



PHOTOS BY VERNON MILES/GAZETTE PACKET

Deacon James Garrett outlines changes made to the Alfred Street Baptist Church design following feedback from the public and the Board of Architectural Review (BAR). The BAR directed project developers for ASBC to increase the site's physical and visual porosity, ensuring that each of the brick buildings look more distinct. The brick buildings of the new ASBC are now separated by transparent glass corridors. The parking entrances along Wolf Street were also modified to blend in with the surrounding buildings.

Blessed Are the Poor

Alfred Street Baptist Church outlines relocation plan for affordable housing residents displaced by church expansion.

BY VERNON MILES
GAZETTE PACKET

While the Church of the Resurrection and Fairlington Presbyterian Church are selling portions of their church property to be developed

as affordable housing, ASBC is removing affordable housing to expand the church. Alexandria's historic Alfred Street Baptist Church (ASBC) is poised to undergo an expansion that will make it larger than City Hall or the Courthouse, but expansion will come at the cost of 22 affordable housing units. At a public meeting on June 29 in the church basement, ASBC leadership reassured residents that church will continue working to find new housing for the displaced residents.

The project will remove 22 of ASBC's 77 affordable housing units. Those 22 will be demol-

ished to have the church built over them. Currently, ASBC leadership is working with the Alexandria Housing Development Corporation to help place the 22 affordable housing residents into other sites. At the June 29 meeting, church leaders assured residents that the homes they were

SEE CHURCH HELPING, PAGE 9



Model display for the expanded Alfred Street Baptist Church.

Rat City

Combating the rat population in Alexandria.

BY VERNON MILES
GAZETTE PACKET

Old Town is animal friendly. Dogs are a common sight up and down King Street. Cats regularly patrol the alleyways. And as construction is underway at local sites, some residents have reported seeing some new guests: rats.

Laraine Healy was on her back patio when she saw a large rat. Her neighbor had seen one earlier and believed they were the same one, though Healy joked she didn't stay to get the rat's ID. Healy called the city government and an inspector was sent out to the site to bait the sewers. In her 30 years living in Old Town, Healy has never seen a rat on their property before and says she believes it's connected to nearby construction.

"There's a lot of construction in



PHOTO CONTRIBUTED

Dead rat on an Old Town street.

the area, down where the Giant and the ABC Store was and at the end of Powhatan Street," said Healy, "That disrupts their habitat."

Yvonne Weight Callahan, president of the Old Town Civic Association, said rats aren't as common as some might think in Old Town but that they have become more noticeable over the last few years as more construction has occurred on the Waterfront.

SEE COMBATING, PAGE 4

Chicken and Egg

Affordable housing debate highlights city's public feedback conundrum.

BY VERNON MILES
GAZETTE PACKET

Normally the City Council fully embraces affordable housing proposals. But as would be the case

with the proposed Business Improvement District later in the same June 27 City Council meeting, the proposed affordable housing at the Fairlington Presbyterian Church site hit a snag when it came to public feedback. Unlike the BID, in spite of some notes of concern, an initial loan of \$400,000 was approved unanimously by the City Council.

Wesley Housing Development Corporation is proposing to purchase a portion of land owned by the Fairlington Presbyterian Church to redevelop it as afford

SEE BALANCING, PAGE 4

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Small Area, Big Plans

North Potomac Yard takes design cues from an Eisenhower autopsy.

By VERNON MILES
GAZETTE PACKET

As the northern gateway into Alexandria, Potomac Yard needs a little work. Today the area is divided into a strip mall on one side of Potomac Avenue anchored by a Target and an empty lot on the other with a recently closed movie theater. But by the early 2020s, as the new Metro station at Potomac Yard opens up, an updated plan for the region hopes to have the area transformed into a new booming metropolitan neighborhood.

The original North Potomac Yard Small Area Plan was approved in 2010. In 2015, Potomac Yard developer representative JBG Companies expressed a desire to further development of the area in ways that would require updating the plan.

A major emphasis for the update was balance between competing interests. North Potomac Yard is slated to have 7.5 million square feet of development. Nearly half, 2.9 million square feet, will be office space built within a quarter-mile of the Metro station. Within that radius, north of the office space is several blocks of planned mix office and residential developments. To the south and to the north out for another half-mile, most of the new development is primarily residential.

During the approval process, members of the City Council had each expressed hopes for different aspects of the project. Council members Paul Smedberg and Redella “Del” Pepper had emphasized the need to learn from the mistakes of Eisenhower and push for a sense of place. Eisenhower, Smedberg said, had never really developed a sense of community.

Unlike Old Town or Del Ray, Smedberg said the developments in Carlyle and along the east end of Eisenhower Avenue had never grown a nightlife or recreational atmosphere.

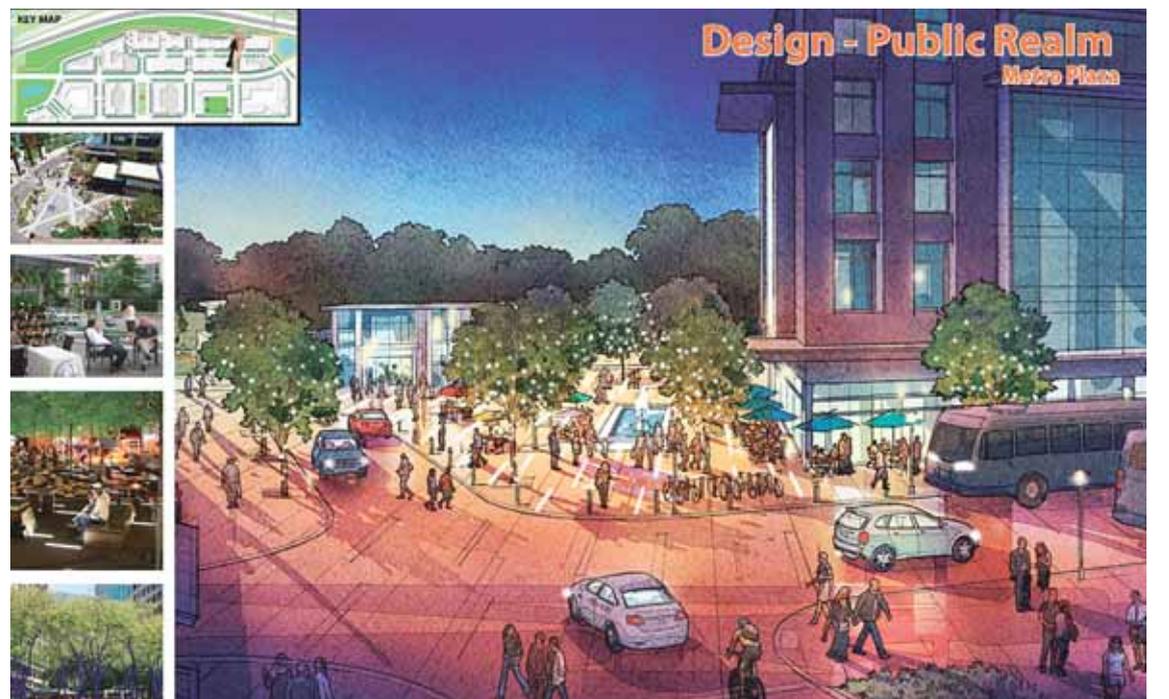
Much of the plan update focuses on public spaces designed to make the area more livable and approachable than the area around the Eisenhower Metro station. It was noted during the City Council discussions that the the first sight on either side of the Eisenhower Metro is empty parking lots dumping out onto Eisenhower Avenue. The North Potomac Yard update includes a “Metro plaza” space designed to make the surrounding area feel more lively and active. The plaza connects to trails that run north and south of the area, connecting to Crystal City and the Braddock area.

Eisenhower Metro Station also suffers from limited public transit connectivity. The North Potomac Yard update works to correct this with connectivity to a Bus Rapid Transit route that runs from Braddock Road to Crystal City. In general, the update to the North Potomac Yard plan emphasized pedestrian, bicycle and public transit accessibility.

Mayor Allison Silberberg had expressed concerns that the plans did not include sufficient open space. The new update includes nine acres of open space, a slight improvement over the nearly eight acres of open space in the 2010 plan. At least 15 percent of the open space must be on ground level and another 25 percent on ground level or on rooftops. Throughout City Council discussions, Silberberg continued to harbor some concerns about the open space, particularly the accessibility of rooftop open space and that



North Potomac Yard development by distance to the Metro.



Artist rendering for Potomac Yard's Metro plaza.

most of the open space was clumped together north of the Metro station rather than spread throughout.

The need for open space was balanced against the city's increas-

ing affordable housing need. The update takes advantage of the recently changed city code allowing bonus density up to 30 percent in exchange for more affordable units. The City Council approved

the plan update, but Smedberg noted that close attention needs to continue to be paid to the North Potomac Yard development to ensure the plan is implemented as envisioned.

Citizens Wanted to Fix Sewers; Apply Within

The City of Alexandria is looking for residents to have a voice in one of the biggest issues facing the city over the next few years. The Ad Hoc Sewer System Plan Stakeholder group will be composed of citizens from various neighborhoods and interest groups to help monitor the development of the Long Term Control Plan Update for the city's combined sewer system. The group will meet monthly to provide input on the sewer plans, considering factors

that include cost, environmental goals, and minimizing the impact on the community.

Old Town has an outdated combined sewer system that dumps millions of gallons of sewage into Hunting Creek and the Potomac River. Legislation approved earlier this year at the state level will require the city to implement a complete overhaul of the sewer system to the cost of \$300 to \$400 million to be completed by 2025.

The Virginia Department of Environmental Quality requires a Long Term Control Plan. One was approved by the City Council

in 2016, but the new legislation requires the plan's revision to meet the 2025 deadline.

The 14 member Stakeholder Group will be appointed by the city manager. Currently, the city is looking for one resident from Bridgeyard or Porto Vecchio, one resident from Tobacco Quay, Oronoco Waterfront Residences, or Rivergate Townhomes, two at-large members with engineering, environmental, public finance or related knowledge and experience; and one member who is nominated by a local environmental ad-

vocacy group.

Applicants can contact Erin Bevis-Carver, civil engineer with the Department of Transportation and Environmental Services, at Erin.BevisCarver@alexandriava.gov. Applicants should contact Bevis-Carver by July 31 indicate which of the membership positions they are applying for along with a brief statement of interest.

— VERNON MILES

Combating the Rat Population in Alexandria

FROM PAGE 1

“It’s not a weekly or even a monthly experience, but when there’s a disturbance you see more of them,” said Callahan, who blamed poor rodent control measures for allowing the spread.

Craig Fifer, director of communications for the City of Alexandria, said that during active demolition or construction, city inspectors are on-site several times a week and check for rodent control. After an initial rodent control plan is implemented, Fifer said the inspections tend to focus more on issues of safety, fire prevention and maintenance issues. During the less active phases such as archaeology, these inspections are more periodic.

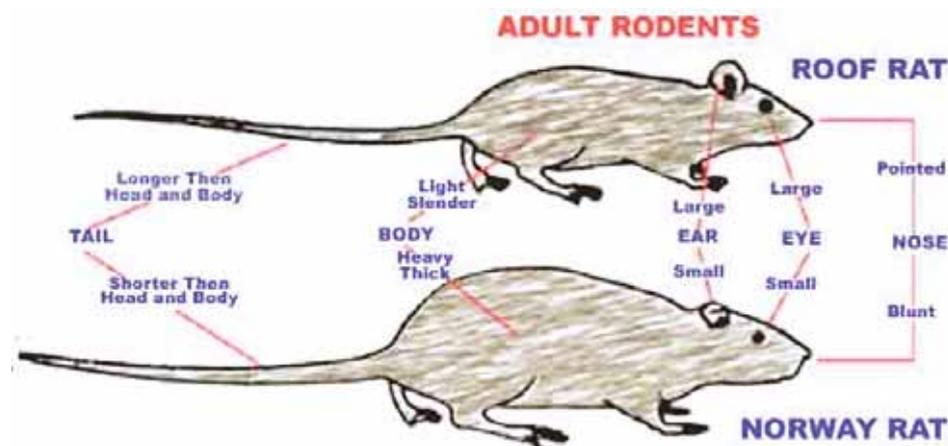
But stones are still being upturned and digging is still going on during the archaeology phases, and Callahan says the city still continues to see a more prominent rat population in these times.

The problem is widespread enough that residents near other construction sites are expressing concerns.

“We’re about to disturb a whole bunch of rat nests,” said Bridget Ponnetta at a meeting for the expansion of Alfred Street Baptist Church. “Do we have to be scared to open our doors at night? The rats we have here now are a problem. They don’t hide, they come out with you when you open the door.”

According to the city code for construction requirements, rats pose a public health risk as disease carriers and present a threat to property.

Rats continually gnaw to keep their growing teeth in check and to burrow in search of food. There are several signs that a house is infested with rats, the most obvious being the presence of live or dead rats. Nests built of paper or cloth, gnawing marks,



Physical distinctions between a roof rat and a Norway rat.



A mouse in Alexandria

PHOTO BY VERNON MILES
GAZETTE PACKET

droppings and burrowing tunnels can all indicate that rats are in a home and can also provide information about the size of the infestation. Rat urine also gives off a distinct odor that can be used to detect their presence, especially in large quantities.

There are three types of rodent prominent in Alexandria. The smallest is the house mouse; slender bodied with large ears. The two rats are the roof rat and the

Norway rat. The roof rat is smaller and sleeker, but with larger ears. Roof rats tend to live at higher elevations. The largest, and according to some residents the most frightening to encounter in a dark alley at night, is the Norway rat. Norway rats weigh between 12 to 16 ounces and tend to be more stronger and more aggressive than its roof-dwelling cousin.

The city has a number of requirements

for construction sites to mitigate the damage caused by disturbing rat nests. Prior to being issued a building, demolition, or land disturbance permit, applicants must provide proof of baiting or provide a baiting plan to code enforcement. Seven days before construction begins, above ground bait boxes must be placed and maintained around the perimeter of the site. Failure to follow rodent control guidelines can result in a stop work order and elevated permit costs.

There are a number of measures a homeowner can take to prevent a rat infestation from taking hold in their home. Food can be a primary attractor for rats to a home, so removing that source is a key component for prevention. The city website recommends keeping all garbage, food or feed in sealed containers. Clearing away outside debris or vegetation can also keep them from finding safe harborage. The website recommends at least three feet of cleared space around each house, as well as the removal of any wood piles or overhanging branches rats might use to travel into a house. Sources of water are also necessary for a rat infestation to take hold, so their elimination makes that less likely.

Rats can gain entry to a house via doors, windows, cracked concrete or screens. Roof vents, eaves, attic vents, overhangs and roof top air conditioning units also provided spaces for rats to slip inside. Downspouts can provide an easy entrance for a rat as well, some homeowners should attach a screen to both ends.

If rats have managed to get inside the home, bait and glue traps can help catch and control the rodent population. According to Fifer, complaints about ineffective rodent control at construction sites can be filed through the city’s Call.Click.Connect system.

Balancing Neighbors’ Concerns in Affordable Housing Debate

FROM PAGE 1

able housing, with between 75 and 81 new units being made available to Alexandrians earning less than 60 percent of area median income. The funds will be used to prepare a Development Special Use Permit, a Low Income Housing Tax Credit, pay for legal expenses, the architectural, and engineering work required for permitting.

Members of the council say they received feedback from nearby residents expressing concerns about how the new housing would impact parking and traffic in the area. Council members also said they were concerned at the lack of public outreach performed with neighbors about this project. One nearby resident attended the meeting and repeatedly interrupted the proceedings in protest. “I am concerned, as the mayor, after hearing from so many residents,” said Mayor Allison Silberberg. “There seems to be a lot of support in general, but they are concerned about traffic and parking. This is proposed for people at 60 percent of area median income, so they are going to have

cars.”

Helen McIlvaine, director of Housing, said that the redevelopment is proposed for 2019, so the public outreach is still in the very early stages of the process.

“The concerns are similar to the ones on East Glebe across from our Potomac Yard development,” said McIlvaine. “By the time we got to the hearing, we had letters of support from all of the surrounding civic associations. We are just beginning this process.”

But City Councilman John Chapman noted that unlike Potomac Yard, which is soon to receive a new Metro station, the Fairlington Presbyterian Church site is relatively inaccessible by public transit. But to study the traffic and parking issues related to the new development, McIlvaine and City Manager Mark Jinks noted that the developers would need this initial funding to carry out traffic studies.

“It’s a classic chicken and egg [situation],” said Jinks, saying there was very little at present to show the neighbors without any

funding put into the project, but if funding is put into project then neighbors sometimes get the impression that the issue is already decided. “We need to hire traffic consultants and hire an architect for design, that’s what this money is for. It’s so there are professionals that can show designs and have those discussions with the neighborhood so those designs can be refined. We’ve been doing it this way successfully and working through issues with neighborhoods for decades.”

Silberberg asked if the loan could be deferred but others on the council agreed with Jinks’ assessment.

“If we wait two months, the concerns can’t be addressed in that time because you need studies to address those,” said Councilman Tim Lovain, “otherwise we’re just spinning our wheels and making no progress until both studies are done.”

“There are real concerns,” said Vice Mayor Justin Wilson. “Some are significant, some are things that can be dealt with in review process. We’re only in part one, there’s still

a lot to go. A lot of those are concerns about existing parking issues that can be addressed with regulatory options separate from any potential development or redevelopment.”

Councilman Willie Bailey encouraged other council members and the public not to lose sight of what this development would mean for the city’s residents in need of affordable housing.

“Let’s make sure we remember, there is a shortage for housing,” said Bailey. “This housing can go to our teachers, firefighters, police officers, nurses. There’s not a lot of opportunities like this. We need to be cognizant of all this. I trust Ms. McIlvaine and their staff that they are going to do a good job on this project like they do for all others.” The council unanimously approved the loan. Silberberg noted that this was the second church being redeveloped as affordable housing within the last year and asked the city staff to look more into potential sites like this that could be coming down the pipeline.

NEWS



PHOTO CONTRIBUTED

Summer Picnic

In late June, the Alexandria Community Services Corporation sponsored a summer picnic for its seniors at Annie B. Rose House in downtown Alexandria. Seniors were recognized and celebrated for their volunteering efforts within the community. This is the 21st year that this event has taken place. Residents enjoy dancing to music of their youth, enjoyed a grilled meal, received volunteer appreciation certificates and gift cards donated by local sponsors. Above, Mayor Allison Silberberg addresses the seniors.

BULLETIN BOARD

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

community of resources to help cope with uncertainty or fear following the June 14 shooting incident at Eugene Simpson Stadium Park. Such tragic events—in addition to ongoing violence, political turmoil, and rapidly unfolding world events—can result in added stress, uncertainty,

SEE BULLETIN, PAGE 21

WELL-BEING RESOURCES

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First Responders Honored for Bravery

Beyer praises response to Simpson Field shooting.

BY MIRACLE PARISH
GAZETTE PACKET

U.S. Rep. Don Beyer (D-8) commended first responders from the Alexandria Police Department and Fire Department on June 29 for their promptness and bravery when responding to the mass shooting that took place last month at the Republican congressional baseball practice. He presented the first responders with a framed copy of his Congressional Record Statement.

Alexandria Police Officers Nicole Battaglia, Alexander Jensen and Kevin Jobe arrived within minutes after the 911 call and immediately engaged the shooter. Members of the Alexandria Fire Department, Fiona Apple and Richard Krimmer and other paramedics provided emergency

medical care to prevent the sustained injuries from becoming fatalities.

Beyer expressed his gratefulness on behalf of Congress.

"I am honored to commend these valiant individuals for their selfless service; I thank them not only for saving the lives of the victims of this evil, mindless gun violence, but for their daily positive impact on the extraordinary community of Del Ray in the exceptional City of Alexandria," said Beyer.

While honoring these first responders, Beyer acknowledged that without the timeliness of Alexandria's first responders, there could have been many lives loss at the June 14 shooting at Eugene Simpson Memorial Park while the Republican congressmen prepared for their annual congressional baseball game for charity.



PHOTO BY MIRACLE PARISH/GAZETTE PACKET

Deputy Chief Shahram Fard, U.S. Rep. Don Beyer (D-8), David Politz, and Sheriff Dana Lawhorne



PHOTO BY TOOL JAMPATHON

Jesse Dingle, outgoing principal of T.C. Williams High School, performs "Let It Sing" with the Alexandria Singers June 11 at the George Washington Masonic Memorial. An accomplished singer, Dingle has been a tenor soloist with the group for the last two years.

Ending on a High Note

After two years as principal of T.C. Williams High School, Jesse Dingle is leaving for Asheville, N.C. But it is not just the students of TC he is leaving behind. During his time as a Titan, Dingle has been a soloist with the Alexandria Singers and gave his final performance June 11 at the George Washington Masonic Memorial.

"We're going to miss Jesse," said music director Bill Colosimo of the tenor soloist. "He has been such an exciting and talented addition to The

Singers."

Dingle brought down the house with his rendition of "Let It Sing" as the 80-member show choir wrapped up its season with three performances of "Sing!" The Alexandria Singers, a nonprofit arts organization, will host a free workshop at Convergence July 22 for anyone interested in learning to sing. Open auditions for the pops choir will be held Sept. 12 and 19. For more information, visit www.alexandriasingers.com.

— JEANNE THEISMANN



Donating to ACT for Alexandria

In honor of its fifth anniversary, Del Ray Café donated \$9,750 — 5 percent of May sales — to ACT for Alexandria. In addition to Del Ray Café's 5 percent, matching donations were made by Wendy Brown of the Maury Lane Fund at ACT for Alexandria and the Jen Walker Team — McEneaney Associates, Inc. Realtors, for a total donation of \$29,250. Laurent and Margaret Ticer Janowsky opened Del Ray Café on May 1, 2012 in a former 1925 home converted to a 48-seat restaurant in the Del Ray neighborhood of Alexandria. Del Ray Café is a French café serving local, natural and organic products for breakfast, lunch, brunch (weekends/holiday) and dinner.



COAST GUARD AUXILIARY PHOTO BY JOHN STEVENS.

Checks for boaters at the City of Alexandria docks. Members of Flotilla 25-8 are civilian volunteers supporting the Coast Guard. Flotilla 25-8 meets on the third Thursday of the month at the Mount Vernon Yacht Club and is accepting applications for new members. Go to <http://wow.uscgaux.info/?unit=054-25-08>.

Vessel Safety Examiner

Boat owner Eugene D. Smith signs a Vessel Safety Check form with members Dan Viglione (center) and Tom Walsh (right) of U.S. Coast Guard Auxiliary Flotilla 25-8, on June 10.

Viglione, who is training to be a Vessel Safety Examiner, Walsh, his instructor, and other members of Flotilla 25-8 provided complimentary Vessel Safety



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ALEXANDRIA / Del Ray \$ 870,000 OPEN SUN 2 - 4

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ALEX. / Wellington Estates \$ 649,500 OPEN SUN 2 - 4

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Brandy Buzinski 202.277.5478
ALEXANDRIA / Hawthorne \$ 559,900

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Betsy & Bette Gorman 703.861.4825 or 585.2235
ALEX. / Keys and Russell \$ 485,000 OPEN SUN 2 - 4

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Catherine Parker 703.627.5688
ALEXANDRIA / River Farms \$ 434,900 OPEN SUN 1 - 4

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Marcy Covvarubias 703.772.6569
ALEX. / Exchange at Van Dorn \$ 230,000

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Cindy Nelson 703.965.7562
SPRINGFIELD / Newington Station \$ 325,000

Tastefully renovated brick-front townhouse backing to beautiful trees with fenced yard and deck. Updated kitchen has new SSA and eat-in area, updated baths, and fresh paint throughout. New flooring on ML and UL and new HVAC. Amenities include pool, BB and tennis courts plus tot lots. 3BR/1.5BA



Long & Foster Old Town Historic District Office 703.683.0400
400 King Street, Alexandria, Virginia 22314



PEOPLE

Terry Clancy and Joe Scott Wed

Terry Clancy and Joe Scott were married June 3, 2017 in Fredericksburg, Va. Terry is the daughter of Patty Richards of Kilmarnock, Va. and Leon Clancy of West Point, Va. Her grandparents are the late John C. and Meredith G. Richards of Alexandria. Joe is the son of Michelle Webster (formerly from Marlette, Mich.) now residing in Fredericksburg, Va. and the late Donald Scott from Brown City, Mich.

Terry was born and resided in Gloucester, Va. until the age of 13. She graduated from West Point High School in 2005. Terry was employed in the landscaping industry following her degrees in biology and Spanish from VCU. She now works at a local accounting firm.

After graduation from Marlette High School in Marlette, Mich. in 2000, Joe served four years in the Marine Corps. Currently he is a master technician at a Toyota dealership.

The ceremony was officiated by Joe's Great Aunt, Alberta Schinzing, on the banks of the Rappahannock River (Riverside Weddings By Clore).



Given in marriage by her father, the bride was attended by Nina Zinn, the Maid of Honor, and bridesmaids Ria Gray and Marissa Ferguson (sister of the groom).

The best man was Michael Scott (the groom's brother), and the groomsmen were Jason Clancy (the bride's brother) and Matt Sokolowski.

The couple has returned from their honeymoon in Barbados and live in Fredericksburg, Va.



Tiny Dancers Perform 'Cinderella'

On June 4, at West Potomac High School, almost 300 young dancers from Tiny Dancers performed "Cinderella" before an audience of family and friends. Starting with the "Daddy/Daughter" dance for the youngest dancers, and moving on to ballet, tap and hip hop, the dancers performed custom choreographed numbers in a rendition of this Hans Christian Andersen fairy tale. Tiny Dancers, located in Old Town, offers a specialized program of ballet, tap and hip-hop for children ages 2-12. See www.tinydancers.com.

Ballou Joins Virginia Theological Seminary

Jacqueline "Jacqui" F. Ballou has been named the new vice president for Finance and Operations at Virginia Theological Seminary. Ballou, who is currently the director of Finance, Planning and Operations at the



Ballou

Center for Public Leadership at Harvard University's Kennedy School of Government, will join VTS on Sept. 1.

From 2007 to 2013, Ballou worked at Howard University in Washington, D.C., in the Office of the President, Dean of the Chapel and Religious Affairs, where she developed and maintained the department's operating budget, managed the daily operations of the office, and created and maintained the department's operating policies and procedures.

Ballou was named salutatorian at North Carolina A&T State University, where she received her Bachelor of Science in accounting. She received her Master of Business Administration in finance and strategic management from Duke University's Fuqua School of Business in Durham, N.C., and she was named valedictorian at Howard University, where she received her Master of Arts in religious studies with concentration in ethics. During her time at Howard she was an Ethical Dimensions of Leadership Program Leader and a Student Leadership Conference Lecturer on Business Ethics. As a professionally certified Business Transformation Consultant and Certified Public Accountant, Ballou was selected in 2016 to participate in a six-month intensive Foundation of Leadership Program at Harvard University.



Jaycees Honor Outstanding City Employees

At its annual Community Appreciation Night, the Alexandria Jaycees recognized four city employees for their exceptional commitment to public service. During the May 15 ceremony at City Hall, Jaycees President Diana Karczmarczyk announced the honorees as Mayor Allison Silberberg, along with their respective department heads, presented each with a plaque. At the ceremony are, from left, Court Services Director Mike Mackey, Intake Supervisor Joe Regotti, Sheriff Dana Lawhorne, Probation Officer Gregorianne Burruss, Fire Chief Robert Dubé, Fire Lieutenant Joshua Turner, Deputy City Manager Debra Collins, Mayor Allison Silberberg, Police Officer Nuno Cunha, Deputy Police Chief Shahram Fard and Jaycees President Diana Karczmarczyk.

Canton To Lead John Adams Elementary School

Cinja Canton has been named as the new principal of John Adams Elementary School.

Canton, who is currently a Title I School Improvement Coordinator at ACPS Central Office and has previously worked as an assistant principal at a dual language school, will lead the dual language and traditional el-



Canton

ementary programs at John Adams.

Prior to joining Central Office, Canton was an assistant principal at Mount Vernon Community School while it was transitioning to a full dual language program. She was known for her presence in the classroom where she collaborated on a daily basis with teachers, coaches and other staff to increase student engagement and achievement. She also designed, implemented and monitored intervention processes for students with

various needs by introducing new data tracking practices during her time at the school.

Canton began her teaching career in South Florida. She taught English Language in a public dual language program, which featured an English-Spanish two-way immersion approach to instruction. Canton was a School Improvement Coach and Coordinator for ACPS for four years and has a Master of Education Leadership from George Mason University.

Church Helping Relocate Its Affordable Housing Residents

FROM PAGE 1
relocated to would be equal to or better than their current units.

Eight of the tenants have already been moved into vacant units on-site. Those that moved into the four units afterwards were notified before they moved in about the impending relocation. While more units that open up in the remaining 55 at ASBC will be reserved for residents of the 22 demolished units, the church has begun putting together plans for three other locations.

The first is Lacy Court, a housing complex in Del Ray with 44 units currently undergoing extensive renovations. Of the three options, Lacy Court is the only one currently built. The other two, the Carpenter Shelter and Gateway locations, are both currently in early stages of development. The Carpenter Shelter site will have 98 units, mainly two and three bedrooms, that will be new and affordable. The Gateway contains 74 units of affordable housing in a three building, mixed use complex.

At earlier meetings, residents from the affordable housing set to be razed had expressed support for the plans and thanked the church for their years of maintaining the affordable housing. On June 29, however, the mood was one of more concern. Some residents questioned the promise that the new units would be as good as their current ones, saying they would be down-

grading from a townhouse to an apartment. Catherine Ward, a resident of one of the 22 units, is 85 and says she'd prefer to stay where she is. She was uncertain about the public transit accessibility at the other locations. Deacon James Garrett said the church was familiar with her situation and was going to take care of her.

Bridget Ponnetta's son is one of the residents of the 22 units being removed and, together with other residents, expressed her concerns about the church's plans for the affordable housing relocation.

"These people were promised something really nice," said Ponnetta. "I've seen [Lacy Court]. I know Alexandria like the back of my hand. It's sad that you're taking people out of their homes and downsizing them to these small places ... No apartment will measure up to a townhouse. I think this is a terrible idea. This is the worst idea any church could come up with."

Garrett told residents that the apartments they would be moving to were being renovated or newly built, that they didn't look like the affordable housing units the residents probably had in mind.

"As we get closer to the move, you'll see," said Garrett. "Some of these units haven't even been built yet."

Garrett also said that if the residents are dissatisfied with the housing options, they can receive a tenant protection voucher to

allow them to shop around and look for additional options. As the community began to express frustrations, Garrett reminded residents that the church didn't have to help them at all. The lease for the affordable housing expires in 2019 for all 77 units.

"After 2019, we don't have to do anything," said James McNeil, chair of the board of trustees. "We want to help. We could just give you a notice that says 'you're out', but we're trying to work with the city to make sure everything is as nice as possible."

For the remaining 55 units not being demolished, McNeil said that their continuing affordability is still in question. Once the lease expires in 2019, if the church does

not renew the lease on the property as affordable housing, the church could begin renting those apartments as market rate housing. Garrett says whether the church renews the apartments as affordable depends on whether there are Housing and Urban Development funds available. Given that the federal administration has projected major cuts to HUD, the status of the other housing units remains in jeopardy.

James Berry, a trustee with the church, emphasized that the main takeaway should be that the church is working to help relocate the affected residents. Among the residents, though, there is still skepticism.

"As a mother, I'm here to keep [my son] protected," said Ponnetta. "We are all neighbors. We are all like a family."

CRIME REPORT

The following incidents were reported by the Alexandria Police Department.

MONDAY, JULY 3

The Alexandria Police Department is investigating an attempted carjacking in the 100 block of N. Royal Street. The suspect brandished a firearm. The suspect was apprehended. There were no injuries.

SATURDAY, JUNE 24

The Alexandria Police Department is investigating a felonious assault in the Unit Block of S Whiting Street. The victim was struck in face with an item and his injuries are non-life-threatening.

THURSDAY, JUNE 22

The Alexandria Police Department is investigating a robbery in the 3400 block of Jefferson Davis Highway. Three women known to the victim as-

saulted and robbed her. The victim received minor injuries. Suspects were apprehended.

SUNDAY, JUNE 18

The Alexandria Police Department is investigating an assault by mob in the 5600 block of Derby Court. A man was assaulted with a rock by a group of males he knew. The victim was transported to the hospital.

THURSDAY, JUNE 15

The Alexandria Police Department is investigating a felonious assault in the 3900 block of Mount Vernon Avenue. The victim suffered minor injuries. The suspect was apprehended.

The Alexandria Police Department is investigating a robbery in the 200 block of S. Reynolds Street. Group of known males stole cash from the victim. Victim had minor injuries.

Be a part of our **Wellbeing** pages, the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

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Alexandria Gazette Packet

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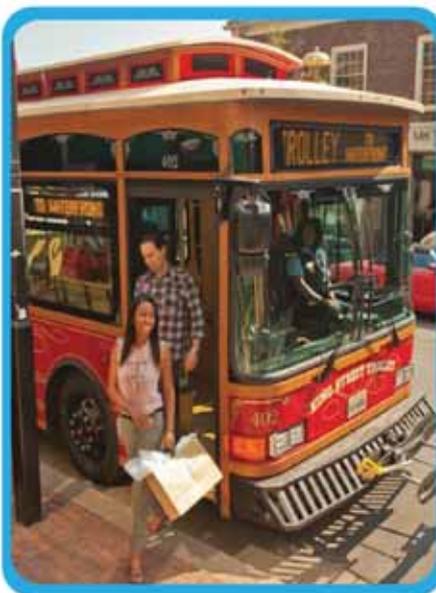
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Who Takes Care of Uninsured Poor?

BY RICHARD E. MERRITT
CO-CHAIR, ALLIANCE FOR
ALEXANDRIA'S UNINSURED

Mary Kimm's summary (see "Killing the Poor to Pay Millionaires," Alexandria Gazette Packet, June 29, 2017) of the disaster likely to befall the nation's poor and most vulnerable if a version of the U.S. Senate bill to repeal and replace the Affordable Care Act (otherwise known as Obamacare) becomes the law of the land is excellent. Of course, the exact number of people projected by CBO to lose their health insurance — 22 million by 2026 — is only an informed speculation. What isn't speculation, however, but rather is grounded in years of research is her conclusion that the law "would lead to more sick people and thousands of preventable deaths every year."

COMMENTARY I hope her plea to engage the public in contacting their senators to derail the Senate proposed bill, or any similar legislation that may spring forth following their return from the July 4 recess, proves successful, but even if it does — and Obamacare manages to survive another repeal and replace onslaught — it would be incorrect to think that most if not all low-income residents of Virginia (and Alexandria) are covered by health insurance.

What is often overlooked and frequently misunderstood is that Obamacare includes two separate and distinct programs:

- ❖ State-based Health Insurance exchanges were created to provide premium tax credits to low-income and lower middle class individuals and families to purchase a comprehensive health insurance plan in the individual/non-group marketplace. (Eligibility for the premium subsidies was limited to those with incomes between 100 to 400 percent of poverty — a range of about \$12,000 to \$48,000 for a single individual.)

- ❖ Under Medicaid Expansion, each state that

agrees to expand its program to include almost all uninsured adults with incomes up to 138 percent of poverty (about \$16,000 for an individual or \$27,000 for a family of three) receives enhanced federal reimbursement (100 percent for first 3 years, 90 percent thereafter) for the new eligibles.

Since 2014, the first year states had the option to expand their Medicaid program, 31 states and D.C. chose to do so. The Virginia General Assembly, however, has rejected expansion legislation for each of its last four sessions, effectively leaving approximately 400,000 low-income individuals (about 5,500 in Alexandria) without comprehensive health insurance through Medicaid. So, it is fair to say that in Virginia, and in 18 others states that have not accepted the Medicaid expansion option, only half of Obamacare was ever implemented.

Those most affected by the absence of Medicaid expansion in the Commonwealth are predominantly non-disabled, non-elderly (18-64 years) adults (who were never eligible for Medicaid before Obamacare was enacted) and parents of children with incomes slightly above 50 percent of poverty, disqualifying them from coverage under the traditional Medicaid program. Many of these individuals are among the "working poor," i.e. they are employed part-to-full time mostly by businesses that do not offer health benefits or, if offered, employees cannot afford the premiums.

Many may ask: Why does this matter? It matters greatly because research has consistently shown that without insurance the health of those who are poor tends to suffer greatly. Specifically, experience indicates that compared to the low-income insured population (i.e. those covered by Medicaid), the uninsured poor:

- ❖ are far less likely to have a source of health care, i.e. a "medical home";
- ❖ receive fewer preventive screening tests;
- ❖ have a higher likelihood of being diagnosed with late-stage cancers;

- ❖ have lower five-year survival rates, and,
- ❖ are far more likely to experience preventable hospitalizations.

Moreover, lack of coverage for the "working poor" will likely contribute to a less healthy workforce, reduced productivity and even restrained economic growth.

Thankfully, the city and many community, health and faith-based organizations united early on to bring attention as well as resources to the health care needs of at least the most vulnerable of those uninsured residents who were being shut out of the Medicaid program. Over the past two years, the city and community hosted two free community health fairs for the uninsured residents of Alexandria (with more than 700 uninsured attending) and raised more than \$200,000 over the previous and current fiscal years to expand access to primary (preventive) health care services for those low-income uninsured who are without a routine source of care or a "medical home."

It is my hope that the headlines will once again proclaim "Obamacare lives!" — for that will be truly great news for the hundreds of thousands of "near poor" and lower middle-class individuals throughout the Commonwealth (including a few thousand in Alexandria) who have qualified (or may still qualify) for federal subsidies and purchased a plan in the marketplace. However, Obamacare's survival will still be meaningless for the approximately 5,500 Alexandrians (and about 400,000 throughout the Commonwealth) whose only path to health insurance, namely via Medicaid expansion, will likely continue to be blocked by the Virginia General Assembly.

More than four decades ago, H. Jack Geiger, M.D., an early pioneer in the community health movement in the U.S., wrote: "The poor are likelier to be sick. The sick are likelier to be poor. Without intervention, the poor will grow sicker and the sick will grow poorer. And that has troubling consequences for all of us."

Sadly, those words are just as true today as they were over 40 years ago.

EDITORIAL

Send in Pet Photos Now

The Pet Gazette, a twice-yearly special edition, will publish the last week of July, and photos and stories of your pets with you and your family should be submitted by July 20.

We invite you to send us stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

Email to gazette@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets.

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LETTERS TO THE EDITOR

Concerns Ignored

To the Editor:

I am a homeowner in the Seminary Community which is directly adjacent to T.C. Williams High School and athletic field. As a matter of fact, my backyard, as well as those of many of my neighbors, is separated by a fence from the field, the scoreboard being directly over the fence from my backyard.

It is particularly appalling to my neighbors and me that the City of Alexandria is attempting, once again, to disrupt our community and negatively impact our quality of life by installing lights on the athletic field, which they have now designated as an all-city stadium.

We are not opposed to night games for the students of the high

school, but we are adamantly opposed to the noise pollution, traffic, and general disruption that would be caused by the ongoing nightly use of the field. Even without being told, we are not so dense as to imagine that the revenue outlay for this stadium renovation would not drive its use on any and all occasions to the fullest extent possible.

In a city known on its face for preservation of historical places, it is deeply disturbing that the determination has been made to once again intrude upon the lives of this very old, stable, mainly African American community. Post Civil War, our great grandparents, grandparents and parents built residential communities in this area with schools and churches

SEE LETTERS, PAGE 11

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LETTERS

FROM PAGE 10

and maintained them until forced to move through the use of eminent domain. After the original T.C. Williams High School was built in the early 1960s, most residents returned to the newly structured neighborhood and continued to build a thriving community. Most recently, around 2005 when the old school was demolished and the new one built, we took the accompanying annoyances and inconvenience in stride.

Now, however, we are once again told to accept the determination of School Board and city officials that our backyard is the only suitable site in the City of Alexandria for this stadium. This in spite of the Development Special Use Permit (DSUP) agreed upon between the city and community many years ago stating that there would be no lights on the field. We reject that determination on the grounds that we wish to be, deserve to be, left in peace. As there are other areas just as conveniently located and away from direct contact of any established neighborhood, we question why there is this determination to ram this stadium down our throats.

As always, the members of our community are willing to work with all parties toward a viable alternative to the T.C. Williams all-city stadium.

The health and well-being of our families are at stake, and it is unacceptable that our concerns are being ignored.

Phyllis A. Burks
Alexandria

Why Not Health Care for All?

To the Editor:

The logical response to health care legislation is Medicare for All. Until we have what every other industrialized nation provides, the ACA must continue to be the law, albeit with improved aspects.

The Senate and House bills are the worst sort of pandering to the wealthy and throw the rest of us "under the bus." Living in a civilized society means we take care of our people and the country in which we live.

Without access to health care, those who become sick or injured cannot contribute to society.

Block grant Medicaid? When the money runs out, those who are disabled, who need health care and elders who need nursing home care might as well be given cyanide. Is that how a society should treat those who can no longer care for themselves? No thinking person who has a heart supports that nonsense.

The Republican members of the General Assembly in our own Commonwealth of Virginia, whether because they are simply too mean or too frightened of primaries, have refused to close the Medicaid gap. This is for people who are working but are earning too little to even qualify for a subsidy to purchase health insurance. The ACA was written with the expectation that all states would close this gap for their low-wage workers,

therefore the subsidy doesn't kick in until people earn at least 100 percent of the poverty level.

I hope that all who read this are healthy and never need anyone to help them with anything. But sadly that is not the case for everyone. If you care about your family, friends and neighbors, please contact your representatives in Congress and the General Assembly and let them know you support bills that provide access to affordable, quality health care for all.

Cedar Dvorin
Alexandria

A Better Way To Elect Council

To the Editor:

It is time to rein in the rampant disregard of the public trust by the Alexandria City Council. U.S. Rep. Don Beyer has just introduced the Fair Representation Act, which advocates multi-member congressional districts for elections in states with six or more members. Mr. Beyer indicated that Congress instituted single-member districts in 1842, because at-large elections could be used as a "partisan tool." In a re-

cent opinion article, he cites the example of Massachusetts, which has had nine congressional seats held by Democrats for the past 20 years, although nearly a quarter of voters in the state are registered Republicans. He states that these Republicans feel "left out and disillusioned." To have some diversity, he makes the case for ranked choice voting in districts, where voters

SEE OPINION, PAGE 12



Snapshot PHOTO BY LAURA MAE SUDDER
Tina and Molly Edwards pause after shopping for Alexandria items at The Old Town Shop at 105 South Union St.

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Publishes: July 26, 2017 • Ads close: July 19, 2017

Connection readers love their pets. This keepsake edition will feature photos, anecdotes, advice and more about beloved family pets. Reach pet owners where they live in a section sure to attract and hold their attention.

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OPINION

FROM PAGE 11
would rank the candidates.

This would also make sense for electing Alexandria City Council members, who are currently elected at-large, but are out of touch with their constituents as they address their own agendas. They regularly vote 6-1 or 7-0 on every issue, despite continued opposition by the citizenry on most of them. Of all the major decisions made by this council just this year it is nearly impossible to point out any "real wins." Essentially, it appears that they vote against the wishes of their "constituents" 100 percent of the time. Examples of this behavior are plentiful, to include draconian tax increases and fees assessments; establishment of another special tax zone (namely the BID); a mammoth debt (over a half billion) and a \$90 million a year debt service; a proliferation of hotels despite a current 70+ percent occupancy rate; continuing to rubber stamp developments (with parking reductions for all of them), which has caused a lack of parking and other woes; and the ignoring of traffic lawlessness on all our streets. Those shortcomings and a host of others have contributed to a sense of cynicism about the City Council members. We citizens in Alexandria also feel "left out and disillusioned."

I can just see my direct ancestor George Mason IV spinning in his grave; he was a member of the first Alexandria City Council (along with George Washington), and it would surely cause this first council much pain to witness the current council's total disregard for its erstwhile constituents. Only the current mayor is totally engaged in a constructive manner in solving our many complex issues. We need to come up with a much better way to elect our City Council "representatives." We can use an election ranking process similar to the one advocated by Congressman Beyer, or establish a ward system so the each individual member of council is accountable to some portion of the population. Another way would be to have seats apportioned by voter registration, in which case, one quarter of the Alexandria City Council seats would be Republican. Term limits would also allow for some diversity. A one party system has no checks and balances, which is essential for the well-being of any organization.

Townsend A. "Van" Van Fleet
Alexandria

Appreciating Dockmaster's Work

To the Editor:

Kudos to the Jim Hixon, Alexandria's Dockmaster, for finding an effective means of keeping the waters behind the Torpedo Factory clean. No longer do we have to look at a mess of plastic bags, dead animals, garbage, tree limbs, and debris washed down from the upper Potomac. That disgusting and offensive sorry sight is gone. Great work, Jim!

Thomas S. Evans
Alexandria

Heads Up: Be Safe

To the Editor:

Summertime prompts excitement for weekends filled with celebration. But summer also brings anxiety about traffic and intoxicated drivers. Unfortunately, auto safety is getting even more complicated today, with emerging risks that are making our roads even more dangerous.

The good news is that ridesharing has added another option to discourage drunk driving. And our vehicles are getting dramatically safer with sophisticated crash avoidance technology. Yet, nationwide, auto accidents have increased 14 percent over the past two years — the biggest increase in over half a century. Last year, 4.6 million people were significantly injured on the roads, a 31 percent increase over the last seven years and a 12 percent increase since 2014. Distractions due to smartphones are some of the leading causes for these accident trends. And it's not just drivers who are distracted. Distracted walkers are a growing hazard on our roads — putting pedestrians and motorists at risk.

Impaired driving threats also are changing. As states liberalize marijuana laws and the opioid abuse epidemic spreads, law enforcement needs effective impairment testing capabilities and appropriate standards. Our nation has come a long way over the last few decades in raising awareness about driving under the influence of alcohol. Now it's time to look at the changing impairment landscape. Let's all make a pact to do our part and work together to keep the roads safe every day.

Micaela Isler/Alexandria



Learning about Personal Finance

Burke & Herbert Bank hosted seven area high school seniors for the Virginia Bankers Association Bank Day on March 29. The students met with Chairman and CEO E. Hunt Burke and President and COO Scott McSween, shadowed branch managers, met local small business owners, and learned about personal finance. The students, from left, are: Samuel Lally, T.C. Williams High School; Sean Rowan, The Heights School; Sierra Espeland, Colonial Forge High School; Kevin Nguyen, Colonial Forge High School; Teanna Taylor, Robert E. Lee High School; Laith Al-Jaouni, West Potomac High School; and Kismat Khatri, Mount Vernon High School.



Raffle Winner

West End resident Larry Mungin held the winning raffle ticket drawn by incoming T.C. Williams High School Principal Peter Balas at the Scholarship Fund of Alexandria Spring Gala on April 29. Mungin claimed his prize, a check for \$25,000, from Jack Taylor and John Taylor III of Jack Taylor's Alexandria Toyota. For the 10th consecutive year, the dealership located on Jefferson Davis Highway donated a 2017 Toyota Camry SE or the equivalent \$25,000 to the Scholarship Fund of Alexandria (SFA). Thanks to the Taylor family's generosity, the raffle raises \$70,000 each year to fund college scholarships for ACPS graduates. Above are, from left, Jack Taylor and John Taylor of Jack Taylor Toyota, Larry Mungin, and Scholarship Fund Executive Director Beth Lovain.



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SCHOOLS

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

Adella Francis, of Alexandria, was named to the trustee's list for the fall 2016 semester at Champlain College (Burlington, Vt.).

Jarrod Denham, from Alexandria, made the dean's list at Bridgewater College (Bridgewater, Va.).

Angelo Leitner-Wise, a T.C. Williams High School graduate, from Alexandria, has been named to the fall 2016 dean's high honors list at Marietta College (Marietta, Ohio).

Luanne Gutherie and **Lynne Houde**, of Alexandria, have been named to the president's list in the fall 2016 semester at Champlain College (Burlington, Vt.).

John Quizon, of Alexandria, was named to the fall 2016 honor roll list at Spokane falls Community College (Spokane, Wash.).

Benjamin Seth Myers, of Alexandria, graduated from Clemson University (Clemson, S.C.) with a Bachelor of Arts in psychology.

Eugenia Miller, of Alexandria, has been named to the dean's list for the fall 2016 semester at the University of the Cumberlands (Williamsburg, Ky.).

Perry Conner, of Alexandria, was awarded dean's list honors for academic achievement during the fall 2016 semester at St. Mary's College of Maryland (St. Mary's City, Md.).

Timothy Williams, of Alexandria, was named to the president's list at James Madison University (Harrisonburg, Va.) for the fall 2016 semester.

Phoebe Otchere, of Alexandria, named to Youngstown State University (Youngstown, Ohio) dean's list for the fall semester 2016.

Kerrienne Mazur, of Alexandria, was named to The University of Scranton (Scranton, Pa.) fall 2016 dean's list.

Morgan S. Braswell and **William B. Danskine**, of Alexandria, made the scholastic honor roll for the fall term at Oregon State University (Corvallis, Ore.).



Ground-breaking

Community members, school staff and students gathered on the site of the new Patrick Henry PreK-8 School and Recreation Center last month to help shovel the first dirt as part of the groundbreaking ceremony. See www.acps.k12.va.us/phproject.

City of Alexandria Town Crier **Ben Fiore-Walker** opens the event with a poem announcing the beginning of construction.

PHOTO CONTRIBUTED



Tyler Kelly, of Alexandria, was named to Springfield College (Springfield, Mass.) dean's list for the fall 2016 term.

Phillip Faig, of Alexandria, earned a doctor of ministry diploma at George Fox University (Newberg, Ore.) in December.

Anastasia Carolyn Espejo

Voellm, of Alexandria, made the dean's list at Baylor University (Waco, Texas.).

Hilina Bekele, of Alexandria, has been placed on the dean's list for the fall 2016 semester at New River Community College (Dublin, Va.).

Sarah Laane, of Alexandria, was named to the fall 2016 president's list at Miami University (Oxford, Ohio).

Mary Carlton Murphy, of Alexandria, has been named to the fall 2016 dean's list at the University of the South (Sewanee, Tenn.).

Margaret Casper Newell, of Alexandria, were named to the dean's list for the fall 2016 semester at Saint Mary's College (Notre Dame, Ind.).

Georgia Stenberg, a freshman at Bethel University (St. Paul, Mn.), was named to the dean's list for academic excellence for the fall 2016 semester.

Matthew Lynch, of Alexandria, recently received a Bachelor of Science degree from Frostburg State University (Frostburg, Md.).

Curtis Giles, of Alexandria, recently received a Master's Degree degree from Frostburg State University (Frostburg, Md.).

Harrison Philip Brock and **Jefferson McArthur Ryscavage**, of

Alexandria, have been recognized on the dean's list at Norwich University (Northfield, Vt.) for the fall 2016 semester.

Mallory Gerndt, of Alexandria, has been named to the fall 2016 dean's list at Newberry College (Newberry, S.C.).

Bryan Corvera-Flores, of Alexandria, was named to the Middle Atlantic Conference 2016 fall academic honor roll at Stevenson University (Owings Mills, Md.).

Peyton Heyde, of Alexandria, was named to the Marist College (Poughkeepsie, N.Y.) dean's list for the fall 2016 semester.

Charlotte Sackett, a graduate of T.C. Williams High School, has been named to the dean's list for the fall 2016 term at Centre College (Danville, Ky.).

Students at **John Adams Elementary School**, participated in a workshop with Alexandria Symphony's *Sympatico*, and composed original musical compositions which will culminate in a special school performance on Friday, Feb. 24 at John Adams, featuring all 120 students from *Sympatico*.

Grace Madison Finley, of Alexandria, has been named to Campbellsville University (Campbellsville, Ky.) dean's list for spring 2016.

Harris Pass, of Alexandria, was

named to The Citadel South Carolina Corps of Cadets (Charleston, S.C.) dean's list in the fall 2016 semester.

Johnathan Deandrae Winbush, of Alexandria, was named to the fall 2016 dean's list at McDaniel College (Westminster, Md.).

Steven R. Garden, of Alexandria, has been named to the dean's list in the University of Notre Dame's College of Science for the fall 2016 semester. Garden is a West Potomac High School graduate.

Adam K. Klemm, of Alexandria, earned a Master of Science in geological engineering from the Missouri University of Science and Technology (Rolla, Miss.).

Bridgette Degnan, of Alexandria, a third-year anthropology and economics double major with a minor in statistical analysis of social behavior, has received an undergraduate research award at the University of Virginia.

Ben Thomas, of Alexandria, a second-year economics and mathematics double major, has received an undergraduate research award at the University of Virginia.

Daniel Ryan, who has been accepted to Lynchburg College, was one of more than 100 students competing for outstanding scholarships through completion of an essay writing contest and interviews with Lynchburg College faculty and staff members. Daniel is the son of Michelle and Timothy Ryan, of Alexandria.

Kami Richter, of Alexandria, graduated from Fort Lewis College December 2016. Richter received a bachelor's degree with a major in anthropology.

Reece Belcher, **Nicole Laflamme**, **Ashley Mapley-Brittle**, **Andrew McInturff**, **Hannah Rowell**, and **Madeleine Sanasack** have qualified for the dean's list for the fall 2016 semester at High Point University (High Point, N.C.).

Victoria E. Voellm, of Alexandria, a junior at Randolph-Macon Academy, earned a place on the president's list for the second quarter of the 2016-17 school year. Victoria is the daughter of Michael and Rowena E. Voellm of Alexandria.

Alexander J. Fekkes, of Alexandria, a junior at Randolph-Macon Academy, earned a place on the dean's list for the second quarter of the 2016-17 school year. Alex is the son of Bill and Cristina Lussier of Alexandria.

Preston Jones, a resident of Alexandria and Sport Media major, was named to the dean's list in Ithaca College's School of Health Sciences and Human Performance for the fall 2016 semester.

Michelle Dulaney Cooper, of Alexandria, was named to the dean's list for the fall 2016 semester.

Paige K. Atkins, of Alexandria, who is majoring in language and international trade was named to the dean's list at Clemson University (Clemson, S.C.) for the fall 2016 semester.

Ann Elizabeth Barletta, of Alexandria, who is majoring in political science was named to the dean's list at Clemson University (Clemson, S.C.) for the fall 2016 semester.

School Climate Specialist Hired at TC

Gregory Baldwin has been named as the School Climate Specialist at T.C. Williams High School. Baldwin, who was previously a dean at T.C. Williams, will take on responsibility for working collaboratively with school administration at all schools across the division to grow positive learning environments and school cultures, including the high school's implementation of restorative practices – a movement that seeks to develop



good relationships and restore a sense of community. Baldwin has been a Dean of Students at T.C. Williams since 2011. He has a Masters in Educational Leadership and a Masters in Special Education.

He is an alumnus of T.C. Williams, and graduated from the school in 1986. He holds a Virginia Department of Education Postgraduate Professional License and is a licensed trainer with the International Institute of Restorative Practices.

SCHOOLS

FROM PAGE 13

Elise Margaret Bell, of Alexandria, who is majoring in political science was named to the dean's list at Clemson University (Clemson, S.C.) for the fall 2016 semester.

Peter Sophocles Stamos, of Alexandria, who is majoring in pre-business, was named to the dean's list at Clemson University (Clemson, S.C.) for the fall 2016 semester.

Michelle Dulaney Cooper, of Alexandria, was named to the Greensboro College (Greensboro, N.C.) dean's list for the fall 2016 semester.

Alyssa Marzilli, of Alexandria, was named to the fall 2016 dean's list at the University of Findlay (Findlay, Ohio).

Bryan Corvera-Flores, of Alexandria, made the dean's list at Stevenson University (Owings Mills, Md.) for the fall 2016 semester.

Timothy Hogan, of Alexandria, made the dean's list at Stevenson University (Owings Mills, Md.) for the fall 2016 semester.

William Savage, of Alexandria, was named to the dean's list at Johns Hopkins University (Baltimore, Md.). A graduate of West Potomac High School, Savage is studying chemistry. He is the son of John B. and Norma F. Savage.

Alexandria resident **Rosa Procaccino**, majoring in theatre at Northeastern University (Boston, Mass.), was named to the dean's list for the fall 2016 semester.

Alexandria resident **Erica Lezama**, majoring in economics/business administration at Northeastern University (Boston, Mass.), was named to the dean's list for the fall 2016 semester.

Alexandria resident **David Dworken**, majoring in computer science at Northeastern University (Boston, Mass.), was named to the dean's list for the fall 2016 semester.

Kelsie Claire Whalen, of Alexandria, graduated Magna Cum Laude with a degree in health sciences from James



PHOTO BY ACPS

Savannah Keough Student Earth Day Designer

Minnie Howard student Savannah Keough was named the artist for this year's Alexandria Earth Day. Savannah's design and narrative embodied this year's theme of "Clean Water Starts with You," and earned a place on the city's Earth Day T-shirts, posters and flyers.



National Geographic Bee

PHOTO BY ACPS

Jefferson-Houston seventh-grade student Pablo Vega placed fourth in the state-level competition of the National Geographic Bee in early April. Pablo competed against 20 fifth- through eighth-grade students at Jefferson-Houston before moving on to the State National Geography Bee. He was one of 4,600 students from across the United States and territories to compete in the National Geographic State Bees. The National Geographic Bee is an annual geography contest sponsored by the National Geographic Society that is open to students in grades four through eight.

Madison University in December 2016.

Evan Smoot, of Alexandria, made the dean's list for the fall 2016 semester at the Georgia Institute of Technology (Atlanta, Ga.).

Michael Miller, of Alexandria, graduated from Western Governors University (Salt Lake City, Utah) with a Bachelor of Science in IT - security emphasis.

Carin Fox, of Alexandria, graduated from Western Governors University (Salt Lake City, Utah) with a Bachelor of Science in business management.

Ekaterina Osipova, of Alexandria, graduated from Western Governors University (Salt Lake City, Utah) with a Bachelor of Science in nursing.

Ramona Harris, of Alexandria, graduated from Western Governors University (Salt Lake City, Utah) with a Master of Education in learning and technology.

Daniel Green, of Alexandria, graduated from Western Governors University (Salt Lake City, Utah) with a Bachelor of Science in information technology.

Alexis Ford, of Alexandria, graduated from Western Governors University (Salt Lake City, Utah) with a Bachelor of Science in business management.

Artemis Veizi, daughter of Astrit Veizi and Mariana Veizi and a 2018 student at Thomas Jefferson High School for Science and Technology, earned the highest possible ACT composite score of

Saints Win Art Awards in Nationwide Contest

Eight Upper School St. Stephen's & St. Agnes School artists participated in The Artistic Discovery Competition sponsored by the Congressional Institute. This year the National Art Education Association (NAEA) hosted the Artistic Discovery Contest Exhibition for U.S. Rep. Don Beyer's 8th district. Forty-eight works of art from eight schools within this district were on display in May at the NAEA Studio & Gallery in Alexandria.

St. Stephen's & St. Agnes School had several winning pieces including Catherine Owens '19 who won the top prize. Her winning artwork will hang in the Capitol for a year. At the ceremony on May 17, Beyer asked Catherine to discuss her piece. She explained how her class collaborated with the English Creative Writing class and each student illustrated a poem by another student. Coincidentally, the student's work she illustrated



U.S. Rep. Don Beyer, Catherine Owens '19, Cole Early '17, and Upper School Visual Arts Teacher Katherine Elkins

(Cole Early '17) was in attendance so they were able to honor them both.

Additionally, Nathan Pugh '17 and Malcolm Reynolds '17 won two of the six Honorable Mentions.

The students from SSSAS who participated were Maura Durkin '18, Cole Early '17, Catherine

Owens '19, Nathan Pugh '17, Malcolm Reynolds '17, Paige Stewart '17, Caleigh Warner '17, and Zak Zeledon '19.

Maggie Bell '17 and Krystal Orellana '17 artwork exhibited in U.S. Rep. Gerry Connolly's exhibit at the Workhouse in Lorton, as they reside in the 11th Congressional District.

36. In the U.S. high school graduating class of 2016, 2,235 out of nearly 2.1 million graduates who took the ACT earned a composite score of 36.

Rhealiza Ambanta, of Alexandria, earned a place on the fall 2016 dean's list at Mary Baldwin University (Staunton, Va.).

Carla Cisneros, of Alexandria, earned a place on the fall 2016 dean's list at Mary Baldwin University (Staunton, Va.).

Shantelle Jennings, of Alexandria, earned a place on the fall 2016 dean's list at Mary Baldwin University (Staunton, Va.).

Katherine Mulokey, of Alexandria, earned a place on the fall 2016 dean's list at Mary Baldwin University (Staunton, Va.).

Robert W. Archie, of Alexandria, will participate in a St. Lawrence University off-campus study abroad program in Denmark during the spring 2017 semester. Archie is a member of the class of 2018, majoring in economics and business in the liberal arts. Archie graduated from Episcopal High School.

Maggie Cole, of Alexandria, was named to the dean's list for the fall semester of the 2016-2017 academic year at the University of Wisconsin-Madison.

Rachael Norman, of Alexandria, was named to the dean's list for the fall semester of the 2016-2017 academic year at the University of Wisconsin-Madison.

Rowayne Schatz, of Alexandria, was named to the dean's honor list for the fall semester of the 2016-2017 academic year at the University of Wisconsin-Madison.

Thomas Valtin-Erwin, of Alexan-

dria, was named to the dean's list for the fall semester of the 2016-2017 academic year at the University of Wisconsin-Madison.

Michael Chong, of Alexandria, was named to the dean's list for the fall 2016 semester at Mercer University (Macon, Ga.). Chong is a junior in the Townsend School of Music.

Sarah Siegel, of Alexandria, has been accepted for admission at Delaware Valley University (Doylestown,

Pa.). She has been selected for an academic merit scholarship.

Charlotte Alberts, of Alexandria, was named to the dean's list at Bates College for the fall 2016 semester. Alberts, the daughter of Mr. and Mrs. Sam J. Alberts of Alexandria, is a 2016 graduate of T.C. Williams High School.

Lindsey Krisak, of Alexandria, was named to Eastern Mennonite University (Harrisonburg, Va.) dean's list for the spring 2017 semester.



PHOTO CONTRIBUTED

Mathletes

The St. Stephen's & St. Agnes School team of ninth and tenth grade Honors Geometry and Honors Algebra 2/Trigonometry students won the Independent School Division (Fibonacci Division) of the Junior Mathematics League, sponsored by the Northern Virginia Council of Teachers of Mathematics. The team competed in six contests over the course of the year and finished in first place. Above are Jay Cunningham '20, Evelyn Perfall '19, and Nik Sen Dasgupta '20.

RTA Receives Revitalization Grant

Rebuilding Together Alexandria was recently awarded a \$500,000 Project Reinvest grant to implement various projects in revitalizing the Hume Springs and Lynhaven neighborhoods. The organization is one of only two grant recipients in the state of Virginia.

Over the next 18 months, in two specific census tracts, Rebuilding Together will rehab up to 20 homes, make physical improvements at Cora Kelly School for Math, Science and Technology, convert open space to a multi-generational park, and build a large scale community growing garden, all serving the areas of Hume Springs and Lynhaven.

Established in 1942, these neighborhoods predominantly consisted of low-income, African-American families. Most of the homes were constructed to serve the railyard workers at what was once the nearby Potomac Yard rail center. Today, nearly 50 percent of households in these communities have incomes of less than \$60,000 (less than 60 percent of the Area Median Income).

Rebuilding Together Alexandria will partner with Alexan-



Fannie Mae volunteers built 10 vegetable gardens at Cora Kelly in May.

dria City Public Schools and the Department of Recreation, Parks,

and Cultural Activities to accomplish this revitalization project.

Pool Hours Updated

In response to aquatic and recreation needs, the Chinquapin Park Recreation Center and Aquatics Facility will not reduce hours for the summer as previously advertised. Therefore, the Chinquapin Center will continue to operate as follows:

- ❖ Monday through Thursday from 6 a.m. to 9 p.m.
- ❖ Friday from 6 a.m. to 6 p.m.
- ❖ Saturday and Sunday from 8 a.m. to 6 p.m.

To accommodate the growing demand in use of the city's outdoor pools, the Old Town and Memorial Pools will offer expanded morning operations. Now through Aug. 4, the outdoor pools will operate additional morning hours as follows:

- ❖ Old Town Pool, 1609 Cameron St., Monday through Friday, 6 a.m. to 7:30 a.m. for pass holders only.
- ❖ The Memorial Pool, 901 Wythe St., Tuesday, Wednesday and Thursday, 10 a.m. opening for general admission.

The City of Alexandria's Wahoo Swim Team has more than 180 swimmers participating in the Colonial Swim League this summer. The team practices and trains at the Old Town Pool each weekday afternoon from 5-6:30 p.m. General admission swim may be limited to three lanes for general admission swim.

See www.alexandriava.gov/Aquatics.



Goodwin House's new 80,000 square foot senior living health care center in Alexandria features 37,500 square feet of green space and patios around the building, with garden beds for residents to use and walking paths.



Mayor Allison Silberberg joined other local community leaders May 24 to celebrate the completion of the new Goodwin House Health Care Center.

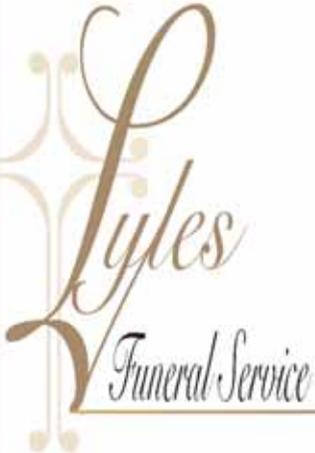
Goodwin House Expands 'Small House' Senior Living Trend

The future of senior care in the National Capital Region has arrived in the form of the Goodwin House "small house" urban senior living community. The new 80,000-square-foot health care facility, developed and operated by Goodwin House – a nonprofit senior living organization with campuses in

northern Virginia – is a departure from traditional facilities.

Nearly \$50 million in the making, and 10 years from initial vision to ribbon cutting, the Goodwin House small house Health Care Center will accommodate 90 residents, including seniors in need of memory or

mobility support, short-term rehabilitation and long-term care. The center – with reservations at near capacity occupancy – connects directly to Goodwin House Alexandria's existing community to provide more than 500,000 square feet of senior care facilities on one campus.



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ENTERTAINMENT

ACCT To Present 'A Little Princess'

Play about girl who perseveres with kindness and courage through a dark situation.

BY STEVE HIBBARD

The children's story "A Little Princess" is set in 1890's Victorian England, and follows Sara Crewe who is sent from India, where she was born, to a private school in London when her mother dies. She is banished to the garret when news arrives of her father's lost fortune and his death. With creative imagination and optimism, Sara survives to become an inspiration for girls and boys everywhere. The Aldersgate Church Community Theater (ACCT) is presenting the play from July 7 to 23.

The classic drama is based on the children's novel published in 1905 by Frances Hodgson Burnett with a theater adaptation by Lauren Nichols. It has been made into several films, including one in 1917 with Mary Pickford; another in 1939 with Shirley Temple; and films produced in Russia and the Philippines.

Director Corey Latta Bales said the book was one of her favorites growing up. "It is so well told; and the message is so relevant to any time period," she said. "Sara holds onto kindness and courage even through a very dark situation, and even continues to extend that kindness to others to better their lives during her own trials."

She added: "I think that her story is an important reminder to all of us — even when life throws us a curve ball we can still continue to spread our light in the world."

As the director, her biggest challenge has been the number of locations they visit throughout the play. "Finding ways to create all these distinct rooms and places without slowing the show down with long scene changes has been tricky," she said.

Producer Jen Price decided to produce the



Katherine Kailey as Sara Crewe rehearses in a scene from ACCT's production of "A Little Princess."

show because she has worked with several of the ACCT children's musicals and thought this would be a fun new adventure to take on. "I also wanted to work with Corey Bales, so as soon as I found out that she was directing I jumped at the opportunity," she said.

Marilyn Pifer plays the role of Miss Minchin, the no-nonsense proprietress of a boarding school for young upper-class girls in Victorian-era England. "She imposes strict discipline both on the pupils and on her underpaid, overworked staff. Miss Minchin is feared by the students and not much loved by anyone," she said.

The challenge she said was to be careful to protect her voice, as Miss Minchin is easily angered and raises her voice quite a bit.

"OK, I'll say it — she yells a lot," she said.

She hopes the audience will be inspired by the story to persevere in overcoming their own trials, no matter how difficult they may seem. "And, of course, that they enjoy the show," she said.

Katherine Kailey plays the role of Sara Crewe, a kind and compassionate person who is not afraid to stand up to injustice. She wants the audience not to feel like they're watching a play, "but to be lost in this beautiful story and to find it as heartwarming as I did," she said.

She said her biggest challenge was memorizing all of the lines, and trying to best interpret what her character was thinking or feeling when she speaks so that she can deliver her lines in the most believable way.

Logan Price plays the role of Jessie, a mean girl who is always with her best friend Lavinia. "As the show goes on, Jessie starts to become less and less mean," she said.

She too said one of her challenges was memorizing all of her lines because this is her first role with a good amount of lines. And she hopes the audiences appreciate the beauty of the story.

Tom Kearney plays two characters in the play: the first is M. DeFarge, a French teacher who is a happy soul who enjoys teaching the girls French. The second is Mr. Carrisford, who is Ralph Crewe's (Sarah's father's) best friend. "He has suffered from 'jungle fever' and had a nervous breakdown from the stress of financing a diamond mine in India," he said. "He has taken a huge risk and it has taken its toll. He is tormented by his past behavior toward Ralph Crewe and spends every waking hour trying to find 'The Little Princess.'"

He said he hopes the audience is taken through a journey that begins with the sadness of separation, new-found friendships and rivalries, tragedy, and ultimately hope for a better life. "Redemption of one's situation in life is always just around the corner if you will persevere in the struggle," he said.

Directed by Corey Latta Bales and produced by Jennifer Price and Austin Fodrie, "A Little Princess" runs July 7, 8, 14, and 21 at 8 p.m. and July 9, 15, 16, 22, and 23 at 2 p.m.

Tickets are \$10 - \$15 and are available online at www.acctonline.org. Check the web-site for additional events connected with "A Little Princess." ACCT performs at Aldersgate United Methodist Church, located at 1301 Collingwood Road, Alexandria, VA 22308.

CALENDAR

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

ONGOING

Potomac Fiber Arts Gallery. Various times through July 30 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.

Ceramics Show. Various times through July 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.

The Light of Day Paintings. Through July 15, various times Broadway Gallery, at 5641-B General Washington Drive. Featuring landscape paintings by Michael Godfrey, Christine Lashley, Tricia Ratliff, and Rajendra KC. Call 703-354-2905 for more.

Artwork Inspired by Nature

Exhibit. Various times through Aug. 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



Art Exhibit

Sunday, July 9, is the opening reception for "Pairs : Fiber Art from New Image Artists," from 4-6 p.m. at The Athenaeum, 201 Prince St. Curated by Trudi Van Dyke, Pairs is an exhibition by 13 contemporary fiber artists who are members of the New Image Artists group. Exhibit runs through Aug. 6. Visit www.nvfaa.org or call 703-548-0035.

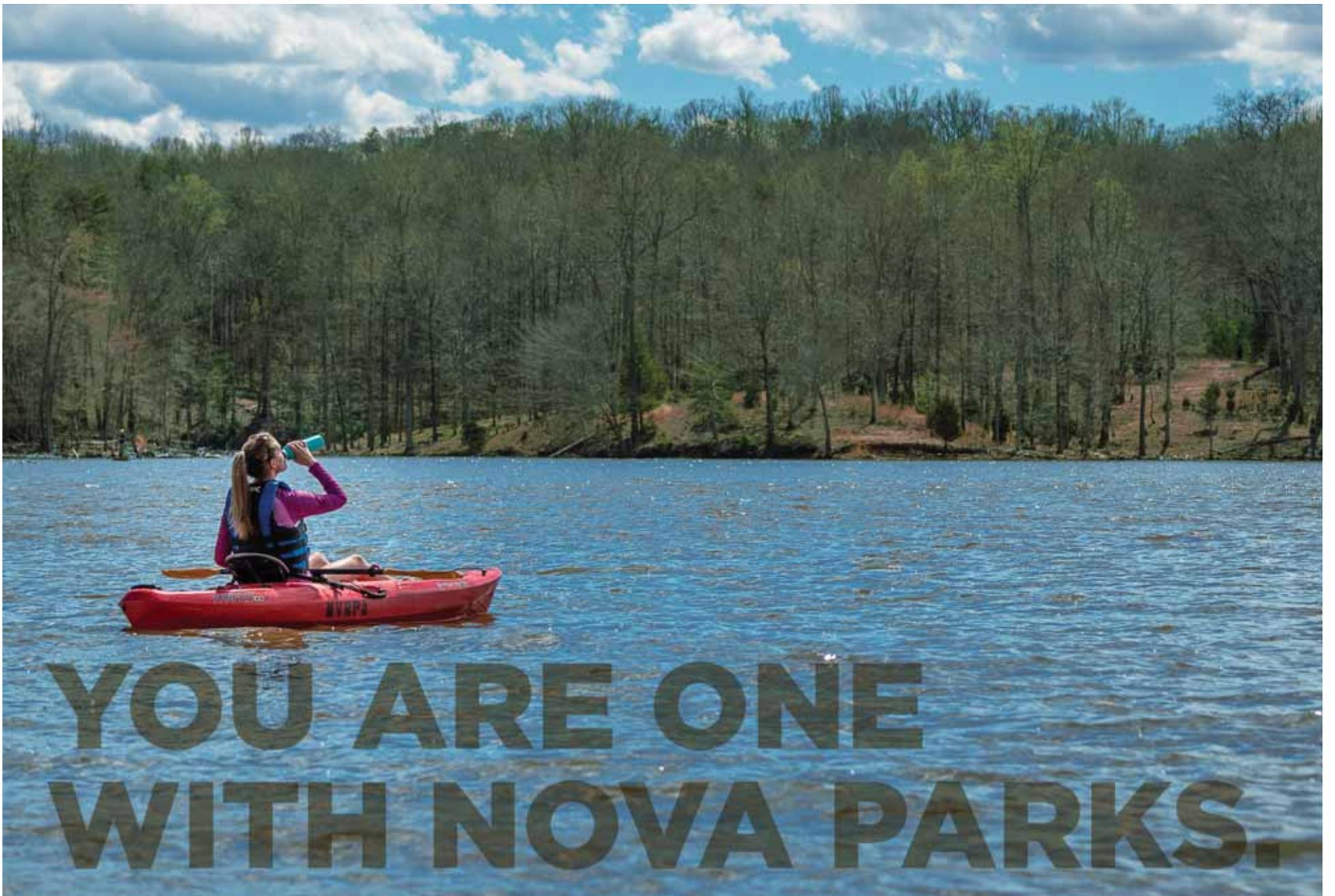
President's Pups Walking Tour, along the way, learn about George Washington's love for dogs, his dogs' unusual names, and his efforts to improve the quality of his hunting dogs through breeding. \$7. Visit www.mountvernon.org for more.

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 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 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

SEE CALENDAR, PAGE 18

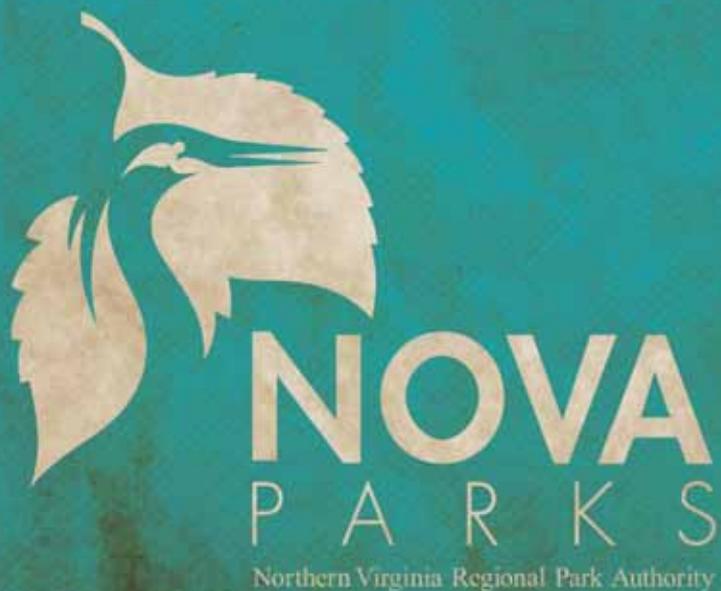
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Come out this weekend and rent a kayak or hike a trail, explore your regional parks, and connect with nature. Pohick Bay and Fountainhead Regional Parks are both located less than 25 minutes from Alexandria.



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Triple Craft Offers a Hat Trick of Specialties

BY HOPE NELSON

Drive down the George Washington Memorial Parkway or bike along the Mount Vernon Trail near Daignerfield Island and take a long look down Marina Drive. What recently was an empty cavernous restaurant — the remnants of the recently departed Indigo Landing — has been transformed into Triple Craft, a warm, spacious, low-key space selling all manner of comfort food perfect for a day on the water: Burgers, shakes, fries, and the like are on the docket, and the outdoor views beckon.

At two months old, Triple Craft is finding its footing as the spring and summer months proceed, says Chef Edward Verber.

After Indigo Landing closed, “we wanted to upgrade the preexisting burger shack,” Verber said. “We wanted to make sure there was something nice here that went well with the water theme — you’re out on the water, it’s nice and sunny; you have a good burger, some good beer, and it just goes together very well.”

While there are some salads and other light fare on the menu, Triple Craft’s true purpose hews to the meaning behind its name: A triple threat of burgers, beers, and shakes, all handcrafted.

“We looked at a lot of different burger mixes to come up with the right recipe and the right roll,” said Chef Sean Andrae. “... A good burger has to have a good roll, and the meat has to be really good. We hand-make everything in the back with fresh ground beef.”

While Triple Craft doesn’t make its own



Triple Craft, a new resident at the former Indigo Landing, offers up burgers, beer, shakes — and an unbeatable view.

bread, the chefs fanned out across the region to find a suitable roll for its burgers. They landed on salt-and-pepper poppyseed and sesame-seed buns that are sturdy and hold up well against the meat of the burger.

“You want something that’s not going to fall apart when you’re eating it,” Verber said.

While customers can create whatever burger experience they like — using beef, turkey, or veggie patties as the base — the Triple Craft team has created a few specials to boost the imagination a bit. One of the top sellers: The Craft Burger, Verber says.

It has “American cheese, it’s got onion rings on it, it’s got our Triple Craft sauce, which is horseradish and mustard remoulade, so it’s a little spicy — it’s good.

It goes really well with beef; it’s great,” he said.

And whatever you do, opt for the bacon jam, Verber says.

“It doesn’t matter what burger it is, get some of that on there,” he said. “Bacon jam is bacon cooked down with caramelized onions; it’s got coffee and Worcestershire sauce, brown sugar, and it’s all cooked down. ... It could not be better for a hamburger.”

Along with the main course, save some room for dessert: The shakes, which are also customizable from more classic varieties to the now-popular “Freakshakes,” from non-alcoholic to spiked, are proving to move quickly in the summer heat. Freakshakes —

If You Go

TRIPLE CRAFT, 1 MARINA DRIVE

Hours: 11 a.m.-9 p.m. daily

Chef’s Choice: “The farmhouse burger, which has a fried egg on it, cheddar cheese, our really good hardwood smoked bacon with nice thick cut bacon,” says Chef Edward Verber.

milkshakes garnished with an excess of toppings, ranging from cakes to cookies to all manner of sweet treats — found a foothold in Australia, then moved stateside to New York City, Verber said.

“We saw this and were like, ‘There’s nothing like that in D.C. right now,’” he said. “There’s nobody that’s doing these big milkshakes, and we wanted to bring something different to the area too that would bring people out, give us something fun to do. And so far, people love them — the more people that see them, the more we sell them.”

Now that Triple Craft has gotten a foothold in the area, the restaurant will be testing the waters for some special events as the weeks go by. On the calendar in the coming months: Thirsty Thursdays (featuring craft beers on tap), participation in D.C. Burger Week, and events centering on specific holidays, such as the recently celebrated July 4.

Whenever you come, come comfortable, Andrae said.

“We want customers to be able to come in and feel welcome whether they’re wearing biker shorts or just hanging out over by the sailing school,” Andrae said.

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

CALENDAR

FROM PAGE 16 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/mvtenon/ 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/forward 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



On Exhibit

This Plum Scarf by Janet Barnard is one of the featured artworks in an exhibit running through July 20 at the Torpedo Factory, 105 North Union St., Studio 29. Visit torpedofactory.org.

PHOTO CONTRIBUTED

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.forward.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

SEE CALENDAR, PAGE 19

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ENTERTAINMENT

FROM PAGE 19

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.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.monacoalexandria.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



PICTURE BY PATRICIA UCHELLO

Art Exhibit

Oil Paintings by Patricia Uchello are on display July 14-Aug. 31, 9 a.m.-5 p.m. at the River Farm, 7931 East Blvd. Free. Call 703-768-6983 or visit www.patriciauchello.com for more.

(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.

THROUGH 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.

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://www.DelRayArtisans.org/event/Art-Camp-2017) for more.

JULY 18-20

History Camp for Kids. 9 a.m.-noon. at The Lyceum, 201 South Washington St. Engages children in American history and life in historic Alexandria through artifacts, storytelling, singing, crafts, old-fashioned games, and visits to nearby historic places. \$105. Visit

www.alexandriava.gov/Lyceum, or call 703-746-4994 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://www.DelRayArtisans.org/event/Art-Camp-2017) for more.

THURSDAY/JULY 6

Great War Discussion. 7:30 p.m. at The Lyceum, 201 S. Washington St. To commemorate the 100th anniversary of America's entrance into the Great War, Historian Dr. Mitchell Yockelson will tell the story of some of the individuals who fought in the Meuse-Argonne. A book-signing will follow the lecture. Visit www.alexandriava.gov/Lyceum or call 703-838-4994.

JULY 8-AUG. 5

Adult Woodworking Class. 5-8 p.m. at the Alexandria Seaport Foundation, Union St. Woodworking 101, hosted by ASF's Middle School Math Program Manager, woodworker, and furniture designer Nicole Reindinger of Habitat Woodworks. \$250. Visit www.alexandriaseaport.org or call 703-778-0977 for more.

SATURDAY, JULY 8

Civil War Tour. 2 p.m. at the Lee-Fendall House, 614 Oronoco St. Tour entitled "Under the Same Roof: Enslaved and Free Servants at the Lee-Fendall House." \$8 in advance, \$10 the day of the program. Visit www.leefendallhouse.org for more.

Alexandria Archaeology Dig Days. 1:30-3 p.m. at Shuter's Hill, George Washington Masonic National Memorial, 101 Callahan's Drive. The dig day includes an introduction to the history and archaeology of the Shuter's Hill Site, a site tour, and the opportunity to sift through excavated soil and assist with artifact

SEE CALENDAR, PAGE 22

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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:

- ❖ July 14 - "The Jungle Book"
- ❖ July 28 - "Secret Life of Pets"
- ❖ Aug. 11 - "The Lego Batman Movie"
- ❖ Aug. 25 - "Beauty and the Beast"

Meditation as Medicine

Practice linked to improvements in health.

BY MARILYN CAMPBELL

In her dimly lit basement in Great Falls, Mary Beth Kogod sounds a meditation bell that echoes through the room. The 12 people sitting on cushions in a circle around her close their eyes and listen to the gentle sounds of her voice.

"If your mind begins to wander, gently guide it back to the sound of my voice," said Kogod, as she leads the group in a mindfulness meditation session.

The practice of meditating to aid with ills running the gamut from stress and anxiety to pain and depression is on the rise. According to the National Institutes of Health (NIH), 18 million people practiced some form of meditation in 2015, and the number of Americans who engage in the practice has doubled over the last 15 years.

"We have more smartphones and other electronics that consume us and give us constant access to stressful events we see on the news," said Kate Love, who runs the Open Mind-Open Heart meditation group in Bethesda. "There is the expectation that we need to be available and informed all the time. This expectation wasn't in place 10 years ago."

Love says that while scientific research

to back up these claims is limited, it is growing. For example, a study funded by the National Center for Complementary and Integrative Health at NIH shows that mindfulness practices have a positive impact on insomnia.

"There is the expectation that we need to be available and informed all the time. This expectation wasn't in place 10 years ago."

— Kate Love

Meditation usually entails sitting relatively still and quiet, as in Kogod's meditation session, and focusing on one thing, such as a sound, an image or one's own breath.

"I teach clients concentrative meditation where they focus on one thing," she said. "I also teach mindful meditation where people try to cultivate a sense of awareness of what is happening in their body. For example, what thoughts pass through your mind as



PHOTO CONTRIBUTED

Kate Love of the Open Mind-Open Heart meditation group in Bethesda says that meditation can help reduce stress.

you sit quietly? What sounds do you hear? What emotions do you feel? The work comes when you notice these sensations and then let them go."

A 2011 study by the Association for Psychological Science showed that meditation can be effective in boosting memory and

concentration. Settings for this mind-body practice now range from workplaces to classrooms.

Amber Wilson, a fourth grade teacher, guides her students in mindfulness meditation practices most afternoons during the school year. "A lot of my students have difficult home environments which affects their ability to concentrate in school," she said. "When I stop them between subjects and let them chill out a little bit, it really makes a difference in their performance, even after just five minutes."

Meditation can also help with addiction treatment, says Warren Schelter, Ph.D., a psychologist with a practice in Alexandria. "It can instill a sense of calm and overall wellbeing," he said. "Anxiety and depression often go hand-in hand with addiction, which is why a calming meditation practice might be effective for some people."

Schelter underscores the fact that meditation should not replace traditional medicine. "I would recommend that anyone experiencing symptoms of mental or physical illness see a medical doctor first," she said. "Mediation should work in conjunction with traditional medicine, not in place of it."

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BULLETIN BOARD

FROM PAGE 5
fear and depression.

For those who are experiencing these feelings, know there are resources that can help.

❖ If you are in crisis and need to talk to someone, call or text the PRS CrisisLink Hotline at 703-527-4077 or text "connect" to 855-11 (TTY, please dial 711).

❖ The City offers resources for coping with uncertainty and fear (www.alexandriava.gov/92897), with information about reactions to and ways to cope with these feelings, tips on managing general stress, and how you can help support the reactions of children and adolescents who are experiencing these feelings (www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-violence-and-disasters-parents/helping-children-cope-parents_146810.pdf).

❖ City employees have access to a free, confidential Employee Assistance Program with 24/7 telephone and online access.

For immediate police, fire, or emergency medical assistance, call 9-1-1.

As a reminder, the City's emergency hotlines also include the child protective services hotline at 703-746-5800; the domestic violence hotline at 703-746-4911; the emergency services for mental health or substance abuse crisis hotline at 703-746-3401; the adult protective services hotline at 703-746-5778; and the sexual assault hotline at 703-683-7273. All emergency hotlines operate 24 hours a day, 365 days a year.

FEMALE MENTORS NEEDED

Designing, crafting building, innovating...at **Space of Her Own** (SOHO), preteen girls experiment with art and uncover unique talents with the encouragement of caring mentors. Girls are paired with professional adult female volunteers and engage in visual arts and life skills lessons to open their worlds to new possibilities. Pairs meet in a group setting one night a week for the initial program year, which ends in a team effort to give each girl's bedroom a makeover.

Aces Ranked Fourth Nationally

The Alexandria Aces, celebrating its 10th season, this year, in the City of Alexandria, as a member of the Cal Ripken Collegiate Baseball League (CRCBL), is currently ranked as the fourth-best collegiate summer baseball club in the country, in a nationally-ranked poll released June 30 by Collegiate Summer Baseball (CSB).

This week's poll, reflecting the team's current record of 18-and-3 and leading the CRCBL's South Division by two-and-a-half games, (www.collegiatesummerbaseball.com/top-35-college-baseball-teams) was conducted by Collegiate Summer Baseball, raising the Aces' ranking to fourth in "Week 2." where the club was initially ranked eighth, last week, in "Week 1" of CSB's first poll of 2017. It is the first time that the Aces have achieved such a high national collegiate summer baseball ranking in its 10-year history.

The Alexandria Aces are a part

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Information sessions for potential mentors will be held:

❖ **Thursday, July 6**, 6-7:30 p.m. at Dr. Oswald Durant Arts Center, 1605 Cameron St.

❖ **Wednesday, July 19**, 6:30-8 p.m., Arlington Career Center (in the Common Area), 816 S. Walter Reed Drive, Arlington.

To register, visit www.spaceofherown.org. For more information, email Sarah Maroney at recruitment@spaceofherown.org.

THURSDAY/JULY 13

Public Meeting, 8:45-11 a.m. in the City Council Workroom, City Hall, 301 King St. The second meeting of the Ad Hoc Joint City-Schools Facility Investment Task Force will include discussion on projects under the Task Force's purview and accompanying draft criteria. The agenda and any relevant materials will be posted at www.alexandriava.gov/97580 prior to the meeting. All meetings of the Task Force are open to the public and recordings of each meeting will be posted on the website for community members who are unable to attend. For more information, or to sign up to speak at the meeting, contact Katherine Carraway, Urban Planner, at 703-746-3855.

SATURDAY/JULY 15

Half-day Citizens' Police Academy, 8:30 a.m.-1 p.m. at Alexandria Police Department Headquarters, 3600 Wheeler Ave. This academy allows residents and community members to learn about various aspects of the Police Department during the summer months. Topics will include patrol operations, use of force policies, the K9 Unit, Special Operations Team, crime scene investigation and criminal investigations. This free class is limited in size to approximately 45 participants. Participants of this half-day Citizens' Police Academy must be at least 18 years of age and live or work in the City of Alexandria. Visit alexandriava.gov/Academies to apply. The deadline for registration is for the July 15 session is June 28, 2017.

of the Cal Ripken Collegiate Baseball League (CRCBL) (www.calripenleague.org), a nationally-known wooden bat summer program made up of amateur players from a variety of colleges and universities from throughout the United States.

The league is regionally located in the Baltimore/Washington, D.C. metropolitan area. Teams in the CRCBL are the Alexandria Aces, Baltimore Dodgers, Baltimore Redbirds, Bethesda Big Train, D.C. Grays, Gaithersburg Giants, Herndon Braves, Loudoun Riverdogs, Rockville Express, and Silver Spring-Takoma Thunderbolts.

The Aces play at 'Frank Mann Field' (https://goo.gl/maps/1cN5G), which is located at 3650 Commonwealth Avenue, Alexandria, directly behind Cora Kelly School.

See www.facebook.com/alexandriaces1, and on Twitter (@Alexandria_Aces).

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Employment

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Not An Auto-Matic Fix



By KENNETH B. LOURIE

But a fix nonetheless, of our 17-year-old back-up car, a 2000 model year Honda Accord. On balance, since inheriting it from mother in 2008, it has been an exceptionally reliable and reasonably-priced second car and one which I'm happy to own. I drive it approximately 7,000 miles per year and not over long stretches. In effect, it is our local car. And considering there is no monthly car payment and the insurance/maintenance costs are low, as a non-car guy who only wants to get from point "A" to point "B", I can live with it "Big time," to quote our current President.

Now I'm at a bit of a crossroads, however. (And not that this is a "cancer" column per se, but it is a column affected by yours truly being a cancer "diagnosee.") I am dropping the car off at my local mechanic, Tony, later today because there are some warning signs and idiot lights suggesting I do so. First, the infamous "check engine" light is illuminated. Its yellow which Tony said is not as bad/urgent as if it were red. Nevertheless, to turn it off/fix the underlying problem (since it doesn't appear to be the gas cap) will likely cost hundreds. The preliminary assessment is that the fault is emission related.

The second area of concern is temperature, specifically how poorly my car's air conditioner is cooling and how loud the fan controlling it is when engaged even when one/low is selected. Adding insult to summertime discomfort, the passenger-side window doesn't slide down, either when using its own power-window switch or the master control on the driver's side. To summarize, I have one window (the driver's side) that can go down and extremely limited air conditioning. I wouldn't say it's hot in the car, but I'm sure any normal person would. Having had previous conversations with Tony about these repairs, I know the dollars needed to right these wrongs might not make any sense given the age and mileage on the car and the diagnosis of its owner. Yet here I am trying think long term, not cancer term. What to do?

I don't want to be miserable driving the Honda anymore (and it is me who's driving it). But I only need the air conditioning for another six to eight weeks or so - and not every day, and rarely at night. I do need to open the windows though for eight to 10 months, not so much during the winter and rarely on cold nights, but opportunities do present themselves. Spending the hundreds/possibly thousands of dollars for all repairs now however might make me miserable, too. The question persists then for any of us who own/want to maintain older cars: when are you throwing good money after bad? Ergo: when is enough, enough? (I sound like Carrie Bradshaw from "Sex and the City.")

Would I be better off spending the repair money on a newer car and enjoy whatever warranty protection I could muster and thus minimize future repair bills or not? The only problem with buying that 'newer car: it's likely (heck, there's no 'likely' about it) there will be a monthly car payment which at present I do not have, and in so having one will definitely make me miserable.

Factor in my health status and I can't stop asking myself: do I solve a problem that affects the quality of my life today at the expense of tomorrow (pun intended) or do I plan/repair for tomorrow and suffer the consequences of having done so today?

As a stage IV, non-small cell lung cancer patient originally characterized by my oncologist as "terminal" and given a "13-month to two-year" prognosis to boot back in late Feb., 2009, I've always tried to live my life and make decisions as if I had a future beyond what I was told.

And for the past eight years and four months, I have pretty consistently maintained that approach. Still, the longer I live, the more my underlying medical diagnosis impacts my thinking/judgment. Unfortunately, worlds sometimes collide and reality is up for grabs. And occasionally decisions are made in a "bizarro" kind of way where topsy is turvy and vice versa. Welcome to my whirled.

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

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ENTERTAINMENT



PHOTO CONTRIBUTED

Live Music

Kasey Chambers pictured here is playing with Garrett Kato in concert, Thursday, July 13, 7:30 p.m. at The Birchmere, 3701 Mount Vernon Ave. New double album "Dragonfly." \$35. Visit www.birchmere.com for more.

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processing. \$5 donation. Call 703-746-4399 for more.

Alexandria Birthday Celebration. 8:30 p.m. at Oronoco Bay Park, 100 Madison St. Guest conductor Jon Kalbfleisch will conduct the Alexandria Birthday Celebration Concert with the Alexandria Symphony Orchestra, followed by fireworks. Visit www.visitalexandriava.com/alx-bday/ for more.

SUNDAY/JULY 9

Behind the Scenes Geek Tours. noon-1 p.m. at the Apothecary Museum, 105-107 S. Fairfax St. Outside of the regular tour parameters, an expert guide leads this tour, including the rarely open basement and 3rd floor of the historic pharmacy. Tour recommended for adults only. \$15. Visit www.alexandriava.gov/Apothecary or call 703-746-3852.

Classical Music. 3 p.m. at The Lyceum, 201 S. Washington St. The Washington Metropolitan Philharmonic Association presents an afternoon of Brahms and Mozart with a quintet of musicians from the U.S. Military bands as part of their chamber music series. Free. Visit www.wmpmusic.org for more.

Opening Reception. 4-6 p.m. at The Athenaeum, 201 Prince St. "Pairs : Fiber Art from New Image Artists." Curated by Trudi Van Dyke, Pairs is an exhibition by 13 contemporary fiber artists who are members of the New Image Artists group. Exhibit runs from June 29-Aug. 6. Visit www.nvfaa.org or call 703-548-0035.

No. 9 on the 9th. 6:30-9:30 p.m. at the at No. 9 Lounge, Evening Star Cafe, 2000 Mt. Vernon Ave. The Alexandria Young Democrats are relaunching the chapter. Visit www.alexyoungdems.org for more.

MONDAY/JULY 10

Carlyle House Reading Exercise. 2-3 p.m. at the Carlyle House Historic Park, 121 N. Fairfax St. The books chosen all have a historic theme and can be tied in with Carlyle House. Free, ages 3-6. visit www.carlylehouse.org or call 703-549-2997.

AARP Dinner Group. 4-8 p.m. at FireFlies, 1501 Mount Vernon Ave. AARP has reserved a section of FireFlies restaurant for members and their guests with a 20 percent discount on a dinner entree. Full menu ordering is available. Call 877-926-8300 or visit states.aarp.org/fireflies for more.

WEDNESDAY/JULY 12

Play: "Hay Fever." 7:30 p.m. at Frank Lloyd Wright's Pope-Leighey House Lawn, 9000 Richmond Highway. The Picnic Theatre Company and Woodlawn/Pope Leighey House Present the only showing in Virginia of Noel Coward's 1929 play about the dysfunctional family. Visit dumbartonhouse.org/events for more.

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.

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