Executive Board President Richard Myers at the national accreditation ceremony in Baltimore in July 30.

Police Receive National Accreditation

Commission on Accreditation for Law Enforcement Agencies recognized compliance with 484 standards.

BY TIM PETERSON
THE GAZETTE

In a hearing in Baltimore's inner harbor on Saturday, July 30, the Fairfax County Police Department received a formal recognition of its national accreditation from the Gainesville, Virginia-based Commission on Accreditation for Law Enforcement Agencies, CALEA.

"It means we're meeting the best practices in law enforcement, to put it pretty simply," said Camie King, a civilian who's worked as a crime and intelligence analyst for FCPD for more than a decade, but most recently King is serving as the accreditation manager.

ager.

King's job since FCPD entered into a self-assessment arrangement with CALEA in October 2014 has been to review the county's police force policies up against the 484 standards set forth by CALEA based on best practices in law enforcement around the globe.

The standards fall into the categories of: Public safety agency capabilities to maintain law and order; Agency effectiveness and efficiency in the delivery of public safety services; Cooperation and coordination with other public safety agencies, and with other agencies in the criminal justice system, and

SEE ACCREDITATION, PAGE 12

First Step on Re-Naming School

Board seeks additional input on J.E.B. Stuart High School.

BY TIM PETERSON
THE GAZETTE

considered in whether the name should change or remain the same.

Coming off its recent decision to postpone the implementation of new regulations for transgender students, the Fairfax County School Board has moved action on the possible renaming of J.E.B. Stuart High School in Falls Church to a later date as well.

At its July 28 meeting, the last until school starts again, the board voted in favor of creating a working group that will "further consider community concerns" around re-naming the school.

The current namesake was a Confederate cavalry leader, which has sparked divisive controversy within the student body, alumni and community.

The issue was brought to the school board by a group of concerned students from Stuart who said it was shameful to attend a school named for a figure from the darker side of Virginia and the United States' past.

Others say Stuart the man is not being given fair respect — that the context, the era, norms and beliefs in which he lived are not being taught at the school, much less

THE SCHOOL BOARD has already done some outreach to gauge the community pulse, including a survey, for which Board Chair Sandy Evans said they received more than 500 responses.

Evans said they've looked back to School Board records from 1958, when Stuart was being named. She said not much rationale for the name was found.

"We can't know what was in their hearts and minds," Evans said on Thursday night at the meeting. But she said, the current board needs to be "reflective and responsive to all members of our diverse community."

One motion and then a replacement were offered for the working group. A distinction in the alternative made clear that the working group would not ultimately decide a new name for the school, or even that one should be decided.

While it appeared the first motion presupposed that the working group result in a name change, it prompted Springfield District representative Elizabeth Schultz to

SEE FIRST STEP, PAGE 5

Brain Injury Services' Programs Promote Independent Living



PHOTO BY GERALD A. FILL/THE GAZETTE

Rachel Petrie, Brain Injury Services unit coordinator, works with Suray Sharma to develop basic office skills.

Day services for stroke victims available to residents in the Route 1 corridor.

BY GERALD A. FILL
THE GAZETTE

After suffering from a stroke, concussion, or other brain injury, victims and their family and friends commonly look for professional care to develop independent living skills and to provide supportive and understanding care on the way to recovery.

Thankfully, specialized rehabilitation care for sufferers of brain injury due to stroke, concussion, or other brain injury is available to residents provided by a local

non-profit organization, Brain Injury Services (BIS) Inc., located adjacent to the original Mount Vernon High School on Mohawk Lane. In addition, BIS provides volunteer opportunities for those who wish to help sufferers develop

independent living skills.

"We provide compassionate rehabilitation day services for brain injury survivors in order to develop their social, vocational, and independent living skills," said

SEE BRAIN INJURY, PAGE 3

PRST STD
U.S. POSTAGE
PAID
ALEXANDRIA, VA
PERMIT #482
ATTENTION
POSTMASTER:
TIME-SENSITIVE
MATERIAL
REQUESTED IN HOME
8/5/16



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

Challenged Brain, Healthy Brain?

Social engagement and mentally challenging jobs might keep Alzheimer's disease at bay.

BY MARILYN CAMPBELL
THE GAZETTE

Most days of the week, Ana Nelson can be found educating others about Alzheimer's disease in her role as vice president of Programs and Services for the Alzheimer's Association National Capital Area Chapter. Her free time is spent touring historical sites in Northern Virginia and staying fit through competitive running and other activities. She's currently training for the Marine Corps Marathon.

"I have worked in the (Alzheimer's disease) field for 30 years and have always been a promoter of healthy lifestyles," said Nelson. "When you're sightseeing and asking questions, you're stimulating and challenging your mind. When I enter and train for races, I'm interacting with other people and staying socially engaged."

Nelson is incorporating into her life key elements that are credited with staving off age-related mental decline. In fact, jobs and activities that require complex thinking and social connections can help build resilience and delay age-related cognitive decline and

dementia, according to a new study presented at the Alzheimer's Association International Conference (AAIC) 2016 last week.

The study suggested that working with people in challenging jobs such as Nelson's had the most protective effect on the brain.

"With the brain, like other parts of the body, you use it or lose it," said Dr. Dean Hartley, Ph.D., director of Science Initiatives for the Alzheimer's Association. "If you don't use it, it goes away."

Activities that require planning and processing information challenge the brain. "Sitting in front of the television is detrimental," said Hartley. "Being passive doesn't stimulate the brain."

In this study, researchers tried to answer questions about whether mentally challenging occupations and activities protected cognitive function against the impact of poor diet. Scientists studied 351 older adults who were living independently and adhering to a Western diet, which researchers said included red meat, potatoes, foods made with white flour and sugar.

Over a three-year period, the researchers found this type of diet to be associated with cognitive decline in older adults. However, individuals in the study diet who consumed

a Western diet, but also had a mentally stimulating lifestyle, were protected from cognitive decline.

"Activities that required an engagement of executive functioning, like planning, volunteering or any task that get your mind thinking, those types of experiences are where we're seeing the best protection against cognitive decline," said Amy E. Coren, Ph.D., J.D., assistant professor of Psychology at Northern Virginia Community College in Alexandria. Coren was not involved with the study.

Not all types of social interaction have been shown to be equally beneficial to healthy brain functioning, notes developmental psychologist Dr. Linda Cote-Reilly, associate professor of Psychology at Marymount University in Arlington. "Older adults who have a lot of social interaction because they need assistance with activities of daily living do not experience these interactions as positive," she said. "People are helping them because they have lost the ability to do the tasks themselves and are dependent on other people."

However, Coren, Hartley and other researchers say that more research is needed.

"The study was done by a well-respected group of scientists, but we can't say that if you stay socially and mentally active you won't get this disease," said Pamela Greenwood, Ph.D., associate professor of Psychology at George Mason University. "There

"With the brain, like other parts of the body, you use it or lose it."

— Dean Hartley, Ph.D., Alzheimer's Association



PHOTO COURTESY OF ANA NELSON

Ana Nelson of the Alzheimer's Association and her husband Jim stay fit and socially engaged through competitive running. A new study shows that social connections can help build resilience and prevent age-related cognitive decline and dementia.

have only been a handful of these studies to date and the results have been inconsistent. For some, it doesn't have a big impact and for others it does."

Brain Injury Services' Programs Promote Independent Living

FROM PAGE 1

Kimberlee Baugh, BIS clubhouse manager. "We provide help in developing office skills; kitchen skills, social skills, gardening experiences, etc., and screening and referral to other services offered elsewhere in our system of care I believe our local program office is a really hidden gem on the Route 1 corridor. If more of our neighbors knew about the great work we do here, I believe they would want to take advantage of our program."

BIS has been offering skilled and

"I believe our local program office is a really hidden gem on the Route 1 corridor."

— Kimberlee Baugh, Brain Injury Services Inc.

compassionate brain injury services since 1989. Most recently the BIS program has served over 500 clients in Northern Virginia, Fredericksburg, and the surrounding local areas. Program offices are located in Woodbridge, Leesburg, Springfield, and Alexandria.



PHOTO BY GERALD A. FILL/THE GAZETTE

Clients (from left) Tamara Maddox folds linens and Leigh Anderson chops vegetables.

"Anyone interested in our program can stop by without an appointment; however, to make certain we have the right people available it would be good to call or email us in advance to make certain the right person is there to answer your questions," Baugh said.

Here are the BIS services offered brain

injury clients:

- ❖ Help clients gain self-worth
- ❖ Develop work and vocational skills
- ❖ Develop use of assistive technology and adaptive equipment
- ❖ Provide clients with therapeutic groups
- ❖ Improve social skills

Admissions criteria for clients:

Details

Brain Injury Services helps clients to answer the following questions or issues:

- ❖ Are your symptoms lasting longer than expected?
- ❖ Are you having trouble returning to work, school, or daily activities?
- ❖ Is it difficult to do the things you were able to do before your injury?
- ❖ Are you experiencing problems with memory, organizing, planning, or getting things done?
- ❖ Do you feel like no one else understands what you are going through?

Contact Information:

Brain Injury Services, Inc.
4100 Mohawk Lane
Alexandria, VA 22309
Phone: 703-799-9410
Email: adaptclubhouse@gmail.com
Website: www.braininjurysvcs.org

- ❖ Must be 18 years or older
- ❖ Documented brain injury
- ❖ Local resident
- ❖ Must be able to manage self-care and take medication independently
- ❖ Must not pose a threat to the health and safety of the other clients.

Volunteer services:

- ❖ Maintain the Kitchen Unit and assist in preparing well-balanced meals
- ❖ Assist clients in how to perform basic office skills, and perform a variety of information services.
- ❖ Assist clients in planting flowers, herbs, and produce.

Copperthite Race Track Receives Historical Marker



PHOTOS BY TIM PETERSON/THE GAZETTE

From left: Chairman Sharon Bulova, Del. Eileen Filler-Corn, Robert Harding, Jon Vrana and Mike Copperthite unveil the historical marker commemorating the Copperthite Race Track in Burke on July 31, 2016. Copperthite is the great great grandson of Henry Copperthite. Harding's great grandmother Catherine Copperthite McCoy was Henry's oldest child.

2,000-person grandstand once stood in Burke.

BY TIM PETERSON
THE GAZETTE

More than 100 years since Copperthite Race Track opened in Burke, harnessed race horses once again trotted back and forth on the same grounds, now inhabited by the Burke Nursery and Garden Center.

The race track, including a 2,000-person grandstand, was built by local entrepreneur Henry Copperthite. Elected officials, community members and seven generations of the Copperthite family came together July 31 for a celebration around unveiling of a Fairfax County historical marker for the track.

"In 1897, Henry Copperthite purchased the Silas Burke Farm and constructed nearby one of Virginia's finest harness racing facilities," the marker reads. "The race-track, whose grandstand sat 2,000, opened on July 4, 1908. Horse, harness, motorcycle and car races were featured at the track. Special trains from the Washington, D.C. area brought visitors to Burke, where they could stay at the new hotel. Families enjoyed agricultural fairs, Fort Myer cavalry drills, balloon ascensions, baseball games, athletic contests and dances at a pavilion. For almost a decade, thousands were en-

tertained at the Copperthite racetrack and fairground."

Copperthite's great great grandson Mike Copperthite lives in McLean and is proprietor of the family business Henry started, the Connecticut Copperthite Pie Baking Company of Georgetown. Mike Copperthite has spent the last four years working on getting the marker erected.

The Copperthite pie business was once the largest of its time, Mike Copperthite said, with 15,000 employees putting out 50,000 pies a day.

Debbie Robinson, chair of the historical marker committee, said in order for their to be a marker, it was important for Mike Copperthite and his supporters do extensive research of primary source documents and prove all the facts. The marker text, as a result, is heavily footnoted, drawing from period newspapers including "The Washington Post," "The Sunday Star" and "The Alexandria Gazette."

"We appreciate what happened in the past, the people who came before us," Robinson said, "and what they did for our communities, like Henry Copperthite."

In addition to the racetrack and grandstand, Copperthite built a hotel, sidewalks and a grocery store.

The morning of the marker unveiling, Mike Copperthite (who was joined by seven generations of the Copperthite family) served 600 of the famous pies out of the back of an original 1914 Ford Model T pie delivery truck.

The vintage vehicle was joined by other period Fords of the Nation's Capital Model T Ford Club, which was celebrating its 50th anniversary. After appearing in Burke, the club members drove to the Fairfax Station Railroad Museum for another viewing.

To give spectators a feel of the harness horse-racing atmosphere, a horse and rider took two eighth of a mile laps on the grass along Burke Road. The running is being submitted for consideration as a record for the longest time between races at the same track.

Del. Eileen Filler-Corn (D-41), who represents the Burke area in the Virginia General Assembly, said she's always interested



Arthur Lisi and his son (right) Arthur Lisi, Jr. of Mount Vernon gave demonstrations and talked about harness racing and blacksmithing at the July 31 unveiling of the Copperthite Race Track historical marker in Burke.

in learning more about history and was delighted to "share this momentous occasion."

Fairfax County Board of Supervisors Chairman Sharon Bulova said celebrating history in this way helps us "understand what we are," and gives "a better idea of where we want to go, what we want to be."

Making light of the ongoing work of regulating food trucks in Fairfax County, Bulova referenced the 1914 Ford pie delivery truck. "What goes around comes around," she said.

Jon Vrana, president of the Burke Historical Society, commented that in this area, there tends to be more focus on the Civil War-era history rather than turn of the century.

"The world was changing," Vrana said. "This shows this area has rich history across the spectrum. It extends the understanding of the variety and diverse history we have in Fairfax."

Montebello

Premier Resort-Style Living Overlooking Alexandria

5901 MOUNT EAGLE DR #810

Spacious and bright condo with renovated kitchen and hall bath, hardwood flooring, and a private glass enclosed balcony.



Lois M. Delaney, CRB, CRS

Real Estate Broker

Licensed in Virginia

Montebello Marketing,

Incorporated Realtors ®

128 North Fayette Street

Alexandria, VA 22314

(O) 703.548.5958

(C) 703.216.7313

LoisCRBCRS@aol.com / www.MontebelloMarketing.com

5902 MOUNT EAGLE DR #610

Unique Shoji screens covering glass doors to balcony, newer appliances and a renovated bathroom.



An advertisement for the opening of Copperthite Race Track was part of Arthur Lisi's harness racing display.



PHOTOS BY TIM PETERSON/THE GAZETTE

Vice Chair Jane Strauss, center, speaks directly to the students from JEB Stuart High School who attended the School Board meeting July 28 in support of changing their school's name.

First Step on Re-Naming School

FROM PAGE 1

comment that would be "the antithesis of what a democracy is."

Per FCPS, the successful motion directs that, "The working group will weigh the pros and cons of a name change; continue to ensure public engagement and determine the extent of support for change; explore public-private partnerships to finance any name change; examine ways to prevent added burdens on the school's booster clubs, PTSA, and Stuart school administration; decide the best method for transitioning from an old name to a new one; ensure proper record retention; and set the best timing for such a change, if approved by the board."

The ad hoc working group will comprise students, parents, Stuart community members, alumni and business leaders chosen by the superintendent and with the board's blessing, FCPS said.

Findings and recommendations from the working group will be due back to the School Board by March 2017.

Some have said the issue is divisive enough, creating the working group will just drive the wedge further.

"No one will walk away comfortable with what we decide tonight," said At-Large member Ryan

McElveen.

He said a difficult task before the board and community is "How to remember the past while honoring and respecting a diverse community."

Shirley Ginwright is president of the Fairfax County NAACP, which has partnered with the Stuart student group for changing the school's name.

AFTER THE DECISION by the board, she said the two groups have conducted and presented the board with extensive research, including that Stuart served for the Union army before he went to the Confederacy. "JEB Stuart was a traitor," Ginwright said. "Is that who we honor?"

2012 Stuart graduate Nicholas Pisciotta was among alumni and opponents to changing the name who attended the meeting.

Pisciotta said the name change has already and will continue to be a "distraction from the real needs of the school."

Rather than put special effort into finding money that would be required to update school grounds, team uniforms, in the event of a name change, Pisciotta and others say that special effort could be better spent raising money for other uses around Stuart. The board didn't specify the size of the working group, nor when it will be created.



Members of the audience stand to show their support for not changing the name of JEB Stuart High School.



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



Alex/Riverside Est. \$649,900
8425 Mt. Vernon Highway
Beautiful home w/over 4000 fin sq ft & 2 lvl addn plus 600+ sq ft bsmt in lovely Riverside Estates. Great Rm on ML w/gas FP & wet bar. Adjacent Family Rm w/wood burning FP. An office adjoins the gorgeous 20'x32' MBR addn w/vaulted Douglas Fir ceiling & skylights. Library/studio (32'x 12') on

upper lvl addition. Both HVAC systems, HWH & roof replcd 2011. 1 mile to GW Pkwy. Close to Ft. Belvoir.



Alex/Riverside Estates \$514,900
3424 Ramsgate Terrace

Lovely 4BR, 2.5BA home w/garage in wonderful Mt. Vernon neighborhood. Updated - open kitchen w/granite & SS. Refinished hardwood floors. Private sauna in LL. 2 Fireplaces. HVAC 2013, Roof 2008, Windows 2010, Kitchen 2015. Large deck off of the kitchen & stone patio. Fenced bkdy. Great location close to Ft. Belvoir & GW Pkwy for scenic commuting to DC.



Alex/Sedgewick Forest \$559,000
4015 Gibbs Road

Large, lovely, updated 4 level split on a beautiful .46 acre lot- Large kitchen w/granite counters & ceramic tile floors-3 upgraded baths-2 fireplaces & upgraded DBL pane windows throughout- 2nd lower level offers utility rm, workshop & storage rm-Large double carport overlooks beautiful bkdy w/large shed/workshop w/electric power - 7 minutes to Ft. Belvoir (S), 15 mins to Old Town (N) - Great Home & Property!!



Riverside Estates \$2,900
8318 Orange Court

Beautiful 4BR, 3.5BA Colonial w/carport in wonderful Mt. Vernon community. 3 finished levels, brand new siding, windows & freshly painted. Newer kitchen & baths, gleaming hwd flrs, screened porch, deck, large corner lot. Separate laundry & storage rms. Scenic commute along G.W. Pkwy & Potomac Airport, 35 to Pentagon/D.C. Walk to Elem & H.S.



Alex/Mt. Vernon Grove \$3,000
4112 Scotland Road

Lovely 4BR, 3BA Split in the heart of Mt. Vernon on a spacious .33 acre lot. Bright, light filled rooms w/beautiful hwd floors throughout main & lower levels. Large family room w/wet bar & 4th BR & 3rd bath on lower level. In-ground sprinkler system - 5 mins to Ft. Belvoir, 30 to Ntl Airport, 30 mint to Pentagon. No smoking & pets on case by case basis.



Alex/Riverside Est. \$544,900
8332 Wagon Wheel Road

Riverside Estates' most popular Colonial Model - 5BRs, 3.5BAs w/3 finished levels, 2 FPLs, 1-car garage on a lovely lot. 5 large spacious BRs, refinished hwd floors on main & upper levels plus new carpet on lower level. Freshly painted interior, new windows, siding & gutters. Brand New Roof!! 6 mins to Ft. Belvoir, (S), 15 mins to Old Town (N), & 27 mins to National Airport (N). This is a Gem!!

For more information: www.RexReiley.com



Each Office Independently Owned and Operated



OPINION

An Open Letter to Readers and More

Buy an ad in our annual Newcomers and Community Guide, please.

Has your organization been featured in the Connection News papers, or the Alexandria Gazette Packet or the Mount Vernon Gazette or the Centre View or the Potomac Almanac?

Have any of our papers taken note of your business when you and/or your employees pitch in to help the community? Or when you opened your doors or celebrated a milestone?

Are you an elected official whose messages are enhanced by coverage of issues in the Connection? Do you work for a part of local government that has asked for help getting the word out about a need or a new initiative or accomplishments?

I have a special favor to ask:

Buy an ad in our Newcomers and Community Guide. Please.

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 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? There is a cautionary tale in the abrupt closure a year ago of the chain of local papers that served Montgomery and Prince George's counties in Maryland, as an extreme example.

But it's more than a charitable effort.

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

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

Share Tips about Community

We need help from our readers for our annual Newcomers and Community Guide.

We're hoping to share special places, activities, events, organizations and volunteer opportunities.

What should someone new to your neighborhood know about? Events that should not be missed? Organizations that do a great job? Places to volunteer? Tips for navigating your PTA or your school's front office? A great place to see the sunset? We'd love to have your photos to go along with your suggestions.

What are your favorite parks? Favorite historic sites? What tips do you have for someone getting to know the community?

We will publish a selection of local tips along with a plethora of information useful to newcomers and long-time residents alike, including our award-winning Insiders Guide to the Parks, and information on how to vote and more. See last year's community guides by going to www.connectionnewspapers.com/PDFs/ and scrolling down to Newcomers.

Email tips and photos to editors@connectionnewspapers.com or send as a letter to the editor via www.connectionnewspapers.com/contact/letter/ by Wednesday, Aug. 17.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Beat the Heat, Visit a Museum

BY PAUL KRIZEK
STATE DELEGATE (D-44)

Normally, summer is a time to enjoy the outdoors, but with record-setting heat broiling the region, many of us may be looking for indoor activities. Thankfully, Mount Vernon and Lee residents have access to several local museums that can help us escape the heat and learn more about our interesting history.

Museums play a key role in education, job creation, tourism, economic development, historic pres-



ervation, environmental conservation, heritage preservation and global competitiveness. Mount Vernon is our most famous locale when it comes to historic places, and I don't need to tell you that it is well worth a visit anytime of year. And some exciting news, opening Oct. 1, we can visit the ground-breaking new major exhibit, "Lives Bound Together:

Slavery at George Washington's Mount Vernon," and learn about the lives of the enslaved during the time of our first President. This exhibit has been in the works for a while now and is sure to be a major draw to Mount Vernon.

Another good local museum where you can learn about our region's first freed black community is the Gum Springs Museum (open 6 - 8 p.m. Monday - Friday, 1-3 p.m. Tuesday and Saturday). And, down the road and once a part of Mount Vernon, is the Federal-style house, Woodlawn, designed by the architect of the U.S. Capitol, Dr. William Thornton, constructed in 1805 for George Washington's nephew, Major Lawrence Lewis and his wife, Eleanor "Nelly" Custis Lewis. The Woodlawn Plantation is open Friday - Monday from 11 a.m. to 3 p.m.

Soon, our area will be home to the National Army Museum at Fort Belvoir which will be celebrating its ground breaking Sept. 14. The army is the only branch of the military without a national museum and this one will be awe inspiring, with over 186,000 square feet of

displays with countless rare and priceless artifacts never before seen by the public.

Overlooking the wonderful Huntley Meadows Park (also worth a visit) is the Historic Huntley house that was built for the grandson of George Mason, Thomas Francis Mason, open for tours on Saturdays from April to October. This federal period villa, built in 1825, has been used for many purposes over the years including a camp for Union troops during the Civil War.

Museums are first and foremost educational institutions and augment classroom education. They often partner with libraries and schools to provide learning experiences to people of all ages. Virginia's museums spend over \$57 million on educational programs and activities annually to service 1.6 million visitors.

Museums like Mount Vernon are economic engines in our community. As a whole, they contribute more than \$21.5 billion in spending to Virginia's economy and account for over 12,000 jobs. The arts and culture industry generates

SEE MUSEUM, PAGE 12

Mount Vernon Gazette

www.MountVernonGazette.com

@MtVernonGazette

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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

NEWS DEPARTMENT:
gazette@connectionnewspapers.com

Steven Mauren

Editor, 703-778-9415

smauren@connectionnewspapers.com

Tim Peterson

Community Reporter

703-314-0789

tpeterson@connectionnewspapers.com

Jeanne Theismann

jtheismann@connectionnewspapers.com

@TheismannMedia

Jon Roetman

Sports Editor

jroetman@connectionnewspapers.com

@jonroetman

ADVERTISING:

For advertising information

sales@connectionnewspapers.com

703-778-9431

Debbie Funk

Display Advertising/National Sales

703-778-9444

debfunk@connectionnewspapers.com

Julie Ferrill

Real Estate, 703-927-1364

jferrill@connectionnewspapers.com

Helen Walutes

Display Advertising, 703-778-9410

hwalutes@connectionnewspapers.com

Andrea Smith

Classified Advertising, 703-778-9411

asmith@connectionnewspapers.com

David Griffin

Marketing Assistant

703-778-9431

dgriffin@connectionnewspapers.com

Publisher

Jerry Vernon

703-549-0004

jvernon@connectionnewspapers.com

Editor & Publisher

Mary Kimm

mkimm@connectionnewspapers.com

@MaryKimm

Editor in Chief

Steven Mauren

Art/Design:

Laurence Foong, John Heinly

Production Manager:

Geovani Flores

CIRCULATION: 703-778-9427

Circulation Manager:

Ann Oliver

circulation@connectionnewspapers.com

A Connection Newspaper





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
THE GAZETTE

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

Now Rated 5-Stars
by MediCare.gov

Helping to Restore Life's Balance

- A high staff-to-patient ratio for better quality attention and care
- A continuum of care approach to serve our patient's entire needs
- Complete rehabilitative services
- Unique programs like Linked Senior™ and Lifeline Emergency Response™
- Providing services to the Mt. Vernon community since 1979

MT. VERNON
NURSING & REHAB CENTER
RESTORING LIFE'S BALANCE

8111 Tis Well Drive, Alexandria, VA 22306 • 703-360-4000 • www.mvnrc.net

MTAC
MOUNT VERNON
ATHLETIC CLUB

- Newly Renovated Fitness Center
- Five Indoor Tennis Courts
- Certified Personal Trainers
- Wellness Spa Services
- Free Childcare

*Some restrictions may apply

**\$10 DOWN
\$10/MONTH**
Offer Extended!
Offer expires August 26th

iwant2bfit@mtvac.net
7950 Audubon Ave.
Alexandria, VA
www.mtvac.net
(703) 382-1011

Serving the Community for 40+ Years!

Adoptions From The Heart®

Join us for a FREE Informational Meeting!

Learn About Infant Adoption in Fredericksburg, VA

Saturday, August 20th

www.AFTH.org ♥ 757.447.4046

CALL OR VISIT US ONLINE TO REGISTER

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
THE GAZETTE

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. 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 Buggy's, the venerable sports bar and pizzeria located on lower King Street, just a block from the river. From hockey to foot-



Try Buggy's Olympic pizza during the Summer Games.

ball, baseball to soccer, there's always room on the television at Buggy'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 wmpmusic.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

A BUSINESS MODEL CALLED AMERICAN JOBS.

Join Us for Lunch: PASTA

Thursdays
EVERY THURS. 11 a.m. to 2 p.m.



MADE TO ORDER

- Choose Your Pasta
- Choose Your Toppings
- Choose Your Sauce
- Includes Salad Bar & Hot Bread

\$8.50 per person

SCAN Image with Smart Phone using QR code reader to view content on our website

FREE WiFi

AMERICAN EXPRESS

MasterCard

VISA

Royal Restaurant

ALEXANDRIA'S NEIGHBORHOOD RESTAURANT • SINCE 1904

734 North Asaph Street, Alexandria VA 22314

703-548-1616 www.RoyalRestaurantVA.com

10% OFF

BRING THIS AD and RECEIVE 10% OFF Your Entire Bill. Limited to parties of 4 or less. One coupon per party and Offer excludes alcohol, tax & gratuity. Cannot be combined with any other offer. Present coupon when ordering. Exp. 8/31/16

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 emailmgaralex@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 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 Olivo 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 Procius, 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

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.

Broadway's greatest musical of all time!

A Romeo and Juliet story on the gang-ridden streets of 1950's New York, dominated by the Sharks and the Jets. Join LTA for a tribute to Leonard Bernstein's magical score.

SHOW DATES:

July 23 - August 13, 2016



Little Theatre of Alexandria
600 Wolfe Street • 703-683-0496
www.thelittletheatre.com

COMMUNITIES OF WORSHIP

Good Shepherd Catholic Church Mass Schedule

Saturday:
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

8710 Mount Vernon Highway, Alexandria VA, 22309
Tel: 703-780-4055 Fax: 703-360-5385 • www.gs-cc.org

Join us for the Year of Mercy

To Advertise Your Faith Community, call Karen at 703-917-6468

Comprehensive College & University Admissions Consulting



Educational Planning

Preparing your child for success in high school and beyond

College & University Search

Finding the right school for your son or daughter

A-Z Application Handling

Presenting the most compelling case for admissions (and meeting all the deadlines!)



POTOMAC EDUCATION ADVISORY

Web: <http://www.peadc.com>

Email: info@peadc.com

Tel: 202-431-7181

SHOP LOCAL FIRST

MOUNT VERNON ★ LEE

Chamber OF COMMERCE

Connecting Business and Community

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

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

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

On Right Side Of Environment

To the Editor:

As the headlines on the devastating impacts of climate change in our country and worldwide hitting the media, we wonder whether our legislators are doing enough to address this issue. It is comforting to know that we have such a champion in our Congressman Gerald Connolly. Here are some of Gerry's environmental activities:

- ❖ Co-chair of the House Sustainable Energy and Environmental Coalition (SEEC) – 54 members active on environmental, sustainable and renewable energy issues.
- ❖ As chairman of the Fairfax County

BULLETIN BOARD

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.

SECOND SATURDAY OFFICE HOURS

Supervisor Dan Storck holds open office hours at the Lorton Library (9-11:30 a.m.) and at the Mount Vernon Governmental Center office (12:30-3 p.m.) on the second Saturday of each month (except August). Call 703-780-7518 for a 15-20 minute appointment, which could result in a longer subsequent meeting during the work week, if needed. Mr. Storck may meet with walk-ins as time permits between appointments.

WEDNESDAYS THROUGH SEPTEMBER

Plant Clinics. 9 a.m.-noon at the Mount Vernon Farmers Market at Sherwood Library, 2501 Sherwood Hall Lane. Volunteers from the Fairfax County Master Gardeners Association will conduct plant clinics during the 2016 season to answer gardening questions, identify plants and insects, and dispense soil test kits to the general public. They encourage backyard

Board of Supervisors, he helped adopt the county's first comprehensive environmental plan and adopted the Cool Counties initiative.

❖ He is an original cosponsor of Congressman Chris Van Hollen's Healthy Climate and Family Security Act, which is a cap and dividend proposal similar to what Citizens' Climate Lobby (CCL) advocates.

Gerry has visited 98 countries and has witnessed the pains inflicted on people by hunger, poverty, and political and religious repression. The burning desire to help Americans preserve our great democracy has led Gerry to pursue a career of public service on Capitol Hill. He has devoted his time to helping his constituents on all issues ranging from a small business matter to legislative efforts on climate change. His open door policy in welcoming constituents

gardeners to bring samples for diagnosis or identification. Visit fairfaxgardening.org for more.

FRIDAY/AUG. 5

Coffee and Conversation. 8:30 a.m. at Browne Academy, in the Greystone Building, 5917 Telegraph Road. Learn about Browne Academy's preschool-grade 8 programs. Email admission@browneacademy.org or call 703-960-3000, ext. 1006 to register. Visit www.browneacademy.org for more.

WEDNESDAY/AUG. 10

MOMS Club Social. 10:30 a.m.-12:30 p.m. at Mount Vernon Presbyterian Church 2001 Sherwood Hall Lane. Join the MOMS Club of Alexandria South for a busy bag making social. MOMS Club will provide the supplies for the bags. MOMS Club of Alexandria South serves at-home parents as well as parents who work part-time or have home-based businesses and who reside in zip codes 22303, 22306 and 22307. Free. Email Southalexmomms@yahoo.com or southalexandriamommsclub.webs.com or <https://www.facebook.com/>

to express their concerns is managed by a staff who are committed to helping them in finding a satisfactory solution.

Coming from a war-torn country that was shattered by political instability and poverty, we have learned to appreciate the value of peace and democracy. It is exactly the type of representation and leadership found in some one like Gerry that we can count on to fight for social justice and to keep our democracy strong. Gerry is known for his tenacity and candor in speaking up and fight for a cause. He is competent, caring and accessible. Let's work together to re-elect our Congressman Gerry Connolly.

Vinh Cam, Ph.D.

Founder and CEO

Vietnamese American Coalition

Cam is a consultant on climate change.

southalexandriamommsclub/.

THROUGH AUG. 15

Share a Haircut. At Hair Cuttery, 6758

Richmond Highway. Hair Cuttery donate back-to-school haircuts to children who need it most this summer. For every child up to age 18 who purchases a haircut at one of Hair Cuttery's nearly 900 salons, one free haircut certificate will be donated to a disadvantaged child in the community. Email so'malley@tbc.us or call 410-986-1220.

WEEK OF AUG. 15

Fitness & Well-being Classes. Inova offers a variety of fitness and well-being classes that are open to the community designed to fit every interest and ability level. Classes include senior classes, mat pilates, yoga, tai chi, core training, cardio kickboxing and more. A six week session starts the week of Aug. 15. Register at Inova.org/creg.

SEPT. 10-21

2016 Northern Virginia Senior Olympics.

Online registration will open July 5. Registration forms will be mailed to previous participants in late June and will be available at community and senior centers, senior residences and event venues. The registration fee of \$12, which covers multiple events, remains the same. Three events have an added fee, ten pin bowling, golf and orienteering. Deadline for registering is Aug. 27 (by mail), Sept. 3 (online). Call 703-830-5604 or email nvso1982@gmail.com for more. To volunteer, call 703-403-5360.

SUPPORT GROUPS

Family Support Group. 7 p.m. on the second and fourth Wednesdays of the month at Gartlan Center, 8119 Holland Road. Opportunity for discussion, information and support for families with members experiencing symptoms of mental illness. Professionally facilitated. Program varies, may include guest speakers, movies. Pre-registration is appreciated, but not required. Free. For more information contact Nga Nguyen at 703-799-2726, TTY 711.

Telephone Support Group. 7-8 p.m. on the 2nd Tuesday of the month. For family caregivers of older adults. Discuss "Keeping Organized as a Caregiver: What Works?" Share experiences, gain support and get information without having to travel. Free. www.fairfaxcounty.gov/dfs/olderadultservices.

Alzheimer's Association support groups provide a place for people with Alzheimer's, their caregivers, family members, and/or friends to share information, caregiving tips and concerns. Groups are facilitated by trained group leaders and are ongoing, free and open to the community. Call the Alzheimer's Association 24/7 Helpline at 800-272-3900 before attending a group for the first time to verify meeting information, obtain directions or other information about the group. A complete list of all groups in the National Capital Area region can be viewed at www.alz.org/nca.

Museum

FROM PAGE 6

over 213,000 jobs total in the Commonwealth, including numerous professions that support museums and other cultural entities, such as architects, exhibit designers, materials suppliers, contractors, independent consultants, historians and educators.

Cultural and heritage activities account for nearly one-quarter of domestic travel in the US. These travelers are proven to spend more money, do more, and stay longer than the average tourist. Locally, museums contribute more than \$12 billion in direct spending to local communities from tourists, returning almost \$1.1 billion to the state and localities in tax revenues. Governments that support the arts on average see a return on investment of over \$7 in taxes for every \$1 that the government appropriates.

I am proud the 44th district is home to some fantastic museums and I encourage you to get out and explore them. Virginia has over 1000 museums, including 300 sites on the Virginia Civil War Trail, over 1000 acres of botanical gardens and arboreta, over 100 art museums and galleries, six Smithsonian Affiliate museums and five of the 28 National Trust for Historic Preservation sites (including locally, Woodlawn and the Pope-Leighey House) more than any other state.

So, go inside and experience a museum today, it's a great way to beat the heat.

Accreditation

FROM PAGE 1

Citizen and employee confidence in the goals, objectives, policies, and practices of the agency.

When there were gaps, such as not having installed cameras in police cars, King was responsible for managing the process to shore up policy and practice, and then proving FCPD's compliance with the standard in a report. Camera's were phased into most cars between 2013 and 2014.

In April earlier this year, several representatives from CALEA visited Fairfax County for four days for an on-site assessment. Baltimore's announcement, at a CALEA conference, was the culmination of that review: All the standards were met or exceeded by FCPD in practice.

"We've had an outside perspective come in and review our policies and processes," King said. "That outside perspective has told us we are in line with the best practices with law enforcement worldwide.

"For us, we had excellent police to begin with," she continued, "it was just shoring up, having that room for improvement. We were really able to see a huge benefit for our agency."

King said CALEA's reviewers were particularly impressed with Chief Edwin Roessler's Diversity Council, military reintegration program and the hosting of the World Police and Fire Games in 2015.

Each year, there will be a less formal electronic review of Fairfax County's maintenance to the standards by CALEA. They will send assessors onsite every four years, with the next visit coming in April 2020.



PHOTO CONTRIBUTED

At Leadership Conference

More than 8,000 Family, Career and Community Leaders of America (FCCLA) members, advisers, alumni, and guests from across the country gathered in San Diego, Calif. in July for the 2016 National Leadership Conference. The meeting provided Carl Sandburg Middle School FCCLA members with the opportunity to attend leadership and program training, hear national speakers, meet the National Executive Council, and explore colleges and careers. Above are (from left) Winifred (Winnie) Mikulski, Michiko Magnant, Meghan Green, and Annabella Mason, rising 8th graders at Carl Sandburg Middle School. The students received gold medals for their Junior Food Innovations Project, the Strawbarley Scone.

ZONE 3: • ALEXANDRIA
• MOUNT VERNON

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

703-778-9411

ZONE 3 AD DEADLINE:
TUESDAY NOON

ELECTRICAL

ELECTRICAL

K & D ELECTRIC

COMMERCIAL / RESIDENTIAL SERVICE

Family Owned & Operated

Recessed Lighting

Ceiling Fans

Phone/CATV

Computer Network Cabling

Service Upgrades

Hot Tubs, etc...

Licensed/Bonded/Insured

Office 703-335-0654

Mobile 703-499-0522

lektrkman28@gmail.com

IMPROVEMENTS

IMPROVEMENTS

A&S Landscaping

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing



703-863-7465

LICENSED

Serving All of N. Virginia



(703) 590-3187

Remodeling Bathrooms, Kitchens & Basements

Exterior & Interior Repair, Painting, Carpentry,
Wood Rot, Drywall, All Flooring, Decks

- FREE Estimates
- EASY To schedule
- FAST & Reliable Service
- NO \$\$\$ DOWN!

Handyman Services Available

<http://www.pphionline.com/>

"If it can be done, we can do it"

Licensed - Bonded - Insured



LANDSCAPING

A&S CONSTRUCTION

SOD, Mulch, Clean-Up
Leaf Removal

Hauling.

703-863-7465

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

IMPROVEMENTS

IMPROVEMENTS



RN. CONTRACTORS, INC.

Remodeling Homes, Flooring,
Kitchen & Bath, Windows,
Siding, Roofing, Additions &
Patio, Custom Deck, Painting

We Accept All Major Credit Cards
Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: 703-887-3827

E-mail: rncontractorsinc@gmail.com

www.rncontractors.com



PAVING

PAVING

**GOLDY BRICK
CONSTRUCTION**
Walkways, Patios, Driveways,
Flagstone, Concrete
FREE ESTIMATES
Licensed, Insured, Bonded
703-250-6231

TILE/MARBLE

TILE/MARBLE

BRENNAN TILE

Bathroom Remodeling Partial or Full. Kit.
Floors, Backsplashes. Specializing in Ceramic,
Porcelain, Glass Tiles and Natural Stones.
Also repair work. 35 yrs exp.

www.brennan-tile.com

703-250-2872

Licensed • Bonded • Insured

TREE SERVICE

TREE SERVICE

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.

Summer Cleanup...

Tree removal, topping & pruning,
shrubbery trimming, mulching,
leaf removal, planting, hauling,
gutter cleaning, retaining walls,
drainage problems, etc.

25 years of experience - Free estimates

703-868-5358

**24 Hour Emergency
Tree Service**

IMPROVEMENTS

IMPROVEMENTS

Power Washing

Go from Green to Clean. We clean
Houses, Decks, Fences, Patios, etc.
Deck Staining and Sealing, Exterior
Wood Rot, Deck & Fence Repair.

Licensed & Insured • Free Estimates

email: jnave@comcast.net
703-987-5096

HANDYMAN

HANDYMAN

HANDYMAN

HANDYMAN

HAND & HAND HANDYMAN LLC
General Remodeling • Residential & Commercial

DESIGN AND BUILD • COMPLETE HOME RENOVATION

- Kitchen, Bath, Basement Remodeling • Electricity, Plumbing • Doors, Windows, Crown Molding, Hand Rails, Chair Rails, Interior, Exterior, Finish Carpentry • Interior, Exterior Painting, Pressure Washing • Ceramic, Hardwood Flooring, Refinish Floors, Deck Reflooring
- Build Deck, Fence, Patios, Retaining Walls • Concrete Driveway, Brick or Stone Sidewalk
- Building Maintenance • Residential, Commercial • Foreclosures, Realtors Welcome

Serving Northern Virginia, D.C., Maryland • Licensed and Insured

703-296-6409

IMPROVEMENTS

IMPROVEMENTS

IMPROVEMENTS

IMPROVEMENTS



Handyman & Home Improvement

Free Estimates



Licensed & Insured

703-953-7309

www.crescenthomeservices.net

100% A-Rated on Angie's List &
Washington Consumer Checkbook
Local references available too!

CHS DOES:

- Home Repair & Maintenance
- Pressure Washing
- Gutter Cleaning / Repair
- Carpentry
- Water Damage Repair
- Rotten Wood Repair
- Drywall / Painting
- Light Plumbing & Electrical
- Kitchen & Bath Remodeling
- and so much more!



**5% discount
on labor
with this ad**
Good thru 11/30/2015

No Job Too Small

Professional ✂ Affordable ✂ Reliable

www.crescenthomeservices.net

Email: info@crescenthomeservices.net

LAWN SERVICE

LAWN SERVICE

**Spring Clean-up, Mulching,
Sod, Lawn Care, Fertilizing,
Tree Cutting, Handyman work**

Call us Today and Get 20% OFF
on Hardwood Mulching and Any Job Higher Than \$300.00

Licensed Insured

THE MAGIC GARDENER

703-328-2270 or 703-581-4951

J.E.S. Services

Your neighborhood company since 1987

703-912-6886



Landscaping & Construction

Free Estimates • Fully Licensed & Insured

- Planting & Landscaping Design
- Drainage & Water Problems
- Concrete Driveways, Replacement or New
- Patios and Walks • Masonry Work or Dry Laid
- Paver, Flagstone, Brick, any style you choose
- Retaining walls of all types

All work Guaranteed

MASONRY

MASONRY

BRICK AND STONE

Custom Masonry
703-768-3900

www.custommasonry.info

Patios, Walkways, Stoops, Steps, Driveways

Repairs & New Installs • All Work Guaranteed

Alfredo's Construction Company, Inc.



- Concrete Driveways
- Patios • Sidewalks
- Stone • Brick

Phone:

VA: (703) 698-0060 • MD: (301) 316-1603

www.alfredosconstructioncompany.com

EMPLOYMENT

KIDDIE COUNTRY
Developmental Learning Center
9601 Old Keene Mill Rd, Burke, VA 22015

**BEFORE & AFTER SCHOOL
ASSISTANT FOR ELEMENTARY
AGE CHILDREN**

Shifts include:
6:30-9:00AM & 2:45-6:00 or 6:30PM
Monday-Friday

Candidate will assist the Program
Leader in offering a variety of
activities, supervising play, ensuring
students' safety, helping to create a
positive environment conducive to the
growth and development of each
student--must be caring and
responsible individual. Assisting in
transportation responsibilities both to
and from school is required.
Phone 703-644-0066
email: kiddiecountryii@aol.com
EOE

ZONE 3: • ALEXANDRIA
• MOUNT VERNON

CLASSIFIED

703-778-9411

ZONE 3 AD DEADLINE:
TUESDAY NOON

26 Antiques

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

26 Antiques

28 Yard Sales

Moving Sale
SAT/SUN 8-3
4015 Gibbs St. Alex 22309

Yard & hand tools, garden
items, furn, luggage,
baskets, brick a brack more.
Stop by and find your
treasure!

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.

21 Announcements

If you've quit reading due to
MACULAR DEGENERATION
Special low vision glasses
may help you enjoy
reading again.

Call for a **FREE** phone consultation
with Dr. Armstrong, Optometrist
Offices in: Roanoke, Harrisonburg, Wytheville, Virginia
Learn more at: www.VirginiaLowVision.com
Dr. David L. Armstrong (866) 321-2030

101 Computers

101 Computers

HDI COMPUTER SOLUTIONS

JENNIFER SMITH ♦ Serving the Area Since 1995

- Speed Up Slow Computers
- Virus Removal
- Computer Setup
- Help with Windows 8 & 10



571-265-2038

Jennifer@HDIComputerSolutions.com

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
August 10, 2016 4:00 PM to 7:00 PM
August 15, 2016 4:00 PM to 7:00 PM
August 16, 2016 9:00 AM to 12:00 noon
August 17, 2016 4:00 PM to 7:00 PM
August 22, 2016 4:00 PM to 7:00 PM
August 23, 2016 9:00 AM to 12:00 noon
August 24, 2016 4:00 PM to 7:00 PM
August 29, 2016 4:00 PM to 7:00 PM
August 30, 2016 9:00 AM to 12:00 noon
August 31, 2016 4:00 PM to 7:00 PM
September 6, 2016 9:00 AM to 12:00 noon
September 7, 2016 4:00 PM to 7:00 PM
September 12, 2016 4:00 PM to 7:00 PM
September 13, 2016 9:00 AM to 12:00 noon
September 14, 2016 4:00 PM to 7:00 PM
September 19, 2016 4:00 PM to 7:00 PM
September 20, 2016 9:00 AM to 12 noon
September 21, 2016 4:00 PM to 7:00 PM
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

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

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

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

Light tomorrow
with today!
-Elizabeth
Barret Browning

21 Announcements

LIFETIME

www.metalroofover.com

METAL ROOFING

1-800-893-1242

WE FINANCE!

LOCAL
CALL

434-645-7411

SINGLE WIDES
DOUBLE WIDES
HOUSES

VA CAROLINA BUILDINGS, INC

REAL ESTATE AUCTION

SAT. AUG 20TH @ 12:30PM

OPEN HOUSE AUG 13TH FROM 11AM-2PM
1870 CIRCA - 3 STORY TOWNHOME
LOCATED IN OLDE TOWNE PORTSMOUTH!!

449 Dinwiddie Street

4 bdrms & 3.5 bath 2,714 sq. ft.

Commodore Theatre,
Restaurants & Shopping Nearby!!

View all photos & more details:

atlanticREmarketing.com
ATLANTIC ASSET MANAGEMENT GROUP INC. William J. Summs, Sr.
Auctions | Real Estate | Appraisals | Marketing 757-461-6867

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:

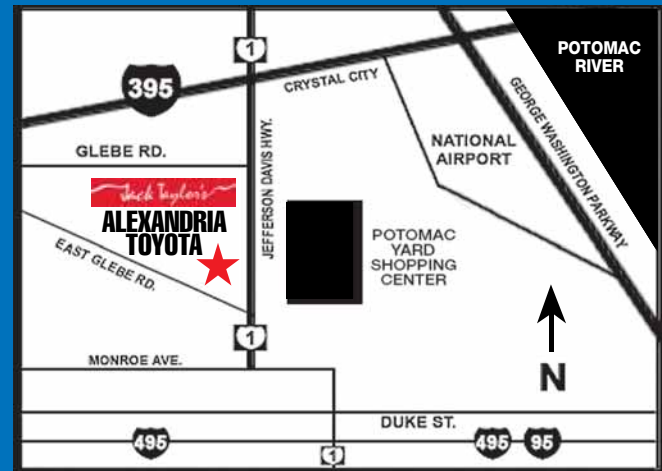
Preliminary Schedule of Rates

| 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.

Jack Taylor's ALEXANDRIA TOYOTA

3750 Jefferson Davis Hwy.
Alexandria, VA 22305
703-684-0710
www.alexandriatoyota.com



NEW! Extended Service Department Hours:
Monday – Friday, 7 am to 9 pm
Saturday, 8 am to 5 pm
Sunday, 10 am to 4 pm
Sunday by appointment only.

Make your next service appointment at:
alexandriatoyota.com

You Have Saturdays Off
That's Exactly Why We Don't!



29 YEARS OF
RECEIVING
THIS
HONOR
1 OF 4
DEALERSHIPS
IN THE NATION
TO RECEIVE THIS HONOR



ServiceCenters
Keep Your Toyota
a Toyota



ToyotaOwnersOnline.com

TOYOTA
LIFETIME GUARANTEE

Mufflers • Exhaust Pipes • Shocks • Struts
Toyota mufflers, exhaust pipes, shocks, struts
and strut cartridges are guaranteed to the
original purchaser for the life of the vehicle
when installed by an authorized Toyota dealer.
See us for full details.



TOYOTA
Let's Go Places



TOYOTA GENUINE SERVICE
**BUY 3 TIRES AND GET
4TH FOR
\$1**

Got Tires? NO CHARGE road hazard protection, tire warranty, and free courtesy MULTI-POINT inspection. Price match guarantee. See service advisor for details.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 8/31/16.

TOYOTA GENUINE SERVICE
**BRAKE SPECIAL
\$99⁹⁵**

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

**MACHINE ROTORS
AN ADDITIONAL \$199.95.**

DOES NOT APPLY TO ALL VEHICLES. PLEASE SEE SERVICE ADVISOR FOR DETAILS. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 8/31/16.

TOYOTA GENUINE SERVICE
**TRUE START
BATTERY SPECIAL
\$139⁹⁵**

INCLUDES: BATTERY INSTALLATION

Includes: 64 month warranty, 24 month FREE replacement, 24 month FREE roadside assistance, 60 month protraction. PLUS we'll check all battery cables & connections.

Does not apply to hybrid batteries. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 8/31/16.

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, \$99.95 MORE. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID 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

TOYOTA GENUINE SERVICE
**\$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. VALID 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
Recommended Monthly
\$39⁹⁵**

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
Recommended Every 6 Months
\$139⁹⁵**

Hand wash exterior door jams, wash wheels, tires & fender wells, hand-wash 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
Recommended Every 12 Months
\$295⁹⁵**

Full interior & exterior detailing, including trunk, shampoo carpets, upholstery & trunk, clean interior vinyl & leather plus conditioning, wash wheels, tires, fender wells & door jams, hand wash exterior, buff & polish, wax or glaze application, tar & sap removal, dress tires, rubber mulching & trim, clean dashboard, vents, console plus door panels, clean overhead liner, ashtrays & 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. VALID 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. VALID 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. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 8/31/16.

TOYOTA GENUINE SERVICE
**VENTILATION SERVICE
\$49⁹⁵**

INCLUDES: Clean condenser 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. VALID 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. VALID 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. VALID 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. VALID 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. VALID 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. VALID 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. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 8/31/16.



**New RAV4s,
Priuses**
**ALL ON SALE
LIKE NEVER BEFORE**

**Summer is here and
so are the SAVINGS!**
Ask one of our sales managers,
George, Mike, Yared or Rocky
703-684-0700

**WE ARE HERE
TO MAKE DEALS!**

Jack Taylor's
ALEXANDRIA
TOYOTA / SCION

ALEXANDRIA TOYOTA/SCION
3750 JEFFERSON DAVIS HWY. | ALEXANDRIA, VA 22305
703-684-0700 | ALEXANDRIATOYOTA.COM
JUST MINUTES FROM REAGAN NATIONAL AIRPORT!



**Let's
Go
Places**



CHRIS WHITE

*Planning to sell in 2016?
Now is the time to call Chris & Peggy White!
Leading the Area in Real Estate. SOLD!!!*



8708 Plymouth Rd
\$1,559,000

New Build Just Completed!

Best of both worlds-classic American Four Square exterior combined with stunning modern floor plan and amenities. Numerous features include open floor plan, high ceilings, top line kitchen and baths, screened in porch, the list goes on. Prime location on half acre level lot in popular Plymouth Haven. Finishing touches just completed!!



3808 Washington
Woods Dr.
\$1,299,000
Absolute
Perfection!

Best of both worlds. Stately colonial exterior combined with stunning bright open floor plan. Enhanced by over \$400,000 in recent expansion and upgrades including: Kitchen, 3.5 Baths, HVAC system and cedar shake roof. Other features include: Three beautifully finished levels and three car garage. Custom "Trex" deck overlooks magnificently landscaped grounds. True one of a kind property!



4700 Tarpon Lane.
\$548,950
Mid-Century - Near the
River!

Best price in fabulous Yacht Haven Estates for classic mid-century modern model. Features: Large room sizes, soaring cathedral ceilings enhanced by multiple skylights. Many upgraded items including: furnace, hot water heater, roof & insulation, and patio. Prime location on large lot just steps away from river front marina facilities. Check the comps, two recent neighboring sales for over \$700k!!!!



9419 Mt. Vernon Cir.
\$1,299,000

One of the area's most distinctive properties! Custom estate caliber home with classic French Provincial flair. Premier location in Mt Vernon on the Potomac-the only community in the area with a private marina for the exclusive use of its' residents. Imposing residence with many custom touches including open foyer with double curved stairway, custom white brick exterior, high ceilings, spacious room sizes and oversize garage. Columned veranda overlooks pool and grounds.



7512 Ft. Hunt Rd.
\$1,250,000
Mid-century Gem. 6
Gorgeous Acres!

Award winning mid-century home designed and built as personal residence by areas leading architect. Magnificent residence with exceptional floor plan and top quality materials. Carefully crafted to enhance its stunningly beautiful six acre setting. Natural wonderland with stone lined private lane, meandering creek and gorgeous woods and pond.



4218 Dandridge Terr
\$675,000
New England Style
Colonial!

Magnificent 5 BR, 3.5 BA in prime location on beautifully landscaped lot fronting quiet cul-de-sac. Rare, 3 car garage! Other special features include: 3 finished levels with full walk out lower level, thermal windows, open kitchen to family room, well maintained hardwoods on both main levels, & expansive exterior decking. Home is in pristine, move in condition. Exceptional value!



9421 Coral Lane
\$775,000
One level living
at its finest!

4520 Dolphin Lane
\$745,950
Great setting!



Wakefield Homes
Pre-Construction Opportunity!
8717 Plymouth Rd.
\$1,399,000*

• New Nelson II Model- 3,525 sf

- 1/2 Acre Lot in Plymouth Haven
- Open floor plan - High ceilings
- Upgrades throughout
- Finished recreation room & bathroom in basement
- Maximum opportunity to customize



8803 Mansion Farm Pl
\$668,950
Treetop Wonderland

4107 Adrienne Drive
\$499,900
Stunning home!



9310 Allwood Ct.
\$639,900
Unique Opportunity

2814 Bass Ct.
\$599,500
True One Level Living!



CHRIS WHITE 703.283.9028

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

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

