

PHOTOS BY MIKE SALMON/THE GAZETTE

Sheriff Stacey Kincaid explains the relationship between the police and sheriff's office.

Bridging Citizen-Police Concerns

Public safety meeting explains changes.

BY MIKE SALMON
THE GAZETTE

In an effort to increase transparency, break down barriers and bring the police, sheriff and county government closer to the residents of Mount Vernon, District Supervisor Dan Storck recently held the Mount Vernon District Public Safety Joint Community Meeting to establish a dialogue.

"My goal was a combination of educating the community and helping residents better understand the public safety changes that have been occurring over the past few years and to address recent concerns that we have about immigration enforcement," Storck said.

Topics of discussion ranged from mental illness, use of force, yoga in jail to ICE raids. Weaved into the discussion were processes at the county's

mental health facility in Merrifield, MS-13 gangs, speeding on the George Washington Parkway and the importance of the Fairfax County Police Department's Crisis Intervention Team. Attendees included Braddock District Supervisor John Cook, Sheriff Stacey Kincaid, Ryan Morgan, the FCPD Crisis Intervention Team coordinator, and various officers from Mount Vernon District Station.

"Public safety is the first job of local government," said Cook, who is also the Public Safety Committee chair, and gave an update on the Ad Hoc Police Commission. The book that outlines the Ad Hoc is broken down into 202 distinct recommendations for public safety which includes the use of force and the sanctity of life. "Try to use methods other than the use of force," he said. "The Board of Supervisors does not write the general order on use of force, the specifics are done by the chief of police," Cook said.

Storck invited Kincaid to the meeting to explain the partnership between the sheriff's office and the police department.

"The days of locking them up and throwing away the key has changed," she said. "Diversion First" is a program both the police department and sheriff's office uses that seeks alternatives to locking people up. "Diverting folks that are in need of treatment," she said. "Jails and prisons have become the default psychiatric hospitals," she said.

Morgan compared what an officer might run into out on a call to a shook up soda can. "We don't really know what we're getting into, we need officers that know how to deal with that," he said, pointing out that 217 officers in Fairfax County are CIT trained.

SEE PUBLIC, PAGE 18



Supervisors Dan Storck (D-Mount Vernon) and John Cook (R-Braddock) discuss the agenda for the community meeting.

Race to the Left

Two candidates try to ignore moderate records and repackage themselves as progressives.

BY MICHAEL LEE POPE
THE GAZETTE

Ralph Northam

Age: 57
Currently: Virginia's 40th Lieutenant Governor; previously served in the Virginia Senate
Bachelor's Degree: Virginia Military Institute
Medical Degree: Eastern Virginia Medical School
Place of birth: Nassawadox, Va.
Profession: pediatric neurologist

Tom Perriello

Age: 42
Served one term in U.S. Congress, Va. 5th district
Bachelor's Degree: Yale University
Juris Doctorate: Yale Law School
Place of birth: Ivy, Va.
Profession: attorney

Regrets? Candidates for the Democratic nomination for governor have probably got a few. But Lt. Gov. Ralph Northam has too few to mention. During a debate on NBC4 late last month, Julie Carey asked the lieutenant governor what kind of mistakes he's made that he regrets during a recent televised debate, Northam did not talk about about his two votes for George W. Bush in 2000 and 2004. And he didn't talk about taking money from Dominion, the utility that wants to build controversial pipelines through the state.

"Well I tell you I don't really have any regrets, Julie," said Northam. "But what I did learn was when I started in Richmond in 2008 as a senator ..."

And then Northam told a story

about his efforts to get a smoking ban passed in Richmond after initial opposition from Republicans. One of the old verities of political life in Virginia is that if you're explaining, you're losing. And the lieutenant governor was not about to start explaining his support for

SEE DEMOCRATIC, PAGE 3

Taxes Dominate Race

Cut taxes or raise taxes? GOP primary debate offers an unusual array of options.

BY MICHAEL LEE POPE
THE GAZETTE

Ed Gillespie

Age: 55
Experience: Chairman of the Republican National Committee and counselor to the President in the George W. Bush administration
Bachelor's Degree: The Catholic University of America
Place of birth: Mount Holly Township, New Jersey
Profession: lobbyist

Frank Wagner

Age: 61
Bachelor's Degree: U.S. Naval Academy
Military service: nine years in U.S. Navy
Place of birth: Ruislip, England
Profession: businessman

Corey Stewart

Age: 48
Currently: Chairman of the Board of Supervisors, Prince William County
Bachelor's Degree: Georgetown University's School of Foreign Service
Juris Doctorate: William Mitchell College of Law
Profession: attorney

You know that old saying that nothing is certain in life but death and taxes? Here in Virginia, there's another certainty: Every year is an election year.

This year features a primary

SEE THREE, PAGE 3

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Three Republicans Running for Governor Offer Dueling Tax Plans

FROM PAGE 1

fight between three Republicans running for governor, each with his own separate and distinct tax plan.

"Well this is really more of a conversation than Republicans usually have about taxes," said Stephen Farnsworth is a professor at the University of Mary Washington. "You have a candidate willing to increase taxes, a candidate willing to abolish the income tax and then, I guess, the Goldilocks plan, which is in the middle."

The Goldilocks in this campaign is former Republican National Committee Chairman Ed Gillespie. Back in March, he outlined a proposal that would lower the state income tax rate on people who make more than \$17,000 a year from 5.75 percent to 5.15 percent. For someone making more than \$60,000 a year, that would mean about \$400 less in taxes a year. Gillespie's proposal relies on revenue growth rather than spending cuts to pay for the tax cuts.

"Our rates were set in 1972," said Gillespie during the one and only debate of the primary season. "They have not come down in 45 years, and other states around us have been moving."

The idea is classically Republican: cut taxes and predict that will turbo charge the economy, creating jobs in the process. It's the kind of trickle-down economics that fueled the rise of President Ronald Reagan back in the 1980s. Gillespie is selling the tax cut plan as a clean break from the last four years of Democratic leadership in the Executive Mansion, a move to the center



Ed Gillespie

Age: 55
Experience: Chairman of the Republican National Committee and counselor to the President in the George W. Bush administration
Bachelor's Degree: The Catholic University of America
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Bachelor's Degree: U.S. Naval Academy
Military service: nine years in U.S. Navy
Place of birth: Ruislip, England
Profession: businessman

right for a state that's sharply divided.

"It would also result in hard-working Virginians who have had stagnant wages but rising costs over the past three, four, five years when our economy has been stagnant having nearly \$1,300 more in our pockets to spend as we see fit."

ONE IDEA that's not classically Republican is raising taxes. But that's what state Sen. Frank Wagner (R-7) wants to do with the gas tax. He's proposing a plan that would raise the gas tax in an effort to raise money for building roads while avoiding

high-cost tolls that have become prevalent in Northern Virginia and Hampton Roads.

"I can't remember a Republican candidate for statewide office in Virginia running on a tax increase," said Quentin Kidd, a political science professor at Christopher Newport University. "And there probably aren't a dozen nationally in the last decade or two decades who have run on a tax increase like Frank Wagner is right now."

Meanwhile, Wagner is suspicious of Gillespie's tax proposal. Specifically he's critical of how it's been sold. For example, Gillespie's plan would save \$1,300 a year

for families that make more than \$100,000 a year. But that's well under the median household income in Virginia, which is \$65,000. On the campaign trail, Wagner has attacked Gillespie's plan as an irresponsible giveaway to the rich — one that isn't rooted in experience in government.

"Let me tell you something," Wagner said during the debate. "It's easy to say that when you're sitting here and you've never been in state government."

To solve the problem, Wagner is proposing raising the gas tax to pay for buildings roads. The proposal echoes an earlier era in Virginia politics, when Gov. Harry Byrd suggested using the gas tax as a way to finance building roads while avoiding debt. In Wagner's plan, raising the gas tax would avoid higher tolls on roads in Northern Virginia and Hampton Roads. Plus the proposal is built on a sliding scale, which would mean the tax would actually decrease when gas prices rise.

"We have an \$18 billion deficit in the Virginia Retirement System. We have a Rainy Day Fund for a recession that should be at \$2.4 billion. It's down to less than \$300 million right now."

REPUBLICANS USUALLY run on cutting taxes. And although Gillespie has a moderate plan for cutting taxes, another candidate in the race has an extreme proposal, one that some Republicans are calling unworkable. Prince William County Board of Supervisors Chairman Corey Stewart wants

SEE REPUBLICANS, PAGE 18

Democratic Candidates for Governor Run to the Left

FROM PAGE 1

Republicans. And he wasn't about to start explaining the \$40,000 he's accepted from Dominion and its executives during his run for governor. So he changed the subject.

"Not sure that qualified as a mistake," responded Carey. "But let's try you Mr. Perriello on that."

That's when former U.S. Rep. Tom Perriello (D-5) talked about an issue that his critics have been focused on since the day he announced his candidacy earlier this year: a vote he made during his time in Congress to deny federal funding for abortions in taxpayer-subsidized health insurance plans under the Affordable Care Act. Supporters of Northam have been using Perriello's vote in favor of the Stupak-Pitts Amendment as a way highlight Northam's long history supporting women's reproductive rights.

"That amendment and the eventual compromise was highly restrictive, said Perriello during the NBC4 debate. "And in working with reproductive justice advocates since then understanding just how much of a step backwards it was in that space."

THAT EXCHANGE reveals a curious phenomenon in the race for the Democratic nomination this year. Both candidates are trying to run to the left, abandoning their previously moderate or even center-right



Lieutenant Governor Ralph Northam and former U.S. Rep. Tom Perriello (D-5) debate in Fairfax County.

PHOTO BY
MICHAEL LEE POPE
THE GAZETTE

positions on a number of issues. So which candidate has a more difficult transformation? Opinions are divided. Virginia Tech political science professor Robert Denton says Perriello will have a more challenging time selling voters on his new progressive persona.

"He has to explain that at the time I wasn't countering my beliefs, attitudes or values related to abortion," said Denton. "But I was looking at my constituents in the Fifth Congressional District and therefore trying to represent them."

Others aren't so sure. University of Mary Washington professor Stephen Farnsworth

says Northam is in a more perilous position explaining his votes for Bush.

"The anger that you see among Democrats really I think is going to create a sense that the votes for Bush were more problematic," said Farnsworth. "Perriello may be better able to explain away the very conservative nature of his old congressional district."

Perhaps the more thorny issue for Northam is his position on the controversial pipelines Dominion wants to build in Virginia. Despite being asked multiple times on the campaign trail, the lieutenant governor has yet to take a stand one way or

Top Northam Donors

- ♦ \$200,000 from venture capitalist Michael Bills of Bluestem Asset Management LLC
- ♦ \$110,000 from Henrico-based Common Good VA, a committee set up by Gov. Terry McAuliffe in March 2014 to raise political donations during his time as governor
- ♦ \$77,000 from Thomas DePasquale of the software company Outtask LLC
- ♦ \$52,500 from Conrad Hall, retired president and CEO of Norfolk-based Dominion Enterprises
- ♦ \$50,000 from Washington-based DGA Action, a super PAC funded by Democratic Governor's Association

Top Perriello Donors

- ♦ \$500,000 from Sonjia Smith, Charlottesville philanthropist
- ♦ \$250,000 from George Soros of New York-based Soros Fund Management LLC
- ♦ \$230,000 from the New York-based activist network Avaaz Foundation
- ♦ \$125,000 from Alexander Soros, New York executive and philanthropist (son of George Soros)
- ♦ \$75,000 from Courtney Smith, financial advisor with New York-based East Rock Capital

the other. Northam says the multibillion projects could create jobs and boost the economy.

"Obviously we want the pipeline to be built with science and transparency," Northam said during the first debate in April. "We also need jobs in the commonwealth of Virginia."

SEE RACE TO THE LEFT, PAGE 4



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NEWS

Race to the Left

FROM PAGE 3

Perriello has made his opposition to pipelines a centerpiece of his campaign, and he's pledged to reject campaign contributions from the utility. Perriello says all that money Dominion plans to spend on the two pipelines in Virginia could be put to better use.

"I've opposed these two pipelines," he said during that first debate. "I believe for a fraction of that \$6.7 billion, we could put tens of thousands more people to work on clean energy, energy efficiency, localizing food production and other measures."

THE DEBATE over guns has also been a sticking point in the Democratic primary. On the campaign trail, Northam has criticized Perriello for changing his position on the National Rifle Association, a group that once endorsed his campaign for Congress. During one of the televised debates this year, Northam turned to Perriello and reminded voters that he has received support from the NRA during a time when concerns were mounting over gun control in America.

"That was since 2010," said Northam. "You served in Congress from 2008 to 2010. That was after the Virginia Tech tragedy. What has changed about the National Rifle Association between 2010 and 2017?"

Perriello responded that times have changed.

"Well, you know, you and I have both have

all done guns. You know that. You were a deciding vote after Virginia Tech on something that prevented Fairfax and other communities from being able to demand fingerprinting on concealed carry permits. That was a deciding vote. There was never a moment where I was a deciding vote for the NRA."

Both of the candidates support free community college for Virginia students, although they differ on how to finance it. Northam says no tax increase would be needed to finance his plan; students would engage in public service to pay for free community college in high-demand areas.

"If they become certified in one of these areas, then they will give one year back in public service at which time they will get paid," said Northam. "So it's not like they're out there working for free."

Perriello says a tax increase will be needed, especially for those making more than half a million dollars a year. He says that would allow people who attend free community college to have the dignity to come home at night and tuck their children into bed.

"We don't need people giving back in service," said Perriello. "We have a private sector with jobs ready to hire people if we help them just a little bit to get that certificate and have the dignity of the kind of job they can support a family with."



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OBITUARY

Marguerite M. Bradford

Surrounded by her three children, Marguerite Elizabeth (Duncan) McFarland Bradford, 91, died peacefully at her home in Staunton, Va. on May 20, 2017.

She was born on Sept. 21, 1925 in San Antonio, Texas, the daughter of the late Homer Joshua and Marguerite (Coleman) Duncan. Following high school in Alexandria, Mrs. Bradford won a full scholarship to Brenau College, Gainesville, Ga. Brenau would be a life-changing experience where her leadership and intellect would be developed and recognized. She graduated with a B.S. in chemistry and began a career as a research chemist, Department of Army at Fort Belvoir, Va. where she met her husband, Frank A. McFarland. In 1956 their first born, Robert Edwin, died at age 5 and in 1962, Mr. McFarland died of cancer. During this time she was active in numerous community organizations including establishing the Northern Virginia Association for Retarded Children.

She returned to work while raising three young children with the help of her sister, Dorothy Duncan, imbuing them with love of family and a sense of adventure. She later received a Master's in Public Administration from the University of Washington, Seattle and retired after 30 years as a division director at the Night Vision Lab, Fort Belvoir. In 1990 she married Alan P. Bradford and moved to the Shenandoah Valley where she had always found great enjoyment.

Marguerite was truly gifted with many extraordinary talents; she was a gracious hostess, well known for her culinary skills; she took great pride in creating a beautiful home and had a life-long interest in

landscape and architectural design. She was a voracious reader and an avid collector of Valley antiques.

She enjoyed traveling in the Western states, particularly camping and hiking in Montana and shared these interests with her grandchildren.

Friends and family described Marguerite as someone who was truly inspirational — whether to follow a career in science or to overcome life's challenges — she was always open to new experiences and friendships and loved and was loved by so many.

Surviving family members include son, LTC (Ret) Richard McFarland of Alexandria; daughters, Elizabeth McFarland and husband (Mike Wigen) of Bozeman, Mont., and Trisha McFarland and husband (Martin Kepner) of Chelmsford, Mass.; grandchildren, Kate, Josh and Kelly McFarland, and Martin, Duncan and Jake Kepner. She is also survived by Douglas and Helen Bradford.

She was preceded in death by her first husband, Frank A. McFarland; her son Robert Edwin McFarland; sister Dorothy Duncan and her second husband, Alan P. Bradford.

The family thanks her long-term caregivers and Hospice of the Shenandoah. Contributions may be made to a charity of choice or Brenau University Annual Scholarship Fund, 500 WA Street, SE, Gainesville, GA 30501.

A memorial service to celebrate Marguerite's life will be held on Saturday, June 17, 2017 at 11 a.m. at St. Luke's Church, 8009 Ft. Hunt Road, Alexandria with a reception to follow in the Parish Hall. Burial will be private.



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OPINION

Vote On or Before June 13

In-person absentee voting continues through June 10.

On June 13, every Virginia voter has the opportunity to vote in the Primary Election to choose the candidates for their chosen party for governor and lieutenant governor.

Ralph Northam and Tom Perriello are vying to be the Democratic nominee for governor.

Ed Gillespie, Cory Stewart and Frank Wagner are seeking the Republican nomination for governor.

For lieutenant governor, Justin Fairfax, Gene Rossi and Susan Platt are seeking the Democratic nomination.

Bryce Reeves, Glenn Davis Jr. and Jill Vogel compete for the Republican nomination for lieutenant governor.

In Fairfax County, there are primaries for Democrats in two delegate seats as well, the

the 67th District and the 42nd.

In the 67th, three Democrats, John Carey, Karrie Delaney and Hannah Risheq face off for the right to run against incumbent Del. Jim LeMunyon (R).

In the 42nd, long-time Del. Dave Albo (R) is giving up his seat; two Democrats and three Republicans are seeking to be on the November ballot to replace him. The Democrats, Tilly Blanding and Kathy Tran, will appear on the primary ballot.

The Republican candidate for the 42nd District will be chosen by GOP party canvass on June 10 at South County Middle School, 10 a.m. to 3 p.m. Eligible voters of the 42nd district will choose between Steve Adragna, Michael Drobnis and Lolita Mancheno-Smoak.

The filing deadline for independent and non-primary party nominees is June 13 at 7 p.m. for the November general election.

For in person absentee voting, available through June 10, see www.fairfaxcounty.gov/elections/absentee.htm. For more information on voting in Fairfax County including sample ballots, see www.fairfaxcounty.gov/elections/

[upcoming.htm](#)

Send Photos for Father's Day

Father's Day is Sunday, June 18, and once again the Gazette will publish a gallery of Father's Day photos.

Every year at this time, the Gazette puts out the call for photographs of fathers and their children, grandfathers and their children and grandchildren.

Send in photos with the following information: the town where you live, the names of everyone in the picture, the approximate date the picture was taken, the ages of the children and a sentence or two about what is happening and where the photograph was taken. Be sure to tell us your town name and neighborhood. Photos are due by June 12.

You can submit your photos online at www.connectionnewspapers.com/fathersday. You can also email photos to gazette@connectionnewspapers.com.

LETTERS TO THE EDITOR

Dangerous Bike Lanes

To the Editor:

There are lots of good things about the Route 1 widening and other transportation plans for the corridor, but the bike lanes that were just installed south of Jeff Todd Way and Mount Vernon Memorial Parkway intersection are uncomfortable and very dangerous for cyclists.

Doubtless, many qualified professionals, well-meaning elected officials, and interested members of the public contributed to the design, but it is not consistent with common sense. Cyclists are being asked to pedal on the same road as six lanes of high-speed, high-volume traffic, including tractor trailers, with only a traffic stripe for protection.

I believe that few people will be willing to use the path, and even fewer would encourage their children to use the path, because it is both stressful and dangerous. Without even a buffer, there is no margin for error, and at typical speeds it is likely that any accidents involving cyclists would be fatal. As an avid cyclist, I would love to see more quality bike facilities in our area, but I think we are better off without facilities like this one, which are unlikely to attract users and endanger anyone who does use them.

David Krohmal
Alexandria

Parkway Issues Will Get Worse

To the Editor:

I'm glad that you made the GW Parkway problems a major article.

I wrote to the Mt. Vernon Gazette and the Park Police two years ago about the chronic reckless speeding on the Parkway.

I have seen spectacular accidents over the past 9 years as I commute north and south on the Parkway between Old Town and Mt. Vernon. I suggested speed cameras and stronger enforcement then. The Park Police told me thanks for writing and to call them if I notice anyone speeding on the Parkway.

Useless; the car would be gone by the time that they responded.

So a few years later we have had many more accidents, a death, and the GW Parkway motor speedway has not changed. Maybe by the Mount Vernon Gazette making the problems front page news something will be done. I understand no traffic lights or speed bumps due to the aesthetics of the Parkway. Why not speed cameras? In a short period, most people would slow down. It would mean great revenue for the Park Police too.

People turning left across traffic is a major problem as they misjudge the vehicle coming at them at 80 MPH in a 45 MPH zone. Easily 80 percent of the problems are Maryland or D.C. plates.

The poor tourists that visit Mt. Vernon take their lives in their

hands just driving down the GW Speedway.

I totally agree that something must be done. Identifying the problem does not fix the problem.

Gino and Cathy Shoults

Demonstrate Optimism

To the Editor:

I am a native Virginian, born and raised in Richmond, and a 1965 graduate of the city's Armstrong High School. My late parents, David Sr. and Helen Temple instilled the values of Christian faith, and a deep commitment to public service. Indeed, after earning two degrees from the University of Virginia I was nominated in 1981 to the Virginia House of Delegates by Fairfax County Democrats, falling short of winning by 400-plus votes in a 98 percent white electorate. I managed former Gov. Douglas Wilder's northern Virginia lieutenant governor campaign. I returned to Richmond in 1986-1990 to serve in Gov. Gerald Baliles's cabinet as Deputy Secretary of Education. And I joined with others during that time to create a new state Department of Juvenile Justice, serving as vice-chair.

Throughout the years I have continued my public service and in helping to elect worthy and solid candidates to serve us.

Today, I evidence that service commitment in urging my northern Virginia friends, neighbors and all Virginians to vote for my friend,

Justin Fairfax for lieutenant governor in the June 13 Democratic Party primary.

Four years ago, and not yet a household name, Justin came within a hair of being nominated for Virginia Attorney General. As a former federal prosecutor, Justin seeks to intervene in the "cradle-to-prison pipeline" with enhanced economic security and education-workforce skills development, with juvenile justice reforms, refinancing student loan debt, and expanding Medicaid. Saving lives and taxpayer dollars.

But there is more. It is his sincerity and respect for others. He listens to the person who engages his attention. His eyes are on yours. If pulled away he returns to listening, then responding if appropriate or requested. Justin learns through listening. And he remembers.

He is an African American man and husband with a beautiful loving family, with two kids, a boy and a girl, both wearing the face of both parents. He has an easy humor, and a quick wit. His is a broad toothy smile, and a big hearty, room-filling laugh. Lastly, he has a broad appeal, across regions, across races. We can help erase the devastating mistake that happened last November. The entire nation and planet are watching what Virginians do on June 13 and in November. Demonstrate optimism and hope for the future. Vote for Justin Fairfax.

David L. Temple, Jr
Alexandria

Mount Vernon Gazette

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SPORTS



PHOTO CONTRIBUTED

Rebecca Gehring and Brooke Pierson at the 2017 NCAA Championship

Local Women Medal in Division I Championship

Rowing roots at West Potomac High School.

BY LAURYN A. OVERHULTZ
THE GAZETTE

Brooke Pierson and Rebecca Gehring both helped lead their teams to the podium in the Division I NCAA women's rowing championship. From rowing at West Potomac High School to going their separate ways in college, the girls have kept their bond formed here strong.

Brooke Pierson rows for the University of Washington, which medaled first in the championship the weekend of May 27. Rebecca Gehring rows for the University of Texas at Austin, which medaled fourth during the championship weekend.

Both girls began their rowing careers at West Potomac high school, although the beginning of their time rowing looked very different. Gehring began rowing as a freshman at West Potomac. She moved to Alexandria that same year from Japan and was looking for a team sport to become involved in.

"I really liked the team atmosphere once I started my first winter training so that is what really drew me in and just being on the water every day," Gehring said. "It's different than any other sport, you don't really get to go on the Potomac every day."

Pierson began rowing three

years later when she moved to Alexandria for her senior year of high school. Gehring recruited Pierson to row for the high school at the school's orientation.

"She picked me out and said you need to try out for rowing," Pierson said.

Pierson said she was really lost when it came to rowing and that Gehring taught her all of the basics during the first year at West Potomac.

"We got to winter training and spring training and Rebecca was just there and was so helpful," Pierson said. "She just really taught me the sport of rowing."

These women have made accomplishments in their rowing careers since graduating from West Potomac High School. Gehring's team is the first University of Texas team and the first team from the Big XII to make it to the podium at the championship.

Pierson and the University of Washington team were far ahead of any of the other opponents throughout the entire weekend leaving the last race and first place finish easy for them.

"I think that what Washington has done is raise the bar because no other team has swept all three events. So for us it was amazing because we were able to raise the bar with them because we made it on the podium with them," Gehring said.

The girls have not gotten this far without the support of their family. Scott Gehring and Randy

SEE WPHS ROWING, PAGE 17

JUNE 10TH

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Getting Hurt in the Gym

Prevent and treat workout injuries.

BY MARILYN CAMPBELL

While sustaining an injury isn't on anyone's list of fitness goals, a recent study by the Center for Injury Research and Policy shows an increase in gym-related injuries in recent years. Corrective exercise is among the strategies for recovering from workout-related injuries, but fitness experts are also emphasizing prevention.

"Generally speaking, at some point it's good following an injury to perform corrective exercises to rehab injured muscles," said Joel Martin, Ph.D., Exercise, Fitness and Health Promotion Graduate Program coordinator and assistant professor of Kinesiology at George Mason University.

"Depending on the stage of the healing process the exercises may focus on getting blood flowing to the injured area, regaining strength in injured muscle or correcting poor movement patterns that contributed to the injury."

One of the most common causes of sports or workout related injuries is performing an exercise incorrectly, says Martin. "You

should take the time to learn proper form and seek the help of an exercise professional for advice as to how to perform various exercises," said Martin. "Investing the time to learn how to move well at the beginning of an exercise program will pay off in the long run."

Failing to do warm-up exercises before a workout and increasing the intensity of the exercise too quickly — either within the exercise session or across multiple exercise sessions — are among the leading causes of workout injury, says Martin. Not following safety procedures is another.

"Some of the most serious exercise injuries happen from not using common sense," he said. "These can come in a variety of forms, but may be due to trying to show off, not wearing proper shoes or equipment for the exercise mode, exercising in unsafe environments, or not using a spotter for heavy lifts."

Even with safety measures in place, Parker Bryant, a personal trainer based in Bethesda, Md., tells his clients that injuries can happen, even to the most cautious athletes. "For many common injuries, especially a muscle that's sore because it's been over-used, I usually advise clients to apply ice for about 20 minutes several times a day to reduce any swelling and to rest the injured body part," he said.



PHOTO COURTESY OF GEOFF ROBISON

Geoff Robison of Custom Kinetics in McLean shows a client how to use corrective exercise.

For those dedicated to fitness, being told to rest can be hard to hear, says Geoff Robison of Custom Kinetics in McLean, but he says that it is possible to be active while recovering from an injury. "One of the hardest things for a runner with an injury to hear is that they have to stop running," Robison said. "But one of the worst things you can do when you have an injury is lay down and not move. Movement, when done properly, can be very healing. It can bring blood flow and realign your body."

Exercise can be used to help heal some workout or sports related injuries, says Robison. "Everyone who walks in our door gets taken through an assessment," he said. "Whether it's low back pain, a knee problem or shoulder pain, we find the root cause of the problem."

Once the problem is identified, Robison and his team of trainers work to create an exercise program that is designed to decrease pain and build fitness.

One example that he uses to explain his therapeutic strategy is knee pain, which he says is one of the injuries he sees most often in clients. He observes the client's movements to help determine the cause of the problem. "Maybe it's coming from the foot, because the foot is not strong enough, so your knees cave in when you squat," he said. "Maybe your glutes [gluteal muscles] are weak or maybe your quads [quadriceps] are weak. Strengthening these muscles can help stabilize the leg and help relieve knee pain."

Robison builds an exercise regimen that is designed to address a specific issue or injury. "One exercise that I might use is the clam shell where clients lie down on their side and open and close their knees," he said. "When it's a case of muscle overuse, I might use a foam roller or resistance bands to loosen and strengthen the muscles."

Bryant says that an injury can be an opportunity to try a new type of workout. "For example, if you're a runner, but your knees are bothering you, stop running for a while and try swimming to give your knees a rest," he said. "After you're been pain-free for more than a week, you're probably healed. When you do return to your normal exercise routine, don't dive in with the same intensity as before your injury. Gradually work your way back so that you don't reinjure yourself."

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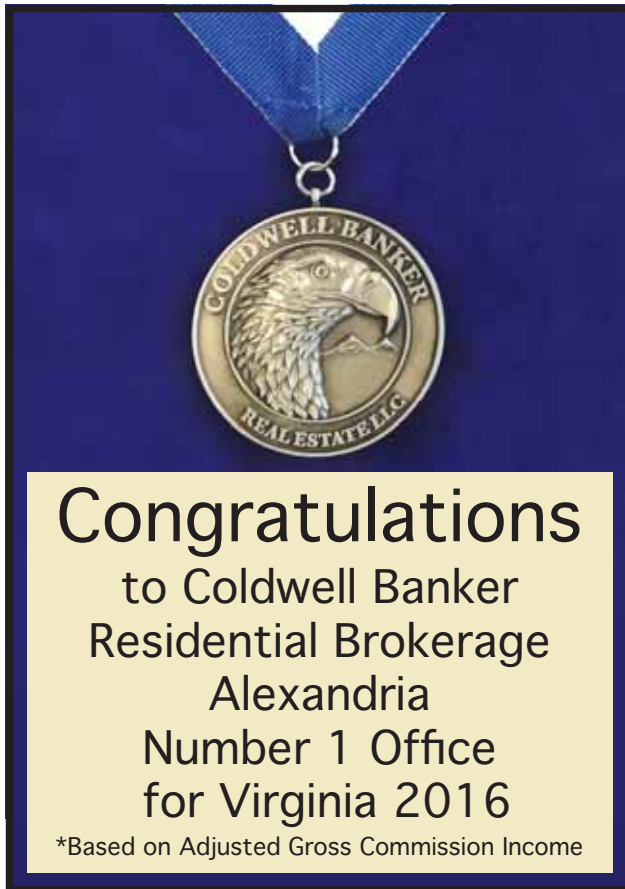
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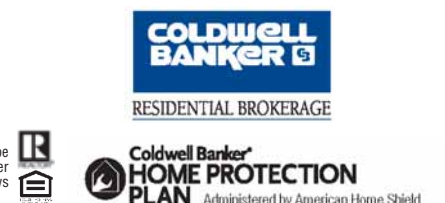
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MOUNT VERNON GAZETTE ❖ JUNE 8-14, 2017 ❖ 9

ENTERTAINMENT

Submit entertainment announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

Ceramic Show. various times through July 1 at Studio 19 of the Torpedo Factory Art Center, 105 N. Union St. The “Classic Wedding Whites” Ceramic Guild show at Scope Gallery. Call Scope Gallery at 703-548-6288, visit www.scopegallery.org for more.

Art Exhibit: Pattern and Repetition. Various times through June 25 at The Athenaeum, 201 Prince St. Artists Reni Gower and Stephen Boocks use repetitive shapes and patterns, combining both precision and randomness to create meditative and mesmerizing pieces. Visit www.nvfaa.org or call 703-548-0035.

“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.

Native Plants, Herbs, and Heirloom Tomatoes. Various times through mid June at Mount Vernon Unitarian Church Greenhouse, 1909 Windmill Lane. Visit www.mvuc.org for more.

Flora and Fauna Artshow. Through June 25, various times at Potomac Fiber Arts Gallery, Torpedo Factory Art Center, Studio 29, 105 N. Union St. This show will highlight the work of artists Jeanne Bohlen and Floris Flam. Visit www.Potomacfiberartsgallery.com or call 703-548-0935 for more.

Artwork Inspired by Nature Exhibit. Various times through August 31 at Huntley Meadows Park Nature Center, 3701 Lockheed Blvd. Local artist-photographer Nina Tisara will share some of her mosaic work in an exhibit entitled “Inspired by Nature.” Call 703-768-2525 or visit www.fairfaxcounty.gov/parks.

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 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 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 for more.

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



PHOTOS BY LAURA MANN

Enchanted

On June 24-25, “Enchanted, the Musical” is playing 1 and 7 p.m. Saturday and 11 a.m. and 5 p.m. Sunday at the Rachel M. Schlesinger Concert Hall and Arts Center in 4915 E. Campus Drive. Metropolitan School of the Arts (MSA) of Alexandria Va. will perform their spring production. \$20-\$23. Visit www.metropolitanarts.org for more.

are \$149. Visit www.dcmilitarytour.com for more
The Lyceum: 175 Years of Local History. Ongoing, Monday-Saturday 10 a.m.-5 p.m. and Sunday 1-5 p.m. at The Lyceum, 201 S. Washington St. On view in the museum’s Coldsmith Gallery, the historical objects and images featured represent The Lyceum, the community at work, and commemorations and celebrations. Throughout the exhibition, visitors are invited to “be the curator” and think about why the various artifacts are in the museum’s collection, and about how tangible representatives of the past help tell the story of Alexandria’s history. Free. Visit www.alexandriahistory.org for more.

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/ 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 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 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.

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 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 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.

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.

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

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

Fifty Years of Collecting. Tuesday-Saturday 10 a.m.-5 p.m., Sundays 12-5 p.m. Fort Ward Museum, 4301 W. Braddock Road. An anniversary exhibit of objects from the Fort Ward collection. Free. Visit www.fortward.org or call 703-746-4848.

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 for more.

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

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

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.alexandriaarchaeology.org.

Doggy Happy Hour. Starting April 5, Tuesdays through October 5-8 p.m. at Jackson 20 and Hotel Monaco

Meet the Artist

On Thursday, June 8, meet the artist Sage Chandler and models (human and feathered) at the artists reception from 6:30-8 p.m. at The Art League gallery, 105 N Union St. The FOWL MOOD Show exhibit runs through July 2. Visit theartleague.org



ENTERTAINMENT

3 Dates to Circle in June

BY HOPE NELSON

June is teeming with summertime activities for foodies of all stripes. Here are a few can't-miss events to keep your schedule (and stomach) full.

June 18: Father's Day Brunch, Blackwall Hitch, 5 Cameron St.

Celebrate dear old Dad with some of his favorite goodies overlooking Alexandria's waterfront. From 10 a.m. to 3:30 p.m., feast on a buffet that runs the gamut from chicken and waffles to fresh oysters and shrimp. Order up a custom omelette or take advantage of Blackwall's carving station, which features beef, ham and pork. And — why not — grab a pastry or two for the occasion as well.

The buffet price is \$39.99 per person; the tab goes down to \$14.99 for children 13 years old and younger.

June 23: Retro Night and Tap Takeover, FireFlies, 1501 Mount Vernon Ave.

Time to bust out your best gear from the '80s and '90s. Local band Cognitive Behavior will provide the tunes; you provide the festivity. Need help? FireFlies is the site of

a tap takeover that evening, as well, featuring local favorites DC Brau, Fair Winds, Heroic Aleworks, and Victory Beer.

There's no cover charge to get in — and you'll get 15 percent off your meal if you wear throwback attire.

June 24: Vine on the Waterfront

The sixth annual Vine on the Waterfront event, situated at Oronoco Bay Park for another year, offers up a wide array of wine, food and entertainment options for everyone to enjoy. Wine options range from Orange County's Horton Vineyards to Leon's Prince Michel Vineyard to cider from Winchester's Cobbler Mountain Cider. Venture over to some of the food vendors, including the Italian-food purveyor Carluccio's and all-American Mason Social, and finish up the event with a sweet treat from the likes of Alexandria Cupcake or Dolci Gelati.

The event is free to attend; tickets are required for tasting. Tickets are \$15 through June 16 and \$25 after. Check www.vineonthewaterfront.com for details.

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

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Alexandria

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Summer Escape at Mount Vernon
June 9 - 10

Historic Breweries Walking Tour
June 18

Alexandria/USA Birthday Celebration
July 8

10th Annual Del Ray Music Festival
July 22

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For a full list of events, tours, and summer fun go to:
VisitAlexandriaVA.com/Summer

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ENTERTAINMENT

FROM PAGE 10

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

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

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 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 2nd and 4th 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, 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 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, 19th-century games, and learning from guest reenactors. Ages 9-12. Call 703-746-4848 or visit 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 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 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 for more.

<caThursday/June 8

Artists Reception. 6:30-8 p.m. at The Art League gallery, 105 N Union St. Meet The FOWL MOOD Show artist Sage Chandler and models (human and feathered) . Exhibit runs through July 2. Visit www.theartleague.org for more.

Meet the Author. 7-9 p.m. at The Lyceum, 201 S. Washington St. Meet Vivian Thomson, former state air board member during the Alexandria, Wise and Roda issues, as she presents her new book, "Climate of Capitulation," which narrates both scientifically and politically these three cases. Visit www.alexandriava.gov/Lyceum or call 703-838-4994.

United States Air Force Band. 7 p.m. at The Athenaeum, 201 Prince St. A traditional orchestra and strolling segment. Questions will be entertained by the band members at intermission. Visit www.nvfaa.org or call 703-548-0035.

FRIDAY/JUNE 9

Art on the Vine. 7:30-10:30 p.m. at the Torpedo Factory Art Center, 105 N. Union St. Art auction and wine tasting party. \$55. Must be 21+ to attend. Call 703-683-1780 for more.

Organ Concert. 7:30 p.m. at the St. Paul's Episcopal Church, 228 South Pitt St. David H. Brock will be performing an organ concert at St. Paul's Episcopal Church. Visit



www.stpaulsalexandria.com/news-and-events/.

Symphony Chamber Concert. 7:30 p.m. at Durant Arts Center, 1605 Cameron St. \$15, children 5 years and under are free. Visit www.alexandriava.gov for more.

SATURDAY/JUNE 10

Coffee with the Mayor. 10-11:30 a.m. at the Union Street Public House, 121 S. Union St. Join Mayor Allison Silberberg for her next monthly "Mayor on Your Corner." Casual attire. Free. Visit www.allisonsilberberg.com for more.

Civil War Camp Day. 10 a.m.-4 p.m. at Fort Ward, 4301 West Braddock Road. This annual living history event features military and civilian reenactors in camp settings. Suggested donation is \$2 per person or \$5 per family. The program is weather dependent. Call 703-746-4848, or visit www.fortward.org.

Old Town Arts and Crafts Festival. 10-6 p.m. at Waterfront Park, 1A Prince St. Food, beverages and snacks provided by Bunny & the Bear Food Festival; Rockland's BBQ and Grilling; Red Hook Lobster Pound; and Talk Of Di Town II. Email mbrunken@volunteeralexandria.org or call 703-836-2176 for more.

Artists Reception. 6-8 p.m. at the gallery, 5641-B General Washington Drive. The Light of Day exhibit featuring Michael Godfrey, Christine Lashley, Tricia Ratliff, Rajendra KC. Exhibit will run through July 15. Visit torpedofactory.org for more.

SUNDAY/JUNE 11

Mount Vernon Spring Art-Fest.

noon-4 p.m. at the Sacramento Center, 8794 Sacramento Drive. Browse and shop for art and crafts created by local artists. Email patricia.enright@ucmagency.org for more.

Poetry in Motion. 3-4 p.m. at the Mount Vernon Community School Auditorium, 2601 Commonwealth Ave. Dancers created choreography inspired poems with their teachers. Wendi R. Kaplan (Alexandria's Poet Laureate) will be the featured reader. \$5 for ages 3-17, \$10 for adults. Visit www.localmotionprojet.org for more.

Washington Metropolitan Philharmonic Concert. 3-5 p.m. at George Washington Masonic Memorial, 101 Callahan Drive. Paul Creston's Fantasy for Trombone; Ives' Variations on "America"; and the winner of the WMPA composition competition, Thomas Sleeper's Symphony #1. \$20; children under 18 are free. Visit www.wmpamusic.org or call 202-294-6811 for more.

Vaughn Ambrose Quartet. 4 p.m. at Meade Memorial Episcopal Church, 322 N. Alfred St. Part of the Jazz at Meade series of concerts. \$20 donation, free street parking, free intermission buffet. Call 703-549-1334 for more.

FRIDAY/JUNE 13

Civil War Nurse Descendent. 7:30 p.m. at Mount Vernon Rec Center, 2017 Belle View Blvd. Anne Reading, a descendant of a nurse portrayed on Mercy Street, will discuss her Great, Great Grandmother's book "The Journal of Anne Reading." \$10. Visit alexandriava.gov/Lyceum for more.

Summer Sunset Movies in Mount Vernon

The Mount Vernon Rec Center at 2017 Belle View Boulevard will be the location for family-friendly movies throughout the summer. Twice a month, from 7-11 p.m., movies will start at sunset. The movie schedule is as follows:

- ❖ June 16 - "Sing"
 - ❖ June 30 - "Nine Lives"
 - ❖ July 14 - "The Jungle Book"
 - ❖ July 28 - "Secret Life of Pets"
 - ❖ Aug. 11 - "The Lego Batman Movie"
 - ❖ Aug. 25 - "Beauty and the Beast"
- Visit www.ZelsmanPowersGroup.com for more.

PHOTO BY MICHELLE ZELSMAN

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 for more.

THURSDAY/JUNE 15



Farewell to Alexandria's 18th-century Ship. 3-6 p.m. at 116 S. Quaker Lane. The ship discovered by archaeologists during construction of the Hotel Indigo begins one last voyage before returning to her final port at Texas A&M University's Conservation Research Laboratory in College Station, Texas. Free but reservations are required. Proper footwear and close-toed shoes are recommended. Visit www.shop.alexandriava.gov/Events.aspx for more.

FRIDAY/JUNE 16

Summer Sunset Movie Night. 7-11 p.m. at Mount Vernon Rec Center, 2017 Belle View Blvd. "Sing," is the first of a series of movies throughout the summer. Visit www.ZelsmanPowersGroup.com for more.


SATURDAY/JUNE 17

Colorful Garden Totem Workshop. 9:30 am-noon at Green Spring Gardens, 4603 Green Spring Road. Horticulturist Nancy Olney guides in making a garden totem with a



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ENTERTAINMENT



Piggy Bank by Tracie Griffith

Ceramics

Ceramics Show runs July 3-30 at 105 N. Union St., ground floor Studio 19. The "Rough around the Edges" Kiln Club show. Call 703-548-6288 or visit scopegallery.org.

Green Goddess by Marsha Lederman

birdhouse topper to use as a garden feature or focal point. \$38 for the program plus \$20 supply fee. Register online for the program at www.fairfaxcounty.gov/parks/parktaks or call 703-642-5173.

Anne Hills and Jay Ansill in Concert. 7 p.m.-8:30 p.m. at St. Aidan's Episcopal Church, 8531 Riverside Road, Alexandria. \$15 in advance and for members, \$18 at the door. Visit <http://www.focusmusic.org/buy-tickets-to-purchase>.

Country-Western Dance. 7-9:30 p.m. at Lincolnia Senior Center, 4710 North Chambliss St. The Northern Virginia Country-Western Dance Association will hold a dance. Lessons, 6-7 p.m.; open dancing, 7-9:30 p.m. A DJ provides music. Couples and singles welcome. Admission for NVCWDA members \$10; non-members \$12; children under 18 accompanied by a paying adult \$5. Smoke-free, alcohol-free. BYO refreshments. Visit www.nvcwda.org or call 703-860-4941.

TUESDAY/JUNE 20

Sons of the American Revolution Genealogical Lecture. 1-3 p.m. at the Hollin Hall Senior Center, 1500 Shenandoah Road. Paul Welden and Dave Thomas will talk about the SAR Genealogical Research Library in Louisville, Kentucky. Free. Email publicity at mvgenealogy.org for more.

WEDNESDAY/JUNE 21

Home Beautification Tips. 7-8:30 p.m. at the Mount Vernon Recreation Center 2701 Commonwealth Ave. The Alexandria Beautification Commission programs focus on ways residents can beautify their homes and neighborhoods using sustainable landscaping practices. Email AlexandriaBeautification@gmail.com

Jonathan Butler Concert. 7:30 p.m. at The Birchmere, 3701 Mt. Vernon Ave. He'll perform his biggest hits and songs from his latest album "Free." Visit www.birchmere.com for more.

THURSDAY/JUNE 22

Garden Tour and Tea. 1-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. Tour the demonstration gardens with a Master Gardener docent who will narrate with stories

of Green Spring past and present. Afterwards, a traditional English afternoon tea. \$32. Visit www.fairfaxcounty.gov/parks/parktaks or call 703-642-5173.

Meet the Filmmaker. 7 p.m. at the Nannie J Lee Center, 1108 Jefferson St. Local writer and filmmaker Jerry Casagrande, who co-created The Anthropologist film, will be on hand to supervise the kids watching The Wing, so parents can watch his film. Email JC@JerryCasagrande.com or call 703-717-3603 for more.

SATURDAY/JUNE 24

Summer Bouquet Floral Design Workshop. 1-2:30 p.m. at Green Spring Gardens, 4603 Green Spring Road. Learn how to make a summer bouquet to take home with the help of floral designer Betty Ann Galway. \$38 plus \$25 supplies. Visit www.fairfaxcounty.gov/parks/parktaks or call 703-642-5173.

Tea Program: The Old Farmer's Almanac. 1-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. Celebrate a total solar eclipse this year and the 225th anniversary of the Old Farmer's Almanac. \$32 for tea, \$12 for program only. Visit www.fairfaxcounty.gov/parks/parktaks or call 703-642-5173.

6th Annual Vine on the Waterfront Festival. noon-6 p.m. at Oronoco Bay Park, 100 Madison St. Visit www.visitalexandriava.com for more.

JUNE 24-25

"Enchanted, the Musical." 1 and 7 p.m. Saturday and 11 a.m. and 5 p.m. Sunday at the Rachel M. Schlesinger Concert Hall and Arts Center in 4915 E. Campus Drive. Metropolitan Arts of the Arts (MSA) of Alexandria will perform their spring production. \$20-\$23. Visit www.metropolitanarts.org for more.

JUNE 27-JULY 30

Potomac Fiber Arts Gallery. Various times at the Torpedo Factory, 105 N. Union Street, ground floor Studio 29. Show is called "Under the Big Top," highlighting the work of three featured artists: Janet Barnard, Paige Garber, and Anne-Sanderoff Walker. Call 703-548-0935, or visit www.Potomacfiberartsgallery.com for more.

FRIDAY/JUNE 30

Celebrate American Freedom. 6-9:45 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Highway, Mount Vernon. Fireworks choreographed to patriotic music. \$30-\$34 for adults and \$20-\$24 for youth. Visit www.mountvernon.org/herbthyme for more.

SATURDAY/JULY 1

Celebrate American Freedom. 6-9:45 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Highway, Mount Vernon. Fireworks choreographed to patriotic music. \$30-\$34 for adults and \$20-\$24 for youth. Visit www.mountvernon.org/herbthyme for more.

JULY 3-30

Ceramics Show. Various times at 105 N. Union St., ground floor Studio 19. The "Rough around the Edges" Kiln Club show. Call 703-548-6288 or visit scopegallery.org.

TUESDAY/JULY 4

Independence Day. 9 a.m.-5 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Highway, Mount Vernon. Event includes a naturalization ceremony for 100 new citizens, military reenactments, a special wreath-laying ceremony, free birthday cake for all guests. Fireworks choreographed to patriotic music. \$18; children ages 6-11, \$9; and children under 5. Visit www.mountvernon.org/herbthyme.

WEDNESDAY/JULY 12

How to Get Started in Scuba. 7:30 p.m. at Boat US HQ, 880 South Pickett St. Lecture by Rob Currer of Patriot Scuba of Occoquan discusses how to get started in scuba diving. Visit www.PatriotScuba.com for more.

THURSDAY/JULY 20

Garden Tour and Tea. 1-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. Tour the demonstration gardens with a Master Gardener docent who will narrate with stories of Green Spring past and present. Afterwards, a traditional English afternoon tea. \$32. Visit www.fairfaxcounty.gov/parks/parktaks or call 703-642-5173.



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SPORTS



PHOTO BY DAN BANDONI

Warriors Ben Mellinger and Gabe Rudasill tackle a Royal Irish runner.

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Warriors Tackle Rugby Tourney

On May 17, the Fort Hunt Warriors traveled to Kansas City, Mo., to participate in the invitational Boys National High School Rugby Championship tournament. Despite a stellar spring season, they fell in the final to Royal Irish (Indiana), 18-16.

The Warriors Brought a 17-2 record into the tournament, including a 5-0-0 grand slam of the inaugural Mid-Atlantic Premier League, a new boys high school league made up of teams in Virginia, D.C., and Pennsylvania, including perennial national rugby powerhouse Gonzaga College High School. The Warriors also went undefeated in Rugby Virginia, winning their fourth state championship in six years on May 13. For much of the spring season, the Warriors were the top-ranked high school club rugby team in the United States.

In the national championship quarterfinals, the #1-seeded Warriors faced the Elsie Allen Lobos out of California's Central Valley. The Warriors took a while to find their footing but finished the game with a 40-13 win to advance to the tournament semi-final. In the semifinals, the Warriors faced another California team, defending

national champions Granite Bay. The game was hard and fast from the opening kickoff, but true to the game plan the Warriors scored early and first, played strong defense and held Granite Bay for a final score of 10-8.

On the third and final day of the tournament, the Warriors went into the national championship game against the Royal Irish from Indianapolis, last year's runner-up. While this was the Warriors' first trip to the national championship tournament, the Royal Irish had played in six national championship games, and had won three times. The Warriors came into the final with the #1 ranking, but were missing their top player due to injury and were considered an underdog against the more-experienced Royal Irish.

The Warriors came out hitting hard and dominated the first half, forcing the Royal Irish to defend their goal line repeatedly. The Warriors took the lead early on a bruising try by prop Bailey Ibleon. Even when the Royal Irish regained their composure in the second half, the best they could do was to tie the score at 11, only to see the Warriors to pull ahead 16-

SEE NATIONAL, PAGE 17

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SPORTS



PHOTO BY DAN BANDONI

Warrior #8 Dan Trump advances the ball against Granite Bay, with Gabe Rudasill in support.

National Tournament

FROM PAGE 16

11 on shifty run by fullback Daiimon Cleveland. Unfortunately, with 90 seconds left in the match, the Royal Irish drove to the Fort Hunt goal line and scored to tie the game at 16. Royal Irish made the difficult conversion from the sideline, and the Warriors ran out of time, defeated 18-16.

Despite the loss in the championship match, the Fort Hunt Warriors returned to Virginia as the national high school rugby runner-up. Captain Sean Dowling said: "This year was the culmination of four years of hard work for the seniors; we had set a goal as freshmen to win the national championship. Although we came up just shy of that goal, we earned the respect of the U.S. rugby community and cemented ourselves as a team capable of winning a national championship year in and year out."

After the tournament, seven Warriors players were named as players of the tournament: flyhalf Robert Figley; center Erik Roach; wing Andrei Golding; prop Sean Dowling; lock Zack Monson; flanker Jack McCrossin; and #8 Dan Trump. In all, 13 current Warriors players have been selected for representative sides, the East Coast U-19 team and the national U-19 and U-20 teams.

The Warriors, a club sport established in 2011 as part of the Fort Hunt Youth Athletic Association, draws players from 11 high schools across northern Virginia, including West Potomac High School. In addition to their recent national success, the Warriors' varsity team has a cumulative record of 91-15. The team includes a 1st side, a 2nd side, and a JV side. It is open to all high school students, no experience required. More information at www.forthuntrugby.org.

WPHS Rowing Roots

FROM PAGE 7

Pierson have both been involved since the beginning and were amazed at how far both girls have come over the years.

"To see Brooke and Rebecca there was quite an accomplishment knowing that they both started rowing together in high school," Scott Gehring said.

They have watched their daughters grow through the sport and know exactly what kind of teammates they are.

"Brooke is constantly OK despite the pressure," Randy Pierson said.

According to Randy Pierson, Brooke is the kind of person who

doesn't believe that she will not succeed.

"She doesn't seem to recognize this and just keeps on pressing forward," Randy Pierson said.

Scott Gehring said that Rebecca's best quality is her persistence which shows in everything she does. Rebecca is always looking to better herself and be the best.

"It seems like every milestone she sets and then reaches that and sets the next milestone and continues to get better," Scott Gehring said.

It's not over for this duo, though. Both women still have one more year of eligibility in the NCAA.

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I Hope I'm Right



By KENNETH B. LOURIE

Having been a cancer "diagnosee" now for eight years and exactly three months — as I sit and type on May 27, 2017, a lifetime considering the original "13 month to two-year" prognosis I was given on February 27, 2009, I have learned much about cancer that I didn't know. In fact, I've learned everything about cancer I know now because previously I knew nothing. Growing up I heard/experienced very little about cancer. My parents were healthy as was my immediate family (aunts, uncles, cousins).

And even though I spent many Sundays with my parents visiting my grandparents in nursing homes, the diseases/afflictions I remember hearing most about were diabetes, Parkinson's, Leukemia and high cholesterol. Never cancer or any condition that I associated with cancer. I realize now how lucky we all were. I wouldn't say I took good health for granted, but I might have taken it as a given. Not any more.

Everyday I wake up, as my father used to say, is a good day; and ever since I was diagnosed in early 2009, most days — all things considered, and I do consider all things, have been good days. I have been extraordinarily fortunate in how my body and mind has reacted to being diagnosed with a "terminal" disease: non-small cell lung cancer, stage IV. Rarely have I ever gone one step forward and then two steps backward.

Oh sure, the early hairless days of heavy-duty chemotherapy (infused for six hours every three weeks) were challenging, but it was a process I had to endure — so far as I knew (I know a bit more now and there are many more choices/protocols than ever before).

It reminds me of a long-ago M*A*S*H episode in which "Hawkeye" met a South Korean woman after she drove — a Cadillac — into the 4077th. She needed medical help for her family. Col. Potter ordered "Hawkeye" to return with the woman back to her home.

Begrudgingly he went along, mistakenly thinking she felt a sense of entitlement. After a short time treating her family he learned how wrong he had been. Later that day, "Hawkeye" saw the woman walking up a nearby trail carrying buckets of water on a pole. When he asked her why she was doing that (getting the water that way, from wherever); she replied:

"Because that's where the water is." It struck him — and apparently — it struck me, too. As a cancer patient/survivor, that has always been my approach/attitude. "Next man up," a common sports refrain; no excuses, keep moving forward.

Over the years, I have met many cancer patients; at the Infusion Center, at conferences, at work and at play. And I may be biased (no 'maybes' about it), but I have to say, we're a fairly hearty and resilient bunch. Getting diagnosed with a terminal disease — frequently out of the blue, is not exactly the stuff of which dreams are made. Quite the contrary.

Nevertheless, many of the cancer patients I've met seemed to have faced their demons and are standing tall against the worst kind of adversity. Bette Davis is often credited with the quote: "Old age is not for sissies." Well, neither is cancer. It seems to be for everybody, everywhere. Unfortunately, cancer is an indiscriminate, equal opportunity destroyer; all ages, all races, all ethnic groups, all populations.

According to "Medical News Today," "One in two people will develop cancer in their lifetimes." So getting cancer is either a matter of time, inevitable or a random-type miracle if it doesn't affect you. For many of us who've been affected already, we've come to learn that cancer isn't the automatic death sentence it used to be, especially for us lung cancer patients. The research dollars and enthusiasm going into defeating this scourge are at their most significant in decades, perhaps ever.

Now is not the time to give up hope. It's time to embrace it.

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

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News

Public Safety

FROM PAGE 1

Some members of the audience were more concerned about the immigration enforcement that has occurred in recent months. "They feel they are being targeted, they have been stopped because of the way they look or can't speak English," said one woman. Lt. Jerry Watts, the assistant commander of the Mount Vernon Police Station said that was not the case at his station. "None of my officers are stopping people for the way they look," he said.

Captain Anthony Mattos, who will soon be the new commander at the Mount Vernon Station, reiterated that sentiment. "Our officers don't stop anybody based on the color of their skin, if that's happening, I want to know about it," he said.

The racial make-up of the audience was mostly white, and not many Spanish-speaking individuals were there. "They're not here because they're afraid," said another woman.

At meeting's end, some of the procedures used by law enforcement were examined. There were some questions that needed a more thorough answer, particularly from Kincaid who left before all the questions had been discussed, said Tim Wagner, of the Mount Vernon/Lee PeoplePower group. Question cards were turned in by the group, and Wagner said that Storck will ask Kincaid to respond to any that have not been answered.

The next event in this safety dialogue series is on June 30, from 9 a.m. to noon at the Mount Vernon Supervisor's office and will focus on the senior community and the numerous public safety programs the county provides for seniors.

In the fall, Storck will be hosting a meeting with Cook to discuss the Ad Hoc Police Commission and how these changes continue to enhance public safety in the Mount Vernon District and Fairfax County.

Republicans

FROM PAGE 3

to eliminate the income tax.

"Virginia hasn't had a significant surplus in revenues, unanticipated unaccounted for revenues, in 10 years," said Stewart during the televised debate. "Ed's plan is completely dependent on that. It hasn't happened. It's a charade."

Stewart's solution? Ask state departments to identify how they would slash their budgets 30 percent, and then use those cuts as a menu to reduce spending.

"My tax plan is dependent on a cut in spending," he said. "We are going to reduce the rate from 5.75 percent to 4.75 percent in a single year."

Within a decade, Stewart says, the income tax would be eliminated altogether.

"That's wishful thinking," said Republican strategist Dan Scandling. "That's not going to happen because what are you going to replace it with? Are you going to do something on property taxes and push it all onto the localities? I don't think that's going to go over very well."

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