

## Residents: Airplane Noise Getting Worse

South Flow Alliance aims to get FAA to address noise in the Mount Vernon neighborhoods.

BY STEVE HIBBARD  
THE GAZETTE

**M**ary Tracy, a retired foreign service officer from Hollin Hills, can't sit on her porch in the morning due to the piercing airplane noises flying over her community from Reagan Airport (DCA). The homes in her historic community have single pane glass, she said, so when the planes are as low as 1,800 feet, they rattle the walls (as high as 90 db) and leave her pictures hanging crooked. Sometimes there are as many as 20 planes an hour.

"It's pretty deafening here when they're flying over here. It's very disturbing and it goes on past 11 p.m. They start sometimes at 6 a.m. It's a very loud and disturbing," she said.

To make matters worse, she said the Federal Aviation Administration (FAA) has refused to listen to the people south of Reagan Airport and her local state legislators seem to be missing in action.

Since April 2015, the problem has only gotten worse for people living south of Reagan Airport in Alexandria and Mount Vernon. That's because the FAA's NextGen



About 100 people attended the South Flow Alliance Community Action Meeting on Wednesday, May 10, at Walt Whitman Middle School in Alexandria.

procedures changed airplane departure flight tracks in those neighborhoods. Before, the flights were more spread out, but now they are concentrated over a few neighborhoods. The hardest hit areas are Hollin Hills, Villamy, Mason Hill,

Hollindale, Kirkside and Marlan Forest.

To deal with this problem, there's a new group of residents in the Fort Hunt area that have formed the South Flow Alliance (SFA), which aims to get the FAA

to address chronic airplane noise over their neighborhoods. On Wednesday, May 10, a crowd of 100 people got briefed on this problem at the SFA Community Action Meeting at Walt Whitman Middle School.

"I live in Riverside Gardens and I hear planes at all times in the day or night and I've never heard it like it is today," said Mount Vernon District Supervisor Dan Storck of the 300-plus daily departures at Reagan Airport per month — a number that exceeds that of Dulles Airport (IAD). He said the number changed radically two years ago when NextGen changed the flight paths in the Metroplex without giving any public input on the matter.

Storck added: "And that to me is unacceptable; it's wrong to impose something on a community that is a Democratic republic. Officials should be coming to us

when they're making changes this dramatic. We have to try to address this situation at hand, which is totally broken and needs fixed. This cannot continue. We're going to work hard but we need your help to get there; it won't happen without your calling, your emails, by contacting the FAA with your frustrations. It will happen because the people in this community will not let this stand."

Mike Rioux, the Mount Vernon District representative to the Metropolitan Washington Airports Authority (MWAA) Reagan National Airport Community Working Group, was invited to give a PowerPoint presentation to the group on airplane traffic and noise.

Before April 2015, the navigation was radar based, he said, so the noise was spread over a wider path. When NextGen came in, the flight path narrowed. So now more flights are flying in concentrated tracks. Rioux said before there was "equal opportunity noise" spread out over a wider area. "Now we have a real concentrated set of flight tracks over a specific community," he said.

What NextGen is doing is consolidating the airplanes into a single on-ramp so what ends up happening is that 20 percent of the community is getting bombarded with noise and airplane congestion on designated flight paths, he said.

"When it was radar based, it was a wide path over the city and affected a lot of communities; they were sharing the pain. But when GPS came in, the flight path narrowed and became more concentrated," said Stephen Thayer, the City of Alexandria's representative to the Metropolitan Washington Airports Authorities Community Noise Working Group.

In Old Town, Thayer said the flight paths that now exist take aircraft over the west bank of the Potomac River. More concentrated

SEE RESIDENTS. PAGE 6



The Alexandria neighborhoods of Villamay, Mason Hill, Hollin Hills, Hollindale, Kirkside and Marlan Forest are directly affected by airplanes using the NextGen RNAV departure flight tracks (shown in red lines).

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# Reviewing Redevelopment Challenges of Route 1

Embark Richmond Highway meeting examines project complexities.

BY MIKE SALMON  
THE GAZETTE

Three information posters at the Embark Richmond Highway Meeting showed how complicated rerouting, widening and transforming a road like this was. They were all “at-a-glance,” themed around the Huntington, Groveton and Mount Vernon areas that were full of graphs and charts reflecting the demographics the Embark plan was encompassing, including transit, housing, schools, parks, historic sites and environmental needs.

“This is a work in progress,” said Mount Vernon Supervisor Dan Storck, who went through the slide portion of the meeting talking about big picture items that require justification and federal funding. “It will truly transform our community,” he said, noting that the current road configuration was from the 1950s and 1960s.

Change has started on this corridor though and getting rid of a seedy hotel in Woodlawn was a small but significant victory for Storck. “[It] is now history,” he said with a smile.

Next step is to change the Fairfax County Comprehensive Plan, which is in progress and will most likely be resolved in early 2018 after a series of meetings and public hearings. Then the timeframe for reconfiguring intersections, redesigning corridors, implementing a bus rapid transit system, and making the Route 1 corridor something that reflects modern day urban



**Pallas Washington, the Fairfax County regional manager for Neighborhood and Community Services, explained the “at-a-glance,” display boards to the residents at the Embark meeting.**

geography was uncertain. The year 2040 was on one of the slides.

Over the summer there will be more residential meetings. Public hearings in the fall will be followed by a draft of amendments to the comprehensive plan which will then go before the Board of Supervisors. Del. Mark Sickles, whose district touches Route

1 in a couple of areas, looked at the multifaceted process. “Embark is a process to help make land use changes so the most is made to redevelop Route 1 so it can support transit,” he said.

Area officials need to build the case for transit, and present it to the Federal Transit Administration for a grant, and it will be competing with other projects in the U.S.

During questions from the audience, one woman who was on housing subsidies that amounted to \$900 a month wanted to know about affordable housing, here in an area where the median price of a home is \$521,000 according to Zillow.com.

Storck talked about North Hill, a low income project off Lockheed Boulevard that he is hoping will be under construction soon.

A pedestrian problem on Route 1 was discussed as well that many were aware of, including Jack Crawford, a resident of Mount Vernon. “I’ve seen a woman with a baby carriage in the street, that’s insane,” he said.

Tom Biesiadny, from the Fairfax County Department of Transportation, noted the various sidewalk projects in the works and others that were completed recently. “We agree with you that there’s a need for more pedestrian facilities, this summer you’ll see several more projects underway,” he said.

The Virginia Department of Transportation has started a project to widen a portion of Route 1 in the Woodlawn area from Jeff Todd Way northward to Napper Road, but a shovel hasn’t actually broke ground



**Mount Vernon District Supervisor Dan Storck discusses the progress on Embark Richmond Highway.**

yet. According to the plan, construction will begin on this \$214.8 million project in early 2023.

“That’s what this year is all about,” said Storck, who spoke of his plan for community meetings in June and July. In the audience was Stewart Schwartz, the executive director of the Coalition for Smarter Growth, and he endorsed the plan because it’s working with transit-oriented development. “A lot of benefits come from redevelopment in a smart growth way,” he said.

## Pow Wow Explores Native American Culture

Honoring mother earth at Fort Hunt Park.

BY MIKE SALMON  
THE GAZETTE

The plight of the Native Americans through history is nothing to be proud of. The treaties that weren’t honored, the Nez Perce surrender and the Cherokee’s “trail of tears” in 1838 are not highpoints in American history, yet it didn’t appear to dampen the enthusiasm in Fort Hunt Park when the National Indigenous Circle gathered for the first American Indian Heritage Day.

Tehumtya was one of the organizers for the May 14 event, and appreciated the cooperation between the National Park Service, the National Indigenous Circle (NIC), veterans and the Six Nation Iroquois Smoke Dancers. “It’s a healing event,” said Rachel LeQuire of the park service.

The healing she spoke of was healing of the mistakes of the past, the misconceptions about Native Americans, and the environ-

ment which they have relied on through the years. It was Mother’s Day, so “mother earth,” was mentioned more than once. Apensanahkwat, part Menominee and part Ojibway was in from Wisconsin where his relatives grew up. “When I’m dancing, I am dancing for my life, for the creator. Everything we do in life has to do with the creator,” he said.

The Hollywood version of the Native American has been etched on many minds, but it’s filled with misrepresentations. Although the colorful outfits adorned with feathers were part of the show, it’s not the whole story. “We want to be able to tell all stories, bring the missing piece back,” said LeQuire. “We want to clear up misconceptions,” she said.

The dancing and drum circle were a focus as well as “smudging with sage,” a ceremonial practice with a smoking tray of sage that’s breathed in before the dance. This is a spiritual communion that has a direct effect on reducing stress and has links to the Native American culture, according to the Mind, Body, Green website. Dancers inhaled it before they entered the circle.

The land Fort Hunt Park is on was once



**Native Americans took part in the dance circle.**

SEE POW WOW, PAGE 5



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# Pow Wow at Fort Hunt Park

FROM PAGE 3

occupied by the Doeg or Dogue tribe, which Dogue Creek was named after. This creek still winds through Huntley Meadows Park and Mount Vernon before emptying in the Potomac River. "The Dogue people are now extinct, the same fate as many other tribes," said LeQuire. She tried to stay on track with the uplifting ceremony, but "I don't want to shy away from the truth," she said. Eventually George Washington owned the land before it became a park.

In fact, the lease for the original 13 colonies, which includes Virginia, is still in place, said Tehumtya. "Iroquois owned the 13 colonies, it's leased to the U.S. government," he said. Tehumtya

didn't dwell on it though. "My thought is about the future, not about yesteryear," he said.

The event was the first event of

this type but the National Park Service and the NIC hope it continues and grows each year. "We'll see how it goes," said LeQuire.



**Apensanahkwat danced for mother earth on Mother's Day.**



**Teepee was part of the set up at Fort Hunt Park.**

## Foundation Supports Alice's Kids

**V**an Metre Companies, parent company of Mount Vernon Athletic Club (MTVAC), has awarded \$5,000 to Alice's Kids (www.aliceskids.org), a local non-profit organization that provides short-term financial assistance to children with an immediate need.

Founder of the organization and MTVAC member Ron Fitzsimmons discussed his organization with General Manager Dimitris Kollaros, who recognized an opportunity for both the club and parent company, Van Metre to get involved in fundraising efforts. A last minute March Madness Bracket Challenge for Charity was organized and raised \$350s to help raise funds at the club level and the request at the corporate level was made to augment the funds from the charitable arm of the Van Metre organization.

Relying on referrals from school staff, charitable organizations, government social workers and churches, Alice's Kids pays for inexpensive items that prove to be valuable to a child in need. Recent gifts include camp registration, baseball gloves, prom tickets, senior dues, glasses and other items that help a child feel just a little bit more



**From left: Ron Fitzsimmons, founder of Alice's Kids Organization and Dimitris Kollaros, general manager of Mount Vernon Athletic Club, A Van Metre Premier Property located in Alexandria.**

"normal" among their peers. The goal is to enhance the self-esteem of children in need so they will then do better in school and ultimately be more successful.



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# Residents: Airplane Noise Getting Worse

FROM PAGE 1

flights are flying over Old Town, then down south to the Woodrow Wilson Bridge, and then westerly. He said the southerly departing aircraft are the noisiest and that the Working Group recommended changes to the FAA to move the flight path from the west bank of the Potomac to the middle of the river.

Another recommendation was for the waypoint to be extended another three miles south. "If they extend it, then planes will not anticipate making a turn and going over residential neighborhoods, which is what they're doing," said Thayer. "It will be at a higher altitude when they make the turn so it won't have the noise impact that it has now."

"This is not a simple problem," said Rioux, adding that when Congress passed the 2012 FAA Modernization and Reform Act mandating NextGen, they made no requirement or opportunity for public comment, so they are exempt from community outreach. "It's really archaic," he added.

Friederike Aherns, chairperson of the SFA, said the FAA did absolutely no community outreach when they implemented these flight patterns in April 2015. "We need to let the FAA know that this is not OK," she said.

Some people are complaining, but Aherns said that 80 percent of noise complaints are coming from just 20 individuals, which is not



**Mount Vernon District Supervisor Dan Storck addresses the crowd.**

enough to make changes. So she encouraged the crowd to join the SFA to make their voices heard.

**"We want a solution that incorporates all of us ... We need numbers. We need to make all of our concerns known."**

**— Pamela Norton, South Flow Alliance**

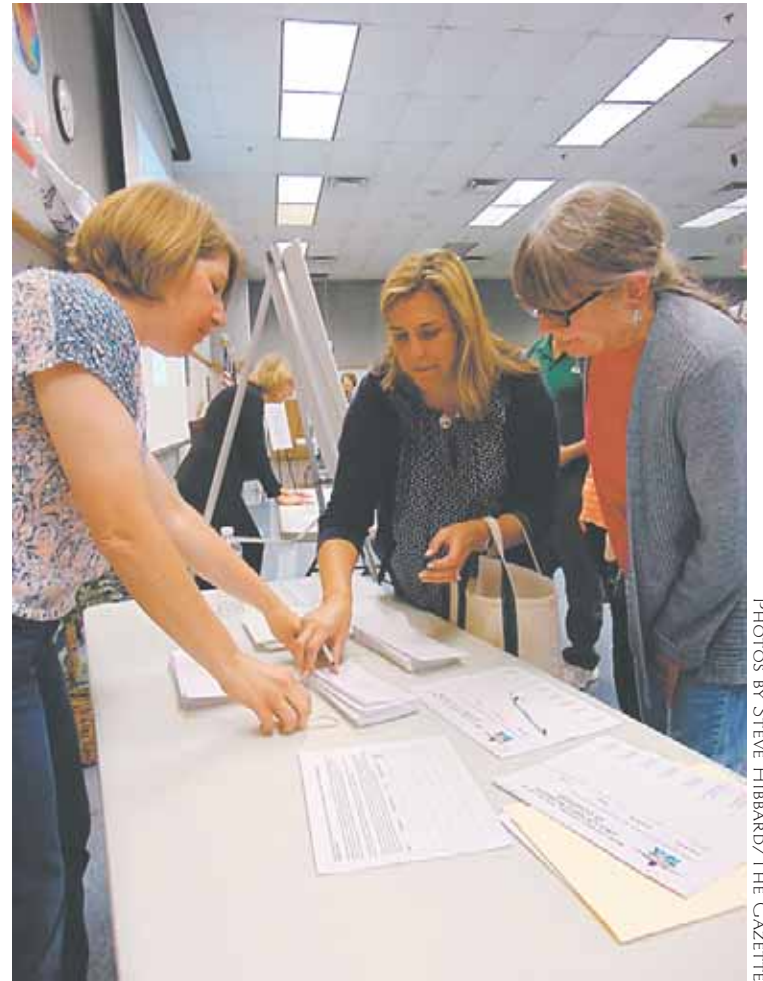
In the last five years, traffic at Dulles Airport has decreased while traffic at Reagan Airport is going up because its proximity to the District makes it more convenient for travelers, said Rioux. "DCA is a slot-controlled airport; you pay for a slot and can fly as many flights out of there as possible; there are no restrictions. The traffic is going to continue to grow here (at Reagan Airport)."

Rioux said 56 percent of airplane departure traffic goes north; 44 percent goes south. In 2004, he said the FAA did a Noise Contours Part 150 Study that drew noise contours, which tells the average level of noise around Reagan airport. About three years ago, it updated those noise contours because they made some modifications to the airport. "We've got to redo the noise footprints. We're still fighting that issue," he added.

In recent months, the FAA has been focused on the North Flow traffic above Reagan Airport, said Rioux. The South Flow traffic has not gotten any attention; and Rioux doesn't expect the FAA to address it until July or August. So now is the time for people to get active.

For those who want to track airplanes and noise flying above their properties and report them, Rioux suggests doing a Google Search of "DCA Webtrak," the flight track and noise public portal for Reagan Airport. By clicking on the airplane icon, it will give you info on the flight activity, noise data, speed, and altitude. Then you can keep track of what's flying overhead.

What can local residents do now? Don Minnis, the alternate representative for Mount Vernon on the MWAA Reagan National Airport Community Working Group, said people should get involved with the SFA because it specifically represents the Fort Hunt Corridor from Belle Haven down



PHOTOS BY STEVE HIBBARD/THE GAZETTE

**People sign up for various committees on airport noise at the South Flow Alliance meeting on Wednesday, May 10, at Walt Whitman Middle School in Alexandria.**

to Mount Vernon.

Pamela Norton of the SFA said they are in the process building a grassroots momentum and need more people to participate. "We want a solution that incorporates all of us ... We need numbers. We need to make all of our concerns known. We need to put our heads together and need to unite."

She urged people to participate in one of the SFA Committees: Community Outreach Committee; Coordination Committee; Data Collection Committee; Mobilization and Legal Research. Other ways to get involved include:

- ❖ Log daily noise complaints with Reagan National Airport online at: <https://complaints.bksv.com/dca>

- ❖ Check and "like" the SFA Facebook page to become informed on the issue. Go to [www.facebook.com/southflowalliance](http://www.facebook.com/southflowalliance)

- ❖ Call or write elected officials to show them that the issue concerns many of their voters and deserves immediate attention.

- ❖ Write a letter to the editor to the local paper or an opinion piece in neighborhood newsletters.

- ❖ Become an active member of SFA by signing up with one of the committees.

Rioux said noise complaints should also be submitted to the MWAA on-line by going to <http://www.flyreagan.com/dca/reagan-national-submit-noise-complaint>.

He said while a response to a noise complaint is unexpected, submitting a complaint helps document and underscore the noise impact that flights have on our communities.

It also helps support the efforts of the community representatives on the MWAA Community Working Group to affect changes to flight procedures.

"Many of our elected officials including Congressman Don Beyer, Delegate Paul Krizek and Mount Vernon Supervisor Dan Storck Residents have been actively engaged in addressing the noise impact with the FAA and their efforts have been impactful. However, residents should also express their opinion and concerns through letters or emails to other elected officials including Senators Kaine and Warner and state Senator Scott Surovell. Residents of Alexandria City should also take the same action with their elected officials," he said.

"Legitimate and documented noise complaints are data points that help drive change," he added

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



**Mike Rioux, the Mount Vernon District representative to the Metropolitan Washington Airports Authority (MWAA) Reagan National Airport Community Working Group, gives a PowerPoint presentation on airplane noise.**



**Mount Vernon District Supervisor Dan Storck chats with some members of the crowd at the South Flow Alliance meeting.**



## NEWS

# Help Identify Robbery Suspect

**D**etectives from the Major Crimes Division are investigating a commercial robbery that occurred at the Exxon gas station located in the 6900 block of South Kings Highway, Saturday, May 6.

At approximately 10:20 p.m., a man knocked on the locked door and the clerk opened it for him. Shortly after the customer entered, another man, (seen in photo in dark clothing), came in behind the customer. He implied he had a weapon, and demanded cash from both the customer and the employee.

The suspect was described as possibly Hispanic or black, 25 to 30 years old, and 5 feet 9 inches tall. He was wearing a black, North Face hooded sweatshirt and sunglasses. The customer, who was also a victim, left the store before



**Suspect in May 6 robbery.**

the police arrived.

If anyone can recognize either of these men, or have any infor-

mation about this crime, contact Detective D. McAuliffe at 703-246-7800.

## CRIME REPORT

*The following incidents were reported by the Mount Vernon District Police Station.*

**COMMERCIAL ROBBERY:** 2400 block of Fairhaven Avenue (7-Eleven), May 10 around 1:24 a.m. A man entered the business with his face covered, displayed a gun, and demanded money. Employees complied, and an undisclosed amount of cash was taken.

**SHOPLIFTING/ASSAULT ON A LAW ENFORCEMENT OFFICER/ RESISTING ARREST/ DRUNK IN PUBLIC/ARREST:** 8000 block of Richmond Highway (7-Eleven), May 8 around 3:12 a.m. Officers responded to a report of a shoplifting and located the suspect walking away from the business with items. As officers took the suspect into custody, he assaulted them. A 22-year-old man from Alexandria was taken to the Adult Detention Center and charged with petit larceny, resist-

ing arrest, obstruction of justice, drunk in public, and three counts of assault on a law enforcement officer. The officers did not require medical attention.

### MAY 15 LARCENIES

1700 block of Chili Street, cash from vehicle  
6600 block of Richmond Highway, merchandise from business  
7900 block of Richmond Highway, merchandise from business

### MAY 12 LARCENIES

7700 block of Richmond Highway, merchandise from business  
8200 block of Richmond Highway, beer from business

### MAY 11 LARCENIES

8400 block of Fort Hunt Road, cell phone from school  
7900 block of Janna Lee Avenue, jewelry from residence

8700 block of McNair Drive, bicycles and skateboard from residence

7700 block of Richmond Highway, merchandise from business  
6500 block of Tower Drive, license plate from vehicle

### MAY 10 LARCENIES

2300 block of Huntington Avenue, merchandise from business  
8400 block of Madge Lane, purse from residence  
8600 block of Beekman Place, registration decals from vehicle  
7900 block of Richmond Highway, merchandise from business

### MAY 9 LARCENIES

7500 block of Elba Road, property from residence  
8400 block of Frye Road, merchandise from business  
8000 block of Richmond Highway, wine from business

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# OPINION

## FCPS to Propose Increases in Class Sizes

BY MOLLIE REGAN

**T**he lead-in for the Fairfax County Public Schools (FCPS) Proposed FY 2018 Budget states the following: “The FCPS FY 2018 (2017-18 school year) budget reflects the school system’s priorities. It’s also a communications tool that informs parents, staff members, students, and community members about our values and goals.”

### COMMENTARY

If that is true, then why is FCPS proposing to balance its FY18 budget by increasing class sizes by 0.5 students in all elementary, middle and high schools?

Large class sizes have a negative impact on students’ ability to learn and succeed, and on teachers’ ability to teach. Large classes burn out good teachers and affect teacher decisions about whether to continue working at a school. Every time a good teacher leaves the employ of FCPS, we forfeit our investment in hiring and training that person.

In many recent meetings about teacher compensation, the School Board has expressed concerns about teacher attrition. In FCPS, we

lose about 40 percent of our teachers in their first five years of employment, and we lose many more teachers after their fifth year. Class size is cited — both in FCPS and in a national study — as a top factor in teachers’ decisions to leave the school district.

At this critical time when we already suffer from teacher shortages and large class sizes, FCPS should not be considering additional class size increases as a means to save \$14.7 million. There are alternatives that could better address the FY18 budget gap. Some alternatives actually reduce expenses. Others just change budget assumptions.

For example, the School Board could cut \$15 million of other expenses with the understanding that in July, it would use the “found money” from the year-end FY 2017 budget review to restore those programs. This is exactly what the board did about six years ago, when Jack Dale was the FCPS superintendent.

Alternatively, FCPS could find \$14.7 million by using more realistic assumptions about employee attrition. Every year, FCPS prepares its budget using unrealistically low attrition assumptions, which in turn consistently produce about \$30 million/year of “found money”

from higher-than-projected teacher attrition during the budget reviews.

Of course, if FCPS made a sustained commitment to reasonable class sizes, it could arguably avoid increasing the costs associated with that teacher attrition. Imagine the cost savings from retaining our teachers. What additional innovations could be used to reduce the expense of endlessly restaffing our classrooms and training a new workforce?

The FCPS Strategic Plan, “Ignite,” affirms its commitment to student success and a caring culture. Seeing “Ignite” in action would mean that our School Board representatives resolve the FCPS financial shortfall without again balancing its budget on the backs of our teachers and students. Class Size Counts created an online petition asking the School Board not to increase elementary, middle and high school class sizes by 0.5 students across the board as part of the FY 2018 budget. Please sign the petition at <https://www.change.org/p/fairfax-county-public-schools-join-class-size-counts-to-oppose-the-core-academic-class-sizes-in-fcps> and join in the advocacy.

*Mollie Regan is Vienna resident and a Class Size Matters advocate.*

## A Demographic Look at the 44th District

BY PAUL KRIZEK  
STATE DELEGATE (D-44)

**T**he Northern Virginia Association of Realtors (NVAR) provided my of-

fice with valuable economic information to offer a window into specific demographics and consumer behavior in the 44th District that I hope you will find useful and interesting as well.

NVAR represents over 322 Realtors living in the 44th district and more than 12,000 Realtors across Northern Virginia.

The median household income in the 44th is \$83,571, and the median age is 36.8. The largest percentage demographic of my constituents are relatively affluent, living in what NVAR calls the “suburban periphery,” which are established, wealthy, well-educated and well-traveled married couples in the suburbs who endure longer commutes. This accounts for just under 20 percent of 44th District residents. To put this in context, only 1.7 percent of Americans nationwide share this market segment.

The second most common market segment is what NVAR calls the “city lights” segment. They represent 12.2 percent of 44th District households and live a more “urban” lifestyle, living in multi-family units, renting and owning homes in equal proportion. They are married, have a college degree, take public transit, and make about \$60,000. This wide-ranging demographic of residents mirror their passion for social welfare and equal opportunity. Households range from single persons to married couples with and without children. The neighborhoods they live



### COMMENTARY

in are racially and ethnically diverse. They commute, but work hard and budget well to support their urban lifestyles, laying the foundation for stable financial futures. The 44th district’s unemployment rate is about 3 percent, which is

lower than Virginia (3.8 percent) and the United States as a whole (4.8 percent). Public administration is the top employment industry, followed closely by professional, scientific and technical careers. Health care is also a significant employer in the area, which makes sense as INOVA is the largest employer in the county.

The median home value is just under \$500,000 and prices rose 4 percent over the last month, compared with Virginia’s average of 2.7 percent. However, that trails the 9.5 percent rise in the U.S. average. This local economic area report identified a number of industries that consumers have to leave the area to find because we do not have enough to meet their needs. The largest sectors are nightlife, shopping, and other entertainment industries. This just goes to show why Route 1 revitalization will be a huge boon to our area, as it would attract those high quality stores and industries to our area.

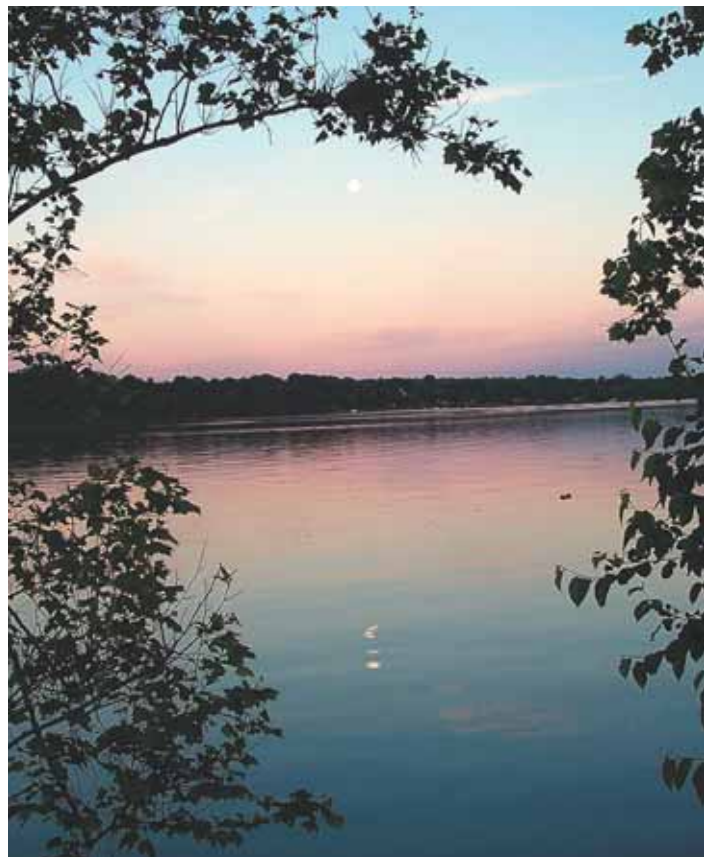


PHOTO BY RICHARD MUMFORD

### Above Dyke Marsh

The nearly full moon early Tuesday evening, May 9, rises over the Potomac River at Dyke Marsh.

## Mount Vernon Gazette

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**From left: Karen Snow, Mindy Harbin and Diana York at the Annual Simple Changes Kentucky Derby Party.**



**From left: Carly Fiorina and Mary Scott enjoying the party for 143rd Kentucky Derby at the 2017 Simple Changes fundraising event on May 6.**



**From the left: Elmyra Kearns and Lynwood Gorham, participating in 2017 Annual Simple Changes Kentucky Derby Party hat contest.**

## Hats on for Simple Changes Kentucky Derby Party Hat Contest

Supporters of Simple Changes Therapeutic Riding Center gathered on May 6 for the Annual Simple Changes Kentucky Derby Party fundraiser event at George Mason University School for Conflict Analysis and Resolution's Point of View, in Lorton on Belmont Bay. Everyone received a raffle ticket, picked a horse, tried to choose the top winners of the Kentucky Derby to be entered into the drawing for a chance to win a prize, and placed bids on their favorite silent auction items.

The guests enjoyed hors d'oeuvres, wine, beer, and mint juleps before dining from the gourmet dinner buffet during the 143rd Kentucky Derby horse race show, which was broadcast on several television screens during the event. The raffle winners were called while guests perused the dessert table and checked on their bids at the silent auction.

To top off the evening, women wearing their Kentucky Derby Day hats participated in a Derby hat contest. Everyone applauded and cheered for the hat they liked most. Barbara Rizer and Elmyra Kearns wore the

top two favorite Derby Day hats, and the best hat prize went to Kearns, who received the loudest cheers and applause, after Lynwood Gorham declared, "This is for the tie-breaker, everybody!"

Operating out of the Stables at Meadowood on the Bureau of Land Management's 800-acre Mason Neck property, Simple Changes is a non profit organization that provides equine assisted activities to individuals with disabilities. Clients range in age from 2 years old to over 60 and have challenges including autism, ce-

rebral palsy, epilepsy, Down syndrome, developmental delay and stroke. As a 501c3 organization, Simple Changes depends on donations to offset the cost of services to participants.

Contact Simple Changes at 703-402-3613 or [simplechanges@hotmail.com](mailto:simplechanges@hotmail.com) if interested in receiving services. To volunteer or donate funds to sponsor a horse or rider, more information can be found at [www.simplechanges.org](http://www.simplechanges.org).

— NICOLE FERGUSON



**Jennifer Garner Fleming dons her Derby Day best using fresh flowers for a Simple Changes Kentucky Derby Party at George Mason University's School for Conflict Analysis and Resolution's Point of View in Mason Neck on May 6.**



**From left: Kathy Kearns and Elmyra Kearns showing their love for horses, and joining in the Kentucky Derby Day hat contest.**

PHOTOS BY NICOLE FERGUSON  
THE GAZETTE



**Women wearing their Kentucky Derby best lining up for a Derby Day hat popularity contest at Simple Changes Annual Kentucky Derby Party in Lorton on May 6.**



**From left: Barb Rizer and Roxana Cammarata in their Derby Day best at the Simple Changes Kentucky Derby Party in Mason Neck on May 6.**



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# Safety in the Water

**Water Safety Month designed to educate public in advance of summer swimming.**

BY MARILYN CAMPBELL

**D**uring the month of May, National Water Safety Month, water safety educators are waging a month-long campaign to educate the public about responsible water practices before the start of summer. The campaign is designed to help prevent drowning and water-related illness and injuries.

"The most important tip from swim experts [is] to have your child in perpetual swim lessons," said Gina Bewersdorf, who owns Goldfish Swim School in Reston. "Situations will always arise in which we or our children are around water, [like] at a friend's pool party, vacation near a lake, or a boating trip, so learning the necessary skills to stay safe is vital. It only takes a second for a child or adult to unsuspectingly fall into a body of water."

Constant adult supervision is the first and best way to prevent accidents in and around water, says Lisa S. Grepps, director, Marketing & Communications, The Association of Pool & Spa Professionals in Alexandria. She also recommends additional safeguards to help prevent children from gaining unsupervised access to a pool or spa or to warn of a child's presence. "But don't get lulled



**Learn to swim no matter the age. This is one of the best ways to be safer in and around the water.**

PHOTO COURTESY OF  
GOLDFISH SWIM SCHOOL

into a false sense of security with barriers and other devices as they are just backups to the primary means of accident prevention which is constant adult supervision," said Grepps.

Keeping a cell phone nearby to make a call to 911 in case of an emergency and avoiding swimming at the first sign of bad weather are two tips that Ann Thompson of Ann's Aquatics in Bethesda offers to her students and their parents. "I tell parents that certain flotation devices are great, but they are in no way a replacement for responsible adult supervision," she said. "And the supervision should be undistracted.

Don't get lost in a conversation or a phone call and divert attention away from your children, not even for a second. If you leave the pool area, no matter how brief the period of time, take the children with you."

In addition to learning to swim, Bewersdorf recommends making sure that children are taught water safety skills as well as how to perform CPR on both adults and children. "We recommend a child enroll in swim lessons as early as possible [and] year round, not just during the warmer months. Persistent swim lessons are proven to be incredibly beneficial in order to keep these life-saving skills sharp" she

said. "We offer classes as young as four months old in which the parents are constantly with their infants. This gets the child used to simply being in and around water and they learn simple safety skills."

When choosing a pool, check for an on-duty lifeguard. In cases where a lifeguard is not available, look for accessible safety equipment such as a rescue ring or pole.

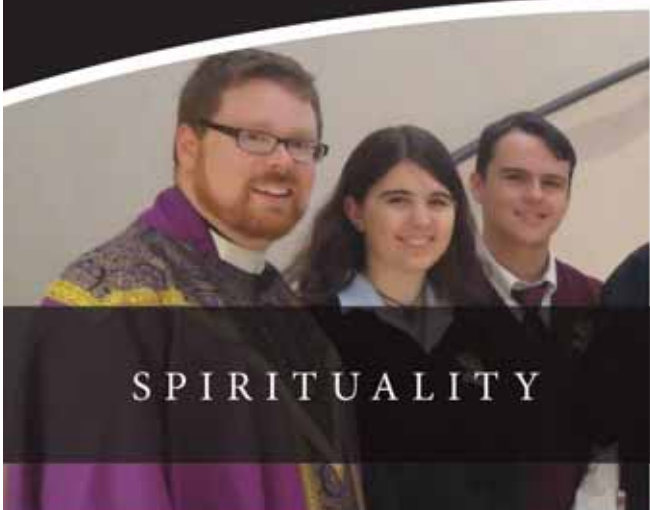
"We want people to have a safe and fun time swimming and that's why [we] issue permits to all public pool facilities and routinely inspect them to ensure they are being operated in a safe and healthy manner, in accordance with Fairfax County Code," said Martin A. Thompson, Environmental Health supervisor for Fairfax County. "It's also important that swimmers take steps to maximize the health benefits of swimming while minimizing the risk of injury or illness to themselves and others."

Thompson advises adhering to other safety guidelines from the Centers for Disease Control and Prevention (CDC) which include looking to see if the drain at the bottom of the deep end is visible, staying out of the pool if you have diarrhea, covering any open wounds with waterproof bandages, showering before entering the pool and only using flotation devices that are Coast Guard approved.

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1012 EMERALD DR An ideal location just off GW Pkwy, close to Old Town, Ft. Belvoir, airport, restaurants and shops. Plus a great entertaining home featuring an expanded kitchen, large deck, lower level family room, and private backyard with patio, heated pool, waterfall and lush landscaping. 5 levels / 4BR / 3.5BA.



Elizabeth Lucchesi 703.868.5676  
ALEX. / Wellington Manor \$ 749,000 OPEN SUN 2 - 4

8108 WELLINGTON RD Classic 3BR / 3BA brick rambler with attractive updates. Conveniently located just outside beltway. Fluid floor plan is comfortable for living and perfect for entertaining. Updated kitchen with island and breakfast nook. Large back yard and patio.



Margaret Keagle 571.332.5264  
ALEX. / Stratford Landing \$ 675,000 OPEN SUN 2 - 4

8714 BLUEDALE ST 4BR/2.5BA classic Colonial, updated inside and out. Gourmet kitchen opens to family room and deck for easy entertaining. Laundry room conveniently located in Master + 2 closets, large bath/sitting room. Plenty of storage in full basement, large closets featuring Elfa shelving and pantry.



McCormick & Lusk Group 202.412.8885  
ALEXANDRIA / MT Vernon Forest \$ 649,900

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Martha Deal 703.622.6797  
ALEXANDRIA / Hollindale \$ 639,900 OPEN SUN 2 - 4

1806 COURTLAND RD 2 levels, 3 baths, 4 bedrooms with open floor plan. Sunshine streams into the updated kitchen through a wall of windows. French doors lead to private patio and deck overlooking lush gardens. Hardwoods, 2 fireplaces. Conveniently located. Waynewood School District.



Betsy Gorman 703.861.4825  
ALEXANDRIA / Kirkside \$ 625,000 OPEN SUN 2 - 4

7621 MIDDAY LN Fabulous floor plan with unbelievable chef's kitchen with table space and loads of cabinets, separate dining room, large living room with wood-burning fireplace, lush private yard with patio area, rec room with full windows and unfinished laundry area for expansion or storage. 3BR / 3 Full BA.



Adele dePolo 703.298.5987  
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Brenda Jourdan 703.472.0406  
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3106 LITTLE CREEK LN Sunny 4BR / 2.5BA Colonial on a great cul-de-sac lot backing to parkland. Featuring a screened porch to watch and listen to wildlife, a fireplace in family room, eating space with bay window in kitchen, and 2 levels of hardwood floors.



Adele dePolo 703.298.5987  
ALEXANDRIA / Stratford Landing \$ 550,000

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Marcy Covvarubias 703.772.6569  
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## OPINION

# 'Billy Elliot' at West Potomac High School

BY ELISE VANLEER  
ALBERT EINSTEIN HIGH SCHOOL

**E**ven if you're not pirouetting across stage, West Potomac's production of Billy Elliot will keep you dizzily captivated with its "shine." The intense choreography and political backdrop keep this show complex and engaging, and West Potomac High School did not disappoint in their performance.

Based on the original film, "Billy Elliot" tells the tale of a young boy, Billy, who falls in love with ballet, an activity discouraged for young boys because of its association with negative stereotypes. The show takes place during the coal miners' strike in England, providing a politically charged background to the young boy's story. With the help of dance teacher Mrs. Wilkinson, Billy's affection for dance becomes unavoidable, and ultimately leads to a change of perspective for his family and town. The show is heavy on choreography, as it is centered around Billy's love for dance, and features poignant com-

**CAPPIES  
REVIEW**



From left: Natalie Edwards, Madison Eaton, Anna Penkiunas, Lindsay Johnson, Jade Han, Hannah Reverse, Willa Denton, and Helen Kitrosser.

mentary on class struggle, stereotypes, and individual expression.

Lead Franco Cabanas, playing Billy, was terrific in his vocal, act-

ing, and choreography range. Despite Cabanas' youth, the consistency in the sensitivity and strength during his performance

was impressive beyond his years, particularly in the scenes with his

SEE CAPPIES, PAGE 14



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#### Snap Shot

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## OPINION

# 'Beautifully Executed'

FROM PAGE 14

Dad (Jonathan Barger), where the chemistry unfolded marvelously. Bargers' execution of the Dad's character arc was one of the strongest aspects of the show, where he transforms from an angry widower to a softer, more accommodating father figure towards Billy. Bargers' talent shown in the heartbreaking and moving number, "Deep Into the Ground." Despite the intensity of some scenes, it was balanced by the comedic moments and numbers, like that of "Expressing Yourself." Sung by Michael (Grant Hamilton) and Billy, it is simultaneously funny and heartwarming. Mr. Braithwaite, the perpetually intoxicated piano player, was terrifically played by Josh Stein, who showcased his humor, vocal range, and choreography skills in "We Were Born to Boogie." Notably, Mrs. Wilkinson played by Adrianna DeLorenzo had terrific, over-the-top numbers like "Shine" and "We were Born to Boogie," demonstrating both bravado and warmth in her motherly affection towards Billy.

The leads' terrific performances were only amplified by the ensembles of the ballet girls and ensemble minors. The ballet girls were consistently high-energy, and each seemed to have their own, developed persona. Their scenes featured impressive choreography, and were hilarious in their clumsily unco-

ordinated dance scenes, managing to look good ... dancing badly. The minors were consistent in their harmonies, and added depth and unity to the production in the catchy numbers "Solidarity" and "Once We Were Kings."

The talent of performers were reciprocated by that of the tech and crew. The attention to detail is immediately apparent in the complex and faced-paced lighting scenes, and which were designed to highlight the bodies and choreography. We were quite literally blown away with the use of the student-operated assisted flying mechanism during the Dream Ballet, beautifully executed against the "starry sky" background. Particularly in scenes like "Solidarity" and "Angry Dance," the juxtaposition of police, strikers, and Billy was heightened by lighting choices, which used strobe and quick changes. Finally, the work that was put into choreography was evident, as the numbers seemed very coordinated. Consistencies in some patterns of movement and dance helped to pull the show together, particularly in the culminating number "Finale."

West Potomac's production of "Billy Elliot" was beautifully executed, and completely enjoyable for audience and performers alike. The performance truly highlighted its cast and crews' "star quality," making it an all-around impressive show.

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(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;  
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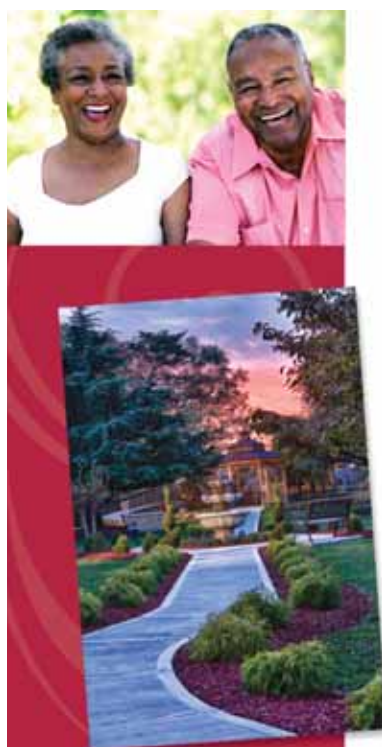


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# ENTERTAINMENT



Shred smoked pulled pork butt for first sandwich layer ...



Slice specially-made smoked Texas beef sausage ...



Cover with three-cheese sauce ...



Mound with colorful coleslaw ...

PHOTOS BY SHIRLEY RUHE/GAZETTE PACKET

## Sweet Fire Donna's Mixes Up the Barbecue

### Meet Chef Andres Lazo.

BY SHIRLEY RUHE  
THE GAZETTE

**A**ndres Lazo pulls a 5.5 pound pork butt out of the Southern Pride smoker where it has been smoking "low and slow" since 10 p.m. yesterday. Two Texas beef sausages have been smoking alongside for 45 minutes. Donna Anderson, owner of Sweet Fire Donna's on John Carlyle Street with her husband Mike, says, "We have the sausages made especially for us by Logan's Sausage Company on Wheeler Avenue."

The pork butt had been rubbed with a dry spice mixture including "all kinds of spices" like chipotle pepper, paprika, garlic salt, salt and pepper and more. Anderson says, "We have the spice mix made for us, too."

Lazo says he sprinkles on about half an ounce of the dry rub because he doesn't want to overpower the meat.

Lazo pulls on his black plastic gloves and begins pulling the pork into shreds. "I will put half a pound of the meat as the first layer on the Bubba Mike sandwich. The buns are baked fresh by a local bakery the night before. This is the customer favorite." And he pulls out a framed magazine article, "It was voted the best sandwich by Northern Virginia Magazine in 2014." His own



Andres Lazo, chef at Sweet Fire Donna's, with co-owner Donna Anderson

favorite? "It's hard to say because I taste everything every day to be sure of quality control. Maybe the chicken or the brisket or the turkey or ...."

Lazo adds, "I do a lot of specials with a new one every day."

Anderson says, "we have a lot of people who come in 5-7 days a week so we try to offer them something different." She continues, "we have a regular following. We're the only place around here that has hot food that can be ready in 20 minutes which is

good because people are on their lunch hour."

Lazo says he gets a lot of ideas for his specials by watching cooking shows on TV and then adding his own twist. "I always add a little touch of barbecue like my pork lasagna or my smoked salmon on Friday with a honey-spice glaze."

Lazo cuts a Texas beef sausage in half lengthwise and then crosswise and places it on top of the shredded pork. He dips a ladle into a pot of cheese sauce and blankets the pork. Lazo has made the cheese sauce by blending chipotle peppers, onion, garlic and jalapenos and then sautéing them in butter in his steam kettle. "I put them on high heat for 20 minutes. It doesn't burn in the steam kettle. I use it for soups and everything."

The next step for the cheese sauce is to make a roux with a little bit of flour, heavy cream, milk, salt and pepper and cayenne pepper. "I cube the white American cheese and add it first because it takes longer to melt. Then I add the shredded mild cheddar and sharp cheddar and cook it another 20 minutes."

He squirts the barbecue sauce in a criss-cross pattern across the sandwich. Finally he mounds a brightly colored coleslaw on the top. "I have made the coleslaw with mayo, milk, chopped red and yellow peppers, red onion, shredded white and red cabbage and carrots. I add salt and pepper and celery seed." Finally the top bun is balanced on the layers and speared with a long toothpick of dill pickle slices. The



... Bubba Mike sandwich, Northern Virginia award winner

sandwich is served on a small cookie sheet.

Lazo says he has always liked the restaurant business. "I love to be in the kitchen." He was 16 years old when he started and has been the chef at Sweet Fire Donna's since it opened three and a half years ago. But he has been working with the Andersons in their other restaurants since 1984. "I learned a lot from the other chefs that trained me, and Mike Anderson taught me pretty much everything I know."

Anderson said they decided to try a barbecue restaurant this time because everybody loves barbecue. "We went to Memphis, Kansas City — a competition tour. And I'm from North Carolina where we have a vinegar-based sauce." She says that although everyone loves barbecue, there can be lengthy, heated discussions about which part of the country makes the best "so we tried to do a mix. You can get it all here."

### CALENDAR

Submit entertainment announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

#### ONGOING

**Singing the Blues exhibit.** Various hours through May 21 at the Potomac Fiber Arts Gallery, Torpedo Factory Art Center, Studio 29, 105 North Union St. Highlights the work of three featured artists Beverly Baker, Joanne Bast, and Laura Savage. Visit [www.Potomacfiberartsgallery.com](http://www.Potomacfiberartsgallery.com) or call 703-548-0935 for more.

**Kiln Club Show.** 7:30-10 p.m. through May 29 at the Scope Gallery, 105 N. Union Street, ground floor Studio 19. The "Better than Brunch: Mother's Day Originals" Kiln Club show. Call 703-548-6288, or visit [scopegallery.org](http://scopegallery.org) for more.

**Gods, Heroes, and Fools.** Various times through June 4 at the Torpedo Factory Art Center, Studio 21, 105 North Union St. Artist Lesa Cook sets

the Greek and Roman gods into a contemporary context in "Gods, Heroes, and Fools. Visit [www.theartleague.org](http://www.theartleague.org) or call 703-683-1780.

**"Master Class" on Stage.** Through June 11, 7 p.m. at Metrostage, 1201 N. Royal St. Music direction by Joseph Walsh, featuring Ilona Dulaski as Maria Callas in Terrence McNally's valentine to "La Divina." Call 703-548-9044 or visit [www.metrostage.org](http://www.metrostage.org).

**Native Plants, Herbs, and Heirloom Tomatoes.** Various times through mid June at Mount Vernon Unitarian Church Greenhouse, 1909 Windmill Lane. Visit [www.mvuc.org](http://www.mvuc.org) for more.

**Costumes of Mercy Street.** Through Sept. 1, at The Lyceum: Alexandria's History Museum, 201 S. Washington

St. To learn more about The Lyceum, visit [alexandriava.gov/Lyceum](http://alexandriava.gov/Lyceum) or call 703-746-4994.

**Gadsby's Tavern Museum Relics.** Various times through Labor Day at Gadsby's Tavern Museum, 134 N. Royal St. Learn the history of the museum, the purchase and see the original woodwork. Call 703-746-4242 or visit [www.gadsbystavern.org](http://www.gadsbystavern.org) for more.

**Mount Vernon Farmers Market.** 8 a.m.-12 p.m., Wednesdays, through Dec. 14. Fresh local food, artisan crafts. Sherwood Library, 2501 Sherwood Hall Lane. Visit [www.fairfaxcounty.gov/parks/farmersmarkets/mtvernonmkt.htm](http://www.fairfaxcounty.gov/parks/farmersmarkets/mtvernonmkt.htm) for more.

**All the President's Pups.** Saturdays 10 a.m. at George Washington's Mount Vernon, 3200 Mount Vernon



### Emil de Cou

**On Saturday, May 20, an ASO concert with Emil de Cou, 8-10 p.m. at Rachel M. Schlesinger Concert Hall and Arts Center, 4915 E Campus Drive.**

Highway, Mount Vernon. All the President's Pups Walking Tour, along the way, learn about George Washington's love for dogs, his dogs' unusual names, and his efforts to improve the quality of his hunting dogs through breeding. \$7. Visit [www.mountvernon.org](http://www.mountvernon.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

SEE ENTERTAINMENT, PAGE 17

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



# ENTERTAINMENT

FROM PAGE 16

[www.dcmilitarytour.com](http://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 Goldsmith 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](http://www.alexandriahistory.org) for more.

**Pick-Up Hockey.** Ongoing, Wednesdays and Fridays 11:30 a.m.-1 p.m. at Mount Vernon Ice Skating, 2017 Belle View Blvd. Play hockey with other hockey buffs, hitting slap shots and learning puck handling skills that the pros use. Players must have full equipment. 16 and older. Visit [www.fairfaxcounty.gov/parks/rec/mtvernon/](http://www.fairfaxcounty.gov/parks/rec/mtvernon/) or call 703-768-3224 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](http://www.alexandriava.gov/fortward) for more

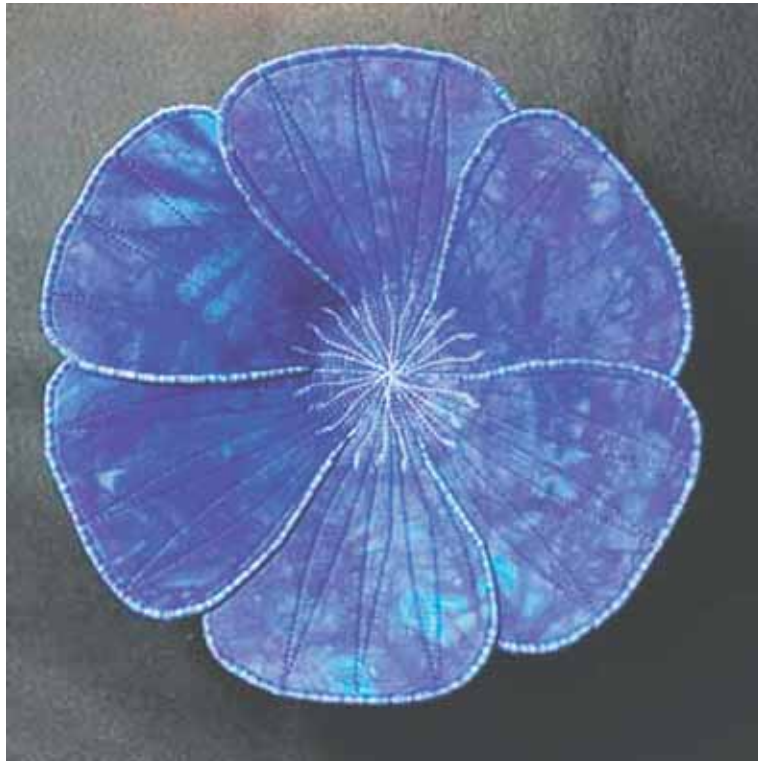
**Alexandria's Nurses and Hospitals During the Civil War.** Ongoing at The Lyceum, 201 S. Washington St. An exhibit on the life of Clarissa Jones, a nurse at The Lyceum hospital during the Civil War. The true story of a nurse in Alexandria during the war, drawing parallels with characters portrayed in 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](http://www.alexandriava.gov/lyceum) for more.

**Shield of Earth: Defending the Heart of the Union exhibit.** Ongoing, museum hours Tuesday through Saturday, 10 a.m.-5 p.m., Sundays, noon-5 p.m. at Fort Ward Museum, 4301 West Braddock Road. Highlights of the exhibition include military passes issued by Provost Marshal's Office, construction tools, and original photographs of some of Washington's defenders. 703-746-4848 or [www.fortward.org](http://www.fortward.org).

**Who These Wounded Are: The Extraordinary Stories of the Mansion House Hospital exhibit.** Ongoing, Tuesday through Saturday, 10 a.m.-4 p.m., Sundays, noon-4 p.m. at the Carlyle House Historic Park, 121 N. Fairfax St. Come see the site that inspired "Mercy Street," the new PBS' series inspired by real events that took place at Carlyle House. [www.carlylehouse.org](http://www.carlylehouse.org) or call 703-549-2997

**Color Disorder Exhibit.** Ongoing, Thursday through Sunday, noon-4 p.m., Sundays, noon-4 p.m. at the The Athenaeum, 201 Prince St. A joint exhibition of artists Katie Baines and Amy Chan who use diverse painting materials such as acrylic, gouache, airbrush and screen print to build energized abstract paintings. [www.nfaa.org](http://www.nfaa.org) or 703-548-0035.

**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](http://www.latascausa.com).



## Flora and Fauna

This purple flower bowl made by artist Floris Flam will be part of the Flora and Fauna Art show, May 23-June 25 at the Potomac Fiber Arts Gallery in the Torpedo Factory Art Center, Studio 29, 105 North Union St. Visit [www.Potomacfiberartsgallery.com](http://www.Potomacfiberartsgallery.com) or call 703-548-0935 for more.

**French Movie Night.** Every Thursday, 7 p.m. in the back room of Fontaine Caffe and Creperie, 119 S. Royal St. View a French film. Free, no reservation necessary. Call 703-535-8151 or visit [www.fontainecaffe.com/reviews.html](http://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](http://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](http://www.fortward.org) or call 703-746-4848.

**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](http://www.mountvernon.org) for more.

**Second Thursday Music.** Athenaeum, 201 Prince St. 7 p.m. Second Thursday of every month. Visit [nvfaa.org](http://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.

**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](http://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](http://www.monaco-alexandria.com) for more

**Wake Up Wednesdays** featuring The Pop Up Cafe. 7-9:30 a.m. on Wednesday's near the King Street Tunnel - Carlyle Entrance located near 2000 Duke Street near Motley Fool. The cafe will feature coffee, live music to help commuters start the day off right and donuts from Sugar Shack. [maurisapotts@gmail.com](mailto:maurisapotts@gmail.com)

## CAMPS, CLASSES & WORKSHOPS

**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

SEE ENTERTAINMENT, PAGE 18

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# ENTERTAINMENT

FROM PAGE 17

[www.TheDelRayArtisans.org](http://www.TheDelRayArtisans.org) for a schedule.

## The Harmony Heritage Singers

(Mount Vernon Chapter of Barbershop Harmony Society), a daytime, a cappella, Chorus, rehearses on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays, monthly, at Sherwood Hall Regional Library, 2501 Sherwood Hall Lane, 10 a.m.-1 p.m. Newcomers welcome for fun or to book for a performance. Visit [www.HHSingers.org](http://www.HHSingers.org), or call Bruce at 703-352-5271.

## MAY 31-AUG. 25

**Summer Theatre Camps.** Various times at the Little Theatre of Alexandria, 600 Wolfe St. Preschool-8th graders can learn acting, musical theatre, dancing, improv, Shakespeare, film making. Visit [www.thelittletheatre.com](http://www.thelittletheatre.com) or call 703-683-5778.

## JUNE 26-28

**Civil War Mini-Camp.** 9 a.m.-1 p.m. each day at Fort Ward Museum and Historic Site, 4301 West Braddock Road. Camp participants will explore life during the Civil War through fun and educational activities such as drilling and marching, hands-on craft lessons, 19<sup>th</sup>-century games, and learning from guest reenactors. Ages 9-12. Call 703-746-4848 or visit [www.fortward.org](http://www.fortward.org).

## JULY 13-29

**By the Seashore.** 6-8 p.m. at The Lab at Convergence, 1819 N. Quaker Lane. Produced by Arts on the Horizon. Using an imaginative mix of puppetry, movement, and sound, this sensory-filled production is specifically designed for babies and young toddlers. Visit [www.artsonthehorizon.org](http://www.artsonthehorizon.org) for more.

## JULY 17-21

**Del Ray Artisans 2017 Summer Art Camp.** All day at Del Ray Artisans gallery, 2704 Mount Vernon Ave. Ages 8-14 are invited to spend one week creating art and architecture, followed by a one-day gallery show. All art supplies and snacks are provided. Visit [DelRayArtisans.org/event/Art-Camp-2017](http://DelRayArtisans.org/event/Art-Camp-2017) for more.

## JULY 24-28

**Del Ray Artisans 2017 Summer Art Camp.** All day at Del Ray Artisans gallery, 2704 Mount Vernon Ave. Ages 8-14 are invited to spend one week creating art and architecture, followed by a one-day gallery show. All art supplies and snacks are provided. Visit [DelRayArtisans.org/event/Art-Camp-2017](http://DelRayArtisans.org/event/Art-Camp-2017) for more.

## THURSDAY/MAY 18

**Archaeology Social.** 5-7 p.m. at The Light Horse, 715 King St. Join current Friends of Alexandria Archaeology members and city archaeologists for happy hour to learn more about to support the preservation of the city's archaeological heritage, and hear about the benefits offered to FOAA members. Free. Email [Archaeology@alexandriava.gov](mailto:Archaeology@alexandriava.gov) for more.

## FRIDAY/MAY 19

**Bike to Work Day 2017.** Registration — now open — is free and open to anyone who commutes in the region, from first timers to daily cyclists. All registrants will be entered in a regional bicycle raffle, and the first 16,000 to register and attend will receive a free t-shirt at one of more



**Emil de Cou will be the guest conductor at the Alexandria Symphony Orchestra's season finale concert May 20 at the Rachel M. Schlesinger Concert Hall.**



**Nicholas Hersh**

# ASO Season Finale May 20

## Music director finalists announced.

BY JEANNE THEISMANN  
THE GAZETTE

**A**s the Alexandria Symphony Orchestra prepares for its season finale concert May 20, the slate of finalists to replace longtime Music Director Kim Allen Kluge has been announced.

ASO musicians will perform under the baton of NSO at Wolf Trap conductor Emil de Cou as the season ends with Dvořák's epic Symphony No. 9. Also on the program is Barber's virtuosic Violin Concerto with ASO's own Marlisa del Cid Woods and John Williams' Americana-inspired Overture from the 1972 film "The Cowboys."

The selected candidates to replace Kluge will conduct and program four pairs of concerts during the ASO's 2017-2018 season as their final audition.

The final candidates are: Michael Rossi, conducting Sept. 23 and 24; James Ross, conduct-

ing Oct. 21 and 22; José-Luis Novo, conducting Feb. 10 and 11, 2018; and Nicholas Hersh, conducting April 7 and 8, 2018.

More than 170 candidates from around the world submitted applications for the position held by Kluge for 28 years.

"The ASO is thrilled to announce the final candidates, one of which will be the ASO's next Music Director," said Ronal Butler, president of the ASO Board of Trustees. "The search committee received a qualified pool of applicants. These four finalists have unique backgrounds and fresh ideas to offer the ASO for its upcoming 75th Anniversary year and beyond."

Rossi is the founder and artistic director of the Miami Summer Music Festival; Ross is currently director of Orchestras at the University of Maryland and serves on the faculty at Juilliard; Hersh serves as associate conductor with the Baltimore Symphony Orchestra; and Novo leads the Annapolis Symphony Orchestra as music director and conductor.

For more information or to order tickets, visit [www.alexsym.org](http://www.alexsym.org) or call 703-548-0885.



**James Ross**



**Michael Rossi**



**Jose-Luis Novo**

PHOTOS CONTRIBUTED

than 85 pit-stops throughout Northern Virginia. Participants can register online at [www.biketoworkmetrodc.org](http://www.biketoworkmetrodc.org). Email Megan Goodman at [mgoodman@mwccog.org](mailto:mgoodman@mwccog.org), or call 202-962-3209 for more.

**Golf Tournament Fundraiser.** At Lansdowne Resort. Alexandria-based Christian Relief Services is hosting a golf tournament to support its Safe Places program providing safe housing for women and children fleeing domestic violence. Registration includes greens fees, lunch, dinner, prizes and gifts. Visit [safe-places.org/golf-classic](http://safe-places.org/golf-classic) or call 703-317-9086.

**Community Service Day.** 12:30 p.m. at Ewald Park, 4452 Duke St. WEBAlexandria's Team of Volunteers will weed and plant at Ewald Park, 4452 Duke St. Call 703-772-6716 for more.

**Capitol Steps.** 7 p.m. at First Baptist Church of Alexandria, 2932 King St. A fundraiser to benefit the local Salvation Army. Visit [give.salvationarmyusa.org](http://give.salvationarmyusa.org) for more.

**Wax Museum Reunion.** 7:30 p.m. at The Birchmere, 3701 Mt. Vernon Ave. 1980's reunion of all that was Desperado's and The Wax Museum including Billy Price, The Original Keystone Rhythm band, The Bob Margolin Blues Band, The Good Humor Band and the Skip Castro Band. Visit [www.birchmere.com](http://www.birchmere.com) for more.

## SATURDAY/MAY 20

### 2017 Little Hunting Creek

**Cleanup.** 9 a.m.-5 p.m. at Little Hunting Creek, at three locations: Janna Lee Avenue Bridge, Creekside Village Apartments, Mount Vernon Shopping Plaza Near Duron Paints. Part of the Alice Ferguson Foundation's Annual Potomac Cleanup. Visit [www.scottsurowell.org](http://www.scottsurowell.org) for more.

**Annual Green Springs Plant Sale.** 9 a.m.-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. Plenty of native plants, plants for pollinators, shade and sunny solutions, and of course, master gardeners are available to help with selections and answer all plant questions. Call 703-642-5173 for more.

**Archaeology Sidewalk Talk.** 9:30-10:15 a.m. at Robinson Terminal South, 2 Duke St. Join City of Alexandria archaeologists for an in-depth conversation about recent discoveries at the Robinson Terminal South development. Call 703-746-4399 or e-mail **City Public Works Open House.** 10 a.m.-2 p.m. at at T&ES Office, 2900 Business Center Drive. Join the City of Alexandria in recognizing the contributions of public works professionals in the community. The city's Department of Transportation and Environmental Services will kick off National Public Works Week (May 21-27) by hosting its inaugural "We are T&ES" Open House. Free. Visit [www.alexandriava.gov/TES](http://www.alexandriava.gov/TES) for more.

**Whistle and Wild Pop Up Shop.** 10 a.m.-3 p.m. at Kimpton Lorien Hotel and Spa, 1600 King St. A local online boutique specializing in curated, handpicked ready-to-wear apparel in the hotel's living room, fashionistas will find a selection of pieces that mix southern influences and mod city style. Visit [www.whistleandwild.com](http://www.whistleandwild.com) for more.

**Lecture - Contemporary African Immigration.** 11 a.m.-1 p.m. at the Alexandria Black History Museum, 902 Wythe St. Dr. Nemata Blyden, a George Washington University professor talks about the Africans who arrived in the United States after slavery ended in 1863. Call 703-746-4356, or email

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# ENTERTAINMENT

FROM PAGE 18

reserve@portofharlem.net.

## Armed Forces Day Tour and

**Concert.** 11 a.m.-1 p.m. Tour of Fort Ward, the best preserved of the Union forts that defended Washington during the Civil War, followed by a concert of Civil War music by the Federal City Brass Band on the Museum lawn. Call 703-746-4848 or visit [www.fortward.org](http://www.fortward.org) for more.

## Contemporary African

**Immigration Lecture.** 11 a.m.-1 p.m. at the Alexandria Black History Museum, 902 Wythe St. Dr. Nemata Blyden, a George Washington University professor talks about the Africans who arrived in the United States after slavery ended in 1863. Call 703-746-4356 for more.

## Civil War Firefighting Walking

**Tour.** 1-3 p.m. at the Fire Station, 107 South Alfred St. Explore Alexandria's Civil War firefighting history on the "We've Been Burned: Alexandria Firefighters During the Civil War" tour. Visit [www.shop.alexandriava.gov](http://www.shop.alexandriava.gov) or by calling 703-746-4994 or 707-746-3891.

**Architectural Walking Tour.** 2-4:30 p.m. Details about start location and reception address will be provided to all registrants. Architectural Walking Tour of Rosemont followed by a garden reception at a private home \$20. Visit



## In Concert

**The Nitty Gritty Dirt Band performs at The Birchmere, 3701 Mt. Vernon Ave. on Sunday, May 21 at 7:30 p.m. \$45. Visit [www.birchmere.com](http://www.birchmere.com) for more.**

[www.visitalexandriava.com/](http://www.visitalexandriava.com/) or call 703-746-4554 for more.

**Taste of Mount Vernon.** 5:30-7:30 p.m. at the Mount Vernon Governmental Center, 2511 Parkers Lane. Restaurants are featured. Visit [www.fairfaxcounty.gov/mountvernon/](http://www.fairfaxcounty.gov/mountvernon/) or call 703-780-7518.

**Country-Western Dance.** 6-9:30 p.m. at Lincolnia Senior Center, 4710 N. Chambliss St. Lessons at 6 p.m. and dancing at 7. The Northern Virginia Country-Western Dance Association members \$10; non-members \$12; children under 18 accompanied by a paying adult \$5. Visit [www.nvcwda.org](http://www.nvcwda.org) or call 703-860-4941.

**New World Symphony.** 8-10 p.m. at Rachel M. Schlesinger Concert Hall and Arts Center, 4915 E Campus Drive. Conductor Emil de Cou presents Dvořák's Symphony No. 9. Written as both a tribute to his immigrant roots and his adopted homeland, this American-inspired work borrows from Native American song, African American spirituals, Scottish melodies and Dvořák's own Czech folk traditions. \$20-\$80 adult, \$5 youth, \$10 student. Visit [www.nvcc.edu/schlesingercenter/](http://www.nvcc.edu/schlesingercenter/).

## MAY 19-20

**Music Through The Ages: Gospel and Barbershop.** 6-9 p.m. Friday and 11 a.m.-2 p.m. Saturday at the Durant Arts Center, 1605 Cameron St. "Fairfield Four" will headline the two days and will be singing in the traditional African American a cappella gospel style. The Music Through the Ages is partnering with ALIVE!, and Hunger Free Alexandria to host a community food drive. Bring a nonperishable food item to the concert and help the hungry in Alexandria's community. \$5 per person, per day and at the door tickets are \$10 per person per day. Call 703-746-5588 or emails [cheryllanne.colton@alexandriava.gov](mailto:cheryllanne.colton@alexandriava.gov).

## MAY 20-21

**Herb Thyme Workshop.** Saturday 10 a.m.-noon, Sunday 1-3 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Highway, Mount Vernon. Step behind the scenes into Mount Vernon's production greenhouse with horticultural staff and plant a herb container. \$60. For ages 16 and older. Visit [www.mountvernon.org/herbthyme](http://www.mountvernon.org/herbthyme) for more.

## SUNDAY/MAY 21

**Health and Wellness Fair.** 11 a.m.-3 p.m. at Cameron Station, 200 Cameron Station Blvd. Learn how to kickbox, Power Nutrition, ancient healing methods and improve the skin. Free.

# 3 Ways to Pack Your Picnic Basket

BY HOPE NELSON  
THE GAZETTE

By all estimations, spring's final chill departed with a whoosh last weekend. This frees Alexandrians up for one important thing: Picnicking. When you're short on time but long on motivation, stop by any of these three spots to pick up a meal suitable of a comfy picnic basket and a day in the sun (or a night under the stars).

## The Italian Place, 621 Wythe St.

This relative newcomer to Old Town has all the fixings you might need for an al fresco day out of the kitchen. From subs to salads to decadent desserts, you've got a one-stop shop of Italian goodies at your fingertips here.

The Eva Italian sub offers up mortadella, salami, and provolone cheese with an array of vegetables for a hearty, filling meal; the Adriana Caprese with mozzarella, tomato, basil, and pesto gives a meat-free option to those eschewing salami and the like. Or go all-out and order the Nonnie's Meatball sub with The Italian Place's sought-after meatballs. Whatever you do, don't forget to pick up a bombolini or two for dessert; the Italian crème-filled doughnuts are a delicacy not to be missed.

## Hawwi Ethiopian, 1125 Queen St.

Hawwi resides in a little café on the corner of Queen and Fayette streets — a perfect spot to swing by and pick up your picnic meal on the way out for the evening. At first blush, Ethiopian may not seem to be the most picnic-friendly of foods, but think about it: This style of cuisine is typically eaten with one's hands, much like a traditional picnic buffet, and the menu is just as varied.

Order a couple of lentil sambusa — at least one sambusa per picnicker — to get the meal started and then it's time to plan for the main course. For a night outdoors with friends, you'll definitely want to select from the combinations to get the most bang for your buck. The Vegan Sampler is a great way to en-



**The Italian Place offers an array of sandwiches to pack in your picnic basket.**

sure everyone has something to eat; teeming with nine different vegetable dishes, it's a veritable tour of Ethiopia on a plate. Or add one of the meat-centric combinations to expand your choices further: Hawwi offers five "regular" combos, plus a Super Combo and a Queen Combo, from which to choose depending on the number in your party.

## Sam Phao Thai Cuisine, 1019 King St.

Located between Patrick and Henry streets, this beloved Thai restaurant has much more than in-house dining going for it. Indeed, the portability of its meals makes it an excellent candidate for picnic fare.

Order some garden rolls for pre-dinner munchies — fresh veggies wrapped in rice paper; these rolls are light and airy and won't weigh you down for the main course. Then get on with the business of dinner itself; Sam Phao won't let you down here either. Feeling like you need to carb-load? Go with the Pad See Ew with your choice of protein; the wide rice noodles are stir-fried with egg and broccoli in a soy sauce, and the dish is at once light and filling. And don't dismiss the curries; the panang curry is one of the best you'll find anywhere in the city and alongside some rice makes for a wonderful, portable picnic dinner.

Hope Nelson owns and operates the Kitchen Recessionista blog, located at [www.kitchenrecessionista.com](http://www.kitchenrecessionista.com). Email her any time at [hope@kitchenrecessionista.com](mailto:hope@kitchenrecessionista.com).

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The exhibit honoring the 2017 Inductees is on display at the National Inventors Hall of Fame Museum at the U.S. Patent and Trademark Office.



The crowd at the May 3 Illumination Ceremony at the National Inventors Hall of Fame.

## Pioneers of Innovation Inventors Hall of Fame inducts Class of 2017.

BY JEANNE THEISMANN  
THE GAZETTE

PHOTOS CONTRIBUTED

Innovations ranging from Band-Aids to bioorthogonal chemistry were recognized May 3 as 15 new inductees were honored during the 2017 Illumination Ceremony at the National Inventors Hall of Fame Museum at the U.S. Patent and Trademark Office.

"Each year, we induct a new class of industry pioneers into the National Inventors Hall of Fame who have conceived and patented innovations to further our nation, and this year's class is no exception," said National Inventors Hall of Fame CEO Mike Oister. "This year's Inductees have provided solutions to life's common problems and as a result, they've enhanced our lives."

The 2017 class and inductees from previous years were recognized during the "Greatest Celebration of American Innovation," a two-day event that gathered innovators from around the world.

"I am humbled and honored to be in such great company," said Frances Ligler, 2017 Inductee and inventor of Portable Optical



**Dr. Carolyn Bertozzi (Bioorthogonal Chemistry) and Dr. Frances Ligler (Portable Optical Biosensors), both 2017 Inductees, at the 2017 Illumination Ceremony.**

Biosensors. "As an inventor who has enjoyed making things from my earliest childhood years, I look forward to partnering with the National Inventors Hall of Fame to inspire the next generation of creative scientists and engineers, especially young women who aspire to be inventors in their own right."

The 2017 inductees to the National Inventors Hall of Fame include: Iver Ander-



**Eli Harari, left, a 2017 National Inventors Hall of Fame Inductee, chats with 2011 Inductee, Steve Sasson at the May 3 Illumination Ceremony at the National Inventors Hall of Fame Museum. Harari is the inventor of the Floating Gate EEPROM and co-inventor of System-Flash. Sasson is the inventor of the digital camera.**

son – Lead-Free Solder; Donald Arney – Bambi Bucket for Aerial Firefighting; Carolyn Bertozzi – Bioorthogonal Chemistry; Eli Harari – Floating Gate EEPROM and System-Flash; Marshall Jones – Industrial Lasers; Frances Ligler – Portable Optical

Biosensors; Tom Leighton and Daniel Lewin (Posthumous Inductee) – Content Delivery Network; Earle Dickson (Posthumous Inductee) – Band-Aid Adhesive Bandage; Harold "Bud" Froehlich (Posthumous Inductee) – Alvin Deep-Sea Submersible; Haren Gandhi (Posthumous Inductee) – Automotive Exhaust Catalysts; Howard Head (Posthumous Inductee) – Laminated Ski; Oversized Tennis Racket; Beatrice Hicks (Posthumous Inductee) – Device for Sensing Gas Density; Allene Jeanes (Posthumous Inductee) – Dextran Production; Xanthan Gum; and Augustine Sackett (Posthumous Inductee) – Drywall.

For more information on this year's inductees and programs of the National Inventors Hall of Fame, visit [www.invent.org](http://www.invent.org).

### BULLETIN BOARD

#### VOLUNTEERS NEEDED

Contact Volunteer Solutions at 703-324-5406, [VolunteerSolutions@fairfaxcounty.gov](mailto:VolunteerSolutions@fairfaxcounty.gov) or [www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm).

**The Gum Springs Senior Program** is looking for a Line Dance Instructor. An Urdu-speaking Grocery Shopper is needed in Alexandria to assist an older adult male twice a month.

**The Kingstowne Center for Active Adults** needs Instructors for the following classes: Art, Line Dance, Hula Hoop Class and African Style Dance.

**The Mount Vernon Adult Day Health Care Center** needs front desk volunteers, an Art Instructor to teach water colors and acrylics and Social Companions.

**The Lincolnia Senior Center** in

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

Alexandria is looking for Instructors for the following classes: Jewelry Making, Knitting/Crochet, Zumba, Yoga/Matwork, Aerobics and needs Front Desk Assistance.

#### THIRD MONDAY OF THE MONTH

**Mobile DMV.** 9 a.m.-4 p.m. at Sherwood Hall Library. Two programs, DMV Connect and DMV 2 GO, will provide full DMV service to the Route 1 area. At the Sherwood Hall service centers, customers can apply or renew their ID cards, drivers licenses, take road and knowledge tests, apply for special ID cards, get copies of their driving records, obtain vehicle titles, license plates, decals and transcripts, order disabled parking placards or plates, purchase an EZ-Pass transponder and more. A full list of services is available at [www.dmv.virginia.gov](http://www.dmv.virginia.gov).

#### SATURDAY/MAY 27

**Mount Vernon Flea Market.** 8 a.m.-1 p.m., at 8717 Fort Hunt Road. The flea market features: furniture, art, china, glass, porcelain, pottery, and books. Visit [mountvernonfleamarket.wordpress.com](http://mountvernonfleamarket.wordpress.com) for more.

#### ONGOING

**Art Making as Meditation.** 7-8:30 p.m. St. Aidan's Episcopal Church, 8531 Riverside Road. Art making as meditation can be an active form of contemplative practice. Each session begins with a short reading and a brief introduction to materials. Silence for making and meditation lasts an hour followed by sharing images or insights gained through the process, if desired. Children able to participate in silence are welcome to

come with a parent's quiet supervision. RSVP not necessary for attendance, but helpful for planning purposes. Call 703-360-4220, email [info@centerforspiritualdeepening.org](mailto:info@centerforspiritualdeepening.org) or visit [www.staidansepiscopal.com/Center-for-Spiritual-Deepening](http://www.staidansepiscopal.com/Center-for-Spiritual-Deepening).

**Mount Vernon Preservation Challenge.** George Washington's Mount Vernon has embarked upon a special year-end fundraising campaign that will help ensure the ongoing preservation of the estate of this nation's first president. As the country's most popular historic home, Mount Vernon does not accept government funding, instead relying upon donations from patriotic individuals and organizations. Through the Preservation Challenge, Mount Vernon hopes to raise enough money to perform critical repairs and restoration work on original structures located in the historic

area. The funds raised through the Mount Vernon Preservation Challenge will support the following projects:

- ❖ **The Spring House:** This building currently does not have a roof. Money originally slated for this project was reassigned to perform emergency repairs in the Mansion.
- ❖ **The Ice House:** There is a serious crack in the masonry that may result in long-term structural damage if not promptly addressed.
- ❖ **The Mansion:** Mount Vernon has just begun a five-year "rustication" project, which is the method used in George Washington's time of cutting, beveling, and sand-casting wood siding to make it appear as if it is stone.

For more information, visit [www.mountvernon.org/donate](http://www.mountvernon.org/donate).

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# NEWS

**Mayor Allison Silberberg, left, stands with Rotary Club of Alexandria honorees at the club's Charter Night April 8 at Belle Haven Country Club. With Silberberg are Gant Redmon, Mary Lee Anderson, Christine Friedberg, Gerry Cooper, Susan Grandy and Rotary Club of Alexandria President Tom Roberts.**

PHOTO CONTRIBUTED



## 'Service Above Self' Rotary honors community leaders.

The Rotary Club of Alexandria honored six individuals for their service to the community at the organization's Charter Night celebration held April 8 at Belle Haven Country Club. The evening commemorated the 89<sup>th</sup> anniversary of the founding of the club, which was established on March 14, 1928, and is part of the Rotary International network of 35,000 clubs worldwide.

Awards were presented to both Rotarians and non-

members who best exemplify the Rotary motto "Service above Self." Recipients include: Distinguished Rotarian award - Tom Hook; Rotarians of the Year - Mary Lee Anderson and Christine Friedberg; Gordon Peyton Jr. Community Caring Award (non-Rotarians) - Gerry Cooper, Community Volunteer, and Susan Grandy of Open Table; and Presidential Award - Gant Redmond.

— JEANNE THEISMANN

### BULLETIN BOARD

FROM PAGE 20

#### SUPPORT GROUPS

**Peer Facilitated Mental Health Support Group** 6:30-8:30 p.m. Thursdays at the Gartlan Behavioral Health Center, 8119 Holland Road. Facilitated by trained peers with lived-experience dealing with mental health challenges. 571-414-9072 sharonmartinbsa@yahoo.com

**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.

#### VOLUNTEERS NEEDED

**Line Dance Instructor needed** for the Gum Springs Senior Program once a week on either Tuesday, Wednesday or Thursday. Volunteer Solutions, call 703-324-5406, TTY 711.

**Volunteer Fairfax** makes it easy for individuals and families, youth and seniors, corporate groups and civic clubs to volunteer. Fulfill hours, give back, or pay it forward through a variety service options. Visit www.volunteerfairfax.org or call 703-246-3460.

**STEM VOLUNTEERS.** The American Association for the Advancement of Science (AAAS) needs scientists, engineers, mathematicians, and physicians to assist K-12 STEM (Science, Technology, Engineering, Mathematics) teachers in the Northern Virginia Area, during the 2016-17 school year. In the 2015-16 school year, the numbers of STEM volunteers in Northern Virginia were: Fairfax County - 40, Arlington - 20, and Alexandria - one. Details of the collaboration are worked out between the teacher and the volunteer, and may involve giving demonstrations, assisting in lab experiments, lecturing on special topics, assisting with homework, etc. The hours are flexible, and volunteers attend a one-day training in September before being assigned to schools. To see how volunteers are assisting their teachers, view the video clips at www.seniorscientist.org. To volunteer, contact donaldrea@aol.com.

**Fairfax County's Community Services Board** is seeking volunteer office assistants. Volunteers are needed to assist CSB staff with greeting guests, making reminder phone calls, data entry, filing, shredding, stocking shelves, and other duties as needed. Hours are flexible, but would be during normal business hours. Visit www.fairfaxcounty.gov/csb/viva/volunteers.htm for more.

**Yoga Teachers** are needed. Help improve a person's well-being by teaching yoga classes to adults who are staying in a residential facility. The day/time is flexible, but would be during the week. Prior yoga instruction is required. Visit www.fairfaxcounty.gov/csb/viva/volunteers.htm for more.

**The Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and

assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email

Lisa.Callahan@fairfaxcounty.gov. **Respite Care volunteers** give family caregivers of a frail older adult a break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov. Fairfax County needs **volunteers to**

SEE BULLETIN, PAGE 22



### Elected to Board

**Dr. Don Brideau was recently elected to the Mount Vernon-Lee Chamber Board of Directors to fill the unexpired term of Deborah Addo. Brideau is the new president and CEO of Inova Mount Vernon Hospital and had been serving as chief medical officer at the hospital.**

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# BULLETIN BOARD

FROM PAGE 21

**drive older adults** to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Gum Springs Senior Program** in Alexandria is looking for a Line Dance Instructor. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Kingstowne Center for Active Adults** in Alexandria needs Instructors for the following classes: Country-Western Line Dance, Hula Hoop and African Style Dance. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Hollin Hall Senior Center in Alexandria** needs instructors for the following classes: Basic Woodworking, Italian and Ballroom Dance. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Mount Vernon Adult Day Health Care Center** in Alexandria needs front desk volunteers and patient Card Players. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Advisory Board of the Joe and Fredona Gartlan Center** for mental health is looking for volunteers. The board meets the second Tuesday of the month from 9-11 a.m. at Gartlan Center 8119 Holland Road.

**United Community Ministries** seeks volunteers to act as food pantry assistants, basic needs counselors, youth tutors and mentors, office admin/data entry, community outreach, ESL teachers and co-teachers, and teacher aides. Visit [www.ucmagency.org/volunteer-at-ucm.html](http://www.ucmagency.org/volunteer-at-ucm.html).

**Mount Vernon At Home** is a non-profit organization that relies on volunteers to assist older adults aging in place in their homes. Volunteers are needed for local transportation to medical and personal appointments, errands, and grocery store trips; light handyman chores, home technology and more. No minimum number of volunteer hours required. Call Mount Vernon At Home 703-303-4060 or e-mail [info@mountvernonathome.org](mailto:info@mountvernonathome.org) or visit [www.mountvernonathome.org](http://www.mountvernonathome.org) for more.

**Volunteer Advocates for Nursing Home & Assisted Living Residents** needed throughout Northern Virginia. Contact the Northern Virginia Long-Term Care Ombudsman Program at [www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/](http://www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/), or email [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov) or call 703-324-5861, TTY 711.

**Hollin Hall Senior Center** is looking for a DJ ballroom and dance instructor. The Hollin Hall Senior Center, 1500 Shenandoah Road.

The **Mount Vernon Adult Day Health Care Center** is looking for social companions for participants on Fridays from 3-5 p.m. and front desk volunteers on Tuesdays and Wednesdays from 11 a.m.-noon and 3:30-4:30 p.m. Located at 8350 Richmond Highway. For these and other volunteer opportunities call 703-324-5406 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults).

## ONGOING

**Plant Clinics.** Through September, Wednesdays, 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 gardeners to bring samples for diagnosis or identification. Visit [fairfaxgardening.org](http://fairfaxgardening.org) for more.

The **Mount Vernon Estate** has released "The Winter Patriots," a video presentation about George Washington crossing the Delaware River on Christmas Day 1776. Buy the film for \$4.99 or rent for \$2.99 at [mountvernon.org/winterpatriots](http://mountvernon.org/winterpatriots).

Musicians are invited to join the **Mount Vernon Community Band**. Rehearsals are Tuesday 7:30-9:30 p.m. in the Mount Vernon High School band room, 8515 Old Mount Vernon Road. There are no auditions. The Mount Vernon Community Band is a nonprofit community service organization that has performed in the Mount Vernon area since 1978. 703-768-4172 or [www.mvbands.com](http://www.mvbands.com).

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. <b>-Werner Heisenberg</b>			

## New To Some, Old News To Others



By KENNETH B. LOURIE

For those of you unfamiliar with my column: in Burke, Springfield, Fairfax, Fairfax Station/Clifton/Lorton, Mount Vernon and Alexandria, welcome aboard the Kenny train. I have been writing a weekly column for Connection Newspapers since December 1997 appearing primarily in our "Tuesday papers," as we call them: Vienna/Oakton, McLean, Great Falls, Reston, Oak Hill/Herndon, Arlington, Chantilly, Centre View and Potomac. The question has persisted among friends and family: Ken he continue to, as my older brother Richard jokes, "churn out this dribble?" Apparently so, if the last 19 and half years are any indication.

Back in the day when I first had to characterize my column for various local yearly Press Association editorial contests (of which I have won nearly a dozen awards), I would write "Everything in general about nothing in particular." A great friend of mine, Edward Faine, himself an accomplished author — of children's and jazz books, and a small press publisher as well, has described my columns as "Thoughtful humor and insightful commentary." Perhaps between these two quotes you'll get a sense of what you're likely to get from my weekly wondering.

And so it continued until June 2009. That's when I published my first column about a diagnostic process which had been ongoing since New Years Day which ultimately lead to a lung cancer diagnosis delivered to "Team Lourie" on Feb. 27, 2009 (you bet you remember the date). That column, entitled "Dying to Find Out, Sort Of," chronicled the process, excruciating as it was/is that one often endures attempting to determine the cause of a medical problem; in my case, a pain in my left-side rib cage which a day or so later, migrated to my right-side and eventually took my breath away — almost literally, especially when inhaling and/or bending over. This difficulty forced me off the couch and into my car for a drive over to the Emergency Room. Once the diagnosis was confirmed, I wrote another column entitled "Dying to Tell You, Sort Of" which detailed the findings of the nearly eight weeks the process took to specify my diagnosis: stage IV, non-small cell lung cancer (NSCLC). Out of the blue, I had become "terminal," as my oncologist described me, and given a "13 month to two-year" prognosis to boot. Surreal, which is a common description offered by many in similar situations, is how one feels after receiving news of this kind, and only begins to tell the tale of the change and evolution in the individual's life living forward into treatment and subsequently beyond into the great unknown.

This 'great unknown' is mostly what I have written about and published ever since; "cancer columns" (original I know) is what I call them. Occasionally, I will write a non-cancer column, one a month or so, depending on my experiences. These columns will address non-cancer issues of the day, ranging from the sublime to the ridiculous. Most recently topics have included the movie "The Exorcist," "Exercising a Demon," paying for things with a credit card: "Credit the Card," reacting to advertising for grass seed and riding mowers: "And So It Begins," and buying in bulk: "Bulky Boy," but never/well, almost never do I write about my wife, Dina; I have been warned.

Though the recurring theme of these columns is cancer, the content is rarely morbid or dare I say, self-indulgent, believe it or not. I try to make fun a very "unfun" set of circumstances. I'm still writing about life; now however, it's life in the cancer lane, a road unlike any I had ever traveled before. Nevertheless, I've gotten through eight years and nearly three months of it relatively incident free, save for a week in the hospital three and a half years ago. And yes, I am still undergoing treatment.

I hope you readers will be semi amused at the slings and arrows of outrageous misfortune upon which my columns are based. Please know: the significance of their content is not that it is me writing them, it is that cancer is being written about.

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



5

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**9210 Cherrytree Dr.**  
**\$635,000**

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updated include: roof, windows, HVAC, Kitchen & more. Features inc Chef's kitchen w/ gas cooking, beautiful stained hardwood floors, upgraded trim including custom wood handrail, sunroom, and custom deck overlooking grounds adjoining wooded area.



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**4220 Adrienne Dr.**  
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**8307 Crown Court Rd.**  
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**9515 Mt. Vernon Landing.**  
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**8717 Plymouth Rd.**  
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**9419 Mt. Vernon Cir**  
**\$998,500**



**4301 Adrienne Dr.**  
**\$609,900**



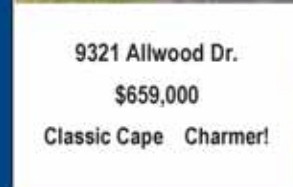
**9027 Mcnair Dr.**  
**\$585,000**



**4325 Adrienne Dr.**  
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