

## Governor's Wife Spotlights Summer Food Program

And former Redskin Brian Mitchell emphasizes importance of eating right for success.

BY MIRACLE PARISH  
THE GAZETTE

First Lady Dorothy McAuliffe and former Redskins Running Back Brian Mitchell teamed up to launch the free summer meals program to prevent childhood hunger when school is not in session. The event was held June 28 at Mount Vernon Woods Elementary.

Nineteen million children in need each year are unable to qualify for free summer meals according to the USDA. McAuliffe explained that this is "far too many kids missing out on meals." McAuliffe went on to explain what summer should mean for children.

"Summer should be fun for our kids. It should be about fun, keeping our minds engaged ... every child should have the opportunity to experience the joy of summerhood," said McAuliffe.

Mitchell preceded the First Lady speaking at this event. A longtime advocate of helping disadvantaged children, the Super Bowl winner founded the Brian Mitchell Foundation, which helps children in need in Philadelphia, D.C. and parts of Louisiana. Mitchell explained the importance of eating healthy to the children in attendance.

"I ate right. I became a Super Bowl winner ... Make sure you eat right and you'll be successful in anything that you do," said Mitchell.

His words encouraged the crowd of children and parents in attendance as stressed the need for everyone in the community to come together.

"It takes a village to raise a child. This is the village," said Mitchell.

INOVA Hospital, the American Dairy Association North East, Fairfax County Public Schools, and the USDA helped make this program possible. INOVA's CEO, Knox Singleton, explained why the cause is so important, and he presented a check to Fairfax County Public Schools in the amount of \$52,000.

The program's goal is not only to expand access to healthy food, but also to increase awareness about children who go hungry in such an affluent area like Fairfax County, which is the second richest county in the country according to U.S. Census Bureau. There were a variety of vendors who provided grocery shopping tips, nutritional information, and blood pressure exams.

Text "FOOD" or "COMIDA" to 877-877 to find a nearby location offering free summer meals to children 18 and under.



Dorothy McAuliffe speaks about the free summer meals program at Mount Vernon Woods Elementary School on June 28.



Children line up at one of the information tents.



Former Redskins Running Back Brian Mitchell talks about eating right.

## Senior Safety Summit Highlights Scams, Tick Bites and More

Police offer advice.

BY MIKE SALMON  
THE GAZETTE

Unfortunately even the mailbox in front of the house is not safe anymore, and putting the flag up to let the postal carrier know there's a letter to send is also a signal for identity thieves, who are also calling and emailing their way into your personal information.

That was the message from Fairfax County Police Detective Richard Downham at the Mount Vernon Senior Safety Summit held by Supervisor Dan Storck on Friday, June 30 at the Mount Vernon Government Center. The

scammers are constantly at it, and he recommended to never let the guard down when it comes to communications. "That's why we take part in these events, try to get the message out," Downham said.

The police informational table was just one stop in the community room at Mount Vernon, which also included information stations for the health department, the cable and consumer services, services for older adults, 911 and others.

Storck is aware of the aging population and is supportive of senior market affordable housing projects in Mount Vernon.

"The most important thing that

I am doing for our retirees is constantly improving our quality of life and the opportunities for seniors to continue living supportive, vibrant, active, socially engaged lives, where our residents can stay in their homes and age in place," Storck said.

Fairfax County Fire and Rescue Chief Richard Bowers spoke at the conference as well. "Our goal today is to prevent the 911 call," he said, noting that 60 percent of the households in Fairfax County do not have working smoke alarms. "Smoke alarms save lives and carbon monoxide alarms save lives," he said, and also pointed out that on Sat-

urday afternoons, his staff is out knocking on doors, giving out alarms for free.

Kelly Greenwood is a Mount Vernon resident confined to a wheelchair, but makes it a point to attend these informational meetings, and spread the word to her neighbors about the county programs. "It will always benefit somebody," she said. Greenwood was particularly interested in the health department's display on bug bites. "I was just talking to the

guy about the mosquitoes and ticks, I can't afford to get lyme disease," she said.

Storck receives many daily calls, emails and visits from seniors about a variety of issues, including voting locations, tax relief, upcoming community events, and playing pickle ball, which seemed to have come up over the last year in particular. "Questions about my position on various county matters, real estate taxes or how to get

SEE SUMMIT OFFERS. PAGE 5

**"These criminals are crafty."**

— Detective  
Richard Downham

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PHOTOS BY GERALD FIL/TH THE GAZETTE

Homes in Mount Vernon are dressed for the Fourth of July.

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The entrance to the Estate of President General George Washington on July 4.

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Joseph R. Peterken, World War II veteran.

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# Meet Police Station's New Commander

Matos cites maintaining public's trust.

BY GERALD A. FILL  
THE GAZETTE

**C**aptain Anthony D. Matos was installed as commander of the Mount Vernon Police District Station on June 10.

Matos, who also speaks Spanish, has been with the Fairfax County Police Department for 22 years, including as patrol officer at the Franconia District Station and as patrol supervisor at the Mount Vernon station. In addition, and demonstrating a broad range of experiences that prepared him for his new position, he worked in the following areas: Detective Squad in the major crimes Bureau; Youth Services Division as a school resources officer; and as lieutenant at the Organized Crime and Narcotics Division, among other assignments. Born in the District of Columbia, Matos is a 25-year resident of Fairfax County. He grew up in Woodbridge and graduated from James Madison University.

In a recent interview following his installation as captain of the Mount Vernon District Station, he answered the following questions:

## What are your top priorities?

"To begin with, I will be working to maintain the public's trust. A sound relationship with the community and working to bring the community together with the Police Department is a critically important first step in being an effective Police Department. That will be my initial overriding concern. In recent years I have been working as a police consultant for the International Association of the Chiefs of Police (IACP) as a leadership consultant and promoting and teaching best practices as a police leadership trainer. I emphasize that a police officer's top priority is to emphasize the importance of promoting good community relationships and public accountability." Matos referred to an iconic police officer with a long history of being viewed as a role model of what an effective police officer should be and that is August Vollmer, a historically highly regarded police officer who worked in Berkeley, Calif. "Chief Vollmer believed in public outreach, public accountability, and the importance of maintaining close community-police relationships. He is widely regarded as the first

police officer to develop what is now the modern version of effective policing."

## While it's early in your tenure, having only recently been installed as captain of the Police Station, what do you envision as an area of emphasis here in Mount Vernon?

"I am confident that a robust crime prevention and neighborhood watch program will be part of my early efforts that I am confident will yield positive results."

## What would he like to say as an introduction to the community?

"I am humbled and honored to be assigned as captain of the Mount Vernon District Police Station. I understand the cooperation that is necessary to continue keeping our diverse community safe. I am confident that the men and women of our Mount Vernon District Station ... will continue to stand next to our citizens to prevent and

fight crime, keep all persons safe, and keep pace with the incredible urbanization within our district."



PHOTO BY GERALD A. FILL/THE GAZETTE

Captain Anthony D. Matos



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## 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 Checks for boaters at the City of Alexandria docks. Members of Flotilla 25-8 are civilian volunteers supporting the Coast Guard by promoting recreational boating safety through patrols on the Potomac River and its tributaries, boating safety classes and other maritime tasks. 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://www.uscgaux.info/?unit=054-25-08>.

## BULLETIN BOARD

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

## VOLUNTEERS NEEDED

Contact Volunteer Solutions at 703-324-5406,

[VolunteerSolutions@fairfaxcounty.gov](mailto:VolunteerSolutions@fairfaxcounty.gov) or [www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-](http://www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-)SEE BULLETIN, PAGE 7

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# Summit Offers Safety Advice

FROM PAGE 1

help working with a county department are frequent," Storck said.

At Downham's table, he recommended that instead of leaving mail in the box with the flag up, it's better to take it to the post office to drop it in a secure box. He even related the ID theft to the Leonardo DiCaprio movie "Catch Me If You Can."

A member of the audience brought up an email she got from the IRS telling her she owed money. "It's a scam, 100 percent scam, do not do it," Downham said. Another got a letter about a lottery win overseas. "I guarantee you, you have not won a lottery overseas," he added. Then there's the skimming devices on the cash machines, which he recommended calling 911 if one is found. "These criminals are crafty," he said, noting that there are about 4,000 cases a year in the county.



**Wyleng Liew holds a yellow dot that can be mounted to a windshield to notify emergency personnel.**



PHOTOS BY MIKE SALMON/THE GAZETTE

**At the emergency response table, Mount Vernon residents learned what was available from the Community Emergency Response Team (CERT).**



**The 2017 graduating class of West Potomac High School held its graduation celebration on June 21 at Belle Haven Country Club.**

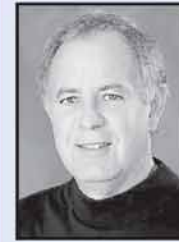


## Celebrating Graduation in Style

The West Potomac High School graduation celebration at Belle Haven Country Club was attended on June 21 by many seniors who participated in activities such as a Casino (Texas Hold'em, Blackjack and Russian Roulette), mechanical bull, extreme wrestling, airbrush tattoos, a funny money machine, arcade games and more. DJ Bob kept the students dancing from 10 p.m.- 2 a.m.

More than 160 prizes were given away including TVs, dorm refrigerators, Keurigs, and gift cards. The event would not have been possible without its sponsors including Ourisman Lincoln,

emblemix, BSquare Productions, Family Air Heating & Cooling, Laura Hatcher Photography, The Moery Company, Sugar House Day Spa and Salon, Hollingsworth Hall Automotive, Waynewood PTA, Waynewood Citizens Association, Campbell Ferrara, Cyprus Air, Woodlawn Auto Care Center, Firesheets Landscaping, Mosaic Express, Signs by Tomorrow, Mr Klein Car Wash, Hughes Orthodontics, Jim Harvey Realtor, Maginniss + Del Ninno Architects, Thomas Fannon and Sons, Carl Sandburg PTA, Breyer Subaru, Stratford on the Potomac and the Bostick, Firesheets, Hogan, Imphong, and McCloud families.



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# OPINION

## How Best To Evaluate Supervisor Storck?

To the Editor:

I have been eagerly awaiting an objective evaluation, by the Gazette, of the first third of the initial term in office of our new Mount Vernon Supervisor Dan Storck. After reading the front page article in last week's Gazette, I am still waiting. The Gazette has a responsibility to neutrally evaluate political office holders. In my opinion, last week's article fell way short.

### LETTER

One thing Supervisor Storck has done which is an improvement from former Supervisor Gerry Hyland is to provide frequent e-mail communications in the form of newsletters and reports keeping e-mail subscribers informed about what is going on in the district and county. These communications are well written and much appreciated. However, in other respects, we have unfortunately taken a step backward from the tenure of Supervisor Hyland.

On Oct. 23, 2015, Mr. Storck responded to questions and answers propounded by Connection Newspapers. In response to the question "How many hours a week of outside employment do you anticipate while serving on the Board of Supervisors? Mr. Storck responded as follows:

"For the past 12 years, I've worked two full-time jobs – as the business partner of my healthcare company and as your School Board member. I regularly leave home before 7 a.m. and return around midnight. I've maintained this schedule because I have a passion for our community, am committed to bringing folks together and am willing to do the hard work to get things done.

"As supervisor, I'll maintain that same level of commitment to our community while ending my daily business involvement so that I can be your full-time supervisor.

"The needs we have are too real, the challenges we face too many and the opportunities too great to treat this position as a 9-to-5 job. And I don't work that way either! As your supervisor, I will continue my daily community engagements — from board, community and association meetings to community activities and events. I'll also continue my tradition of holding office hours throughout the district on evenings and weekends."

My own anecdotal evidence leads me to con-

clude that Supervisor Storck is not fulfilling his campaign pledge to end his "daily business involvement" so he can be a "full-time supervisor." In my opinion "daily" means "during the day" not at night and "full-time" doesn't mean the night shift.

Virtually every day I drive past the Mount Vernon government center. When Supervisor Hyland was in office, several times a week I would see his car in the parking lot and could see him at his desk through the windows of his office working away for his constituents during regular business hours. I could drop in without an appointment and usually see the supervisor within 10 minutes of my arrival. By contrast, during the past 18 months, during regular business hours, I have only seen Supervisor Storck's car in the parking lot and viewed him at his desk through the windows of his office fewer than a dozen times. While this evidence is anecdotal, it would have been helpful if the Gazette had closely questioned him concerning the status of his workload between the supervisor job and his other business. Yes, Supervisor Storck attends a lot of ribbon cuttings. Yes, he attends and conducts a lot of evening and weekend meetings. However, in my opinion, and others may disagree, the core responsibility of a supervisor is to be in his supervisor office during normal business hours, available to meet constituents and address their concerns, not force them to spend their valuable weekend and evening hours meeting him.

Concerning Supervisor Storck's other business, the Gazette failed to mention that the other business is not even located in Fairfax County or Virginia. On his own website at [www.danstorck.org](http://www.danstorck.org), he describes the business as including "more than 60 staff and healthcare practitioners." The business is located on Wisconsin Avenue in Northwest Washington. Imagine all the tax revenue we are losing by virtue of the fact that our own supervisor chooses to conduct his personal business outside Virginia. Perhaps if he were to move his business to the Mount Vernon District, not only would he be reducing carbon emissions resulting from his lengthy commute, the BPOL tax and revenue Fairfax County would derive from the activities of a 60-plus person business, as well as the local benefits of state income tax and car

tax revenue might make Supervisor Storck less prone to advocating drastic tax increases at every turn.

Regarding tax increases, two months after Supervisor Storck took the oath of office he tried to convince his new colleagues on the Board of Supervisors to advertise a six cent increase in the county's real estate tax rate. Even his Democratic colleagues on the board wouldn't go along with such a drastic increase and finally settled on 4 cents. He was also one of the strongest advocates for enactment of a meals tax in Fairfax County. I attended a referendum in September 2016 where the proposed referendum was being debated by Supervisor Storck, Supervisor Pat Herrity, and others. In one of the most remarkable statements I have ever heard a politician make, Supervisor Storck said the following in support of enactment of the meals tax: "This is about yes for me, yes, yes. First off, it is a chance, it is a chance for us to grow and help our restaurants here locally thrive. Yes, the restaurants in this area will thrive, I think, because of this meals tax ultimately, I absolutely do." (Transcribed from video.) Remarkable, indeed.

The reflex to address fiscal issues in Fairfax County with proposals to increase taxes, as opposed to engaging in responsible fiscal management is one that should greatly concern Mount Vernon voters. I hope Supervisor Storck has learned his lesson from the failed meals tax and his failed attempt to add 6 cents to our real estate tax rate and will become more of a budget hawk on behalf of taxpayers. I hope he will give serious consideration to moving his business to Fairfax County so that his constituents can benefit from the tax revenues generated from such a large business. This will also make him think more carefully before proposing tax increases. I hope he will spend more time in his office during normal business hours so his constituents can meet with him when it is convenient for them.

There is still time to address these issues and become the supervisor for all the residents of Mount Vernon that Supervisor Storck promised in writing he would be after he was elected and before he took the oath of office.

**H. Jay Spiegel**  
Mount Vernon

## 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.

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ness about pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

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

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A Connection Newspaper





# OBITUARY

## William Charles 'Chuck' Kincannon

Five-decade resident of the Mount Vernon community, William Charles "Chuck" Kincannon died on Saturday Morning July 1, 2017. He was 94 years old. He and his wife Murice have lived in the community since November of 1966. Both



ing cotton in the fields during the era of the dust bowl. He worked his way through college, graduating from the University of Central Oklahoma with a B.S. in education. He was commissioned as an officer in the Navy at Notre Dame in 1943,

have been active members of Aldersgate UMC during these last five decades where he served as a youth counselor for six years, and on various church committees, including an early committee to organize the Aldersgate Church Community Theatre.

He met the love of his life, Murice Jean Miniard of Olathe, Kansas and married in 1946. Last November they celebrated their 70-year love affair. One of the legacies of their relationship is three children who are active members of the community. His eldest son, Rev. Dr. Keary Kincannon is the founding and current pastor of Rising Hope United Methodist Mission Church. He and his wife, Judy Borsher, are active in serving the needs of the most marginalized in the community. His daughter, Rev. Dr. Karla Kincannon, and her husband, Rev. Dr. Jim Noseworthy, left Garrett Theological Seminary in Chicago to return home to be near him. Karla Kincannon, a published author and artist, is currently one of the pastors at Aldersgate UMC. His youngest son and his wife, Kirk and Denise Kincannon, also live in the area. Kirk Kincannon is the executive director of the Fairfax County Park Authority. He has also served as the executive director of the Parks and Recreation Departments of Boulder, Co., Alexandria, Va., and Wytheville, Va.

Chuck Kincannon was born in 1923 in Stephen's County, Okla. to tenant farmers. He grew up pick-

studied meteorology at Cal Tech, and served as a Naval meteorologist for his military career. During WW II, he served in the Marshall Islands on Majuro.

When he retired in 1964, as a commander, he returned to Oklahoma to work on a post-graduate degree in meteorology and to teach school. Within two years, he was called back to Washington, D.C. to work as a civilian for the Department of Defense on a program that developed the first weather satellites for the United States. Toward the end of his career, he dealt mostly with satellite weather missions and space weather observations, retiring for the second time in 1988.

He was a member of the Naval Weather Service Association and past member of American Meteorological Society. He loved his family, faith, friends, fishing, food and poker.

He is survived by his wife, children, 10 grandchildren, six great-grandchildren, a sister, and several nieces and nephews.

The family will receive friends and guests at Demaine Funeral Home, 502 S. Washington St., Alexandria, on Friday, July 7 from 6-8 p.m. The memorial service will be held at Aldersgate United Methodist Church, 1301 Collingwood Road, Alexandria, on Saturday, July 8 at 11 a.m. In lieu of flowers, donations may be made to Rising Hope United Methodist Mission Church and Aldersgate United Methodist Church in Alexandria.

## BULLETIN BOARD

FROM PAGE 4

solutions.htm.

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

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

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

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

### THIRD MONDAY OF THE MONTH

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

### THROUGH AUG. 25

**Summer Lunches.** The Fairfax County SEE BULLETIN, PAGE 13



## 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](http://www.tinydancers.com).

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# 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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**Find more information about submissions online at [www.connectionnewspapers.com/pets](http://www.connectionnewspapers.com/pets).**

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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

**T**he 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](http://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](http://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](http://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](http://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**

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**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](http://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](http://alexandriava.gov/Lyceum) or call 703-746-4994.

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

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

**All the President's Pups.** Saturdays 10 a.m. at George Washington's Mount Vernon, 3200 Mount Vernon 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](http://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](http://www.mountvernon.org) for more.

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

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

SEE CALENDAR, PAGE 10

MOUNT VERNON GAZETTE ♦ JULY 6-12, 2017 ♦ 9



# Triple Craft Offers a Hat Trick of Specialties

BY HOPE NELSON

**D**rive down the George Washington Memorial Parkway or bike along the Mount Vernon Trail near Daingerfield 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

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**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](http://www.kitchenrecessionista.com). Email her any time at [hope@kitchenrecessionista.com](mailto:hope@kitchenrecessionista.com).*

## CALENDAR

FROM PAGE 9

think about why the various artifacts are in the museum’s collection, and about how tangible representatives of the past help tell the story of Alexandria’s history. Free. Visit [www.alexandriahistory.org](http://www.alexandriahistory.org) for more.

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

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

**Alexandria’s Nurses and Hospitals During the Civil War.** Ongoing at The Lyceum, 201 S. Washington St. An exhibit on the life of Clarissa Jones, a nurse at The Lyceum hospital during the Civil War. The true story of a nurse in Alexandria during the war, drawing parallels with characters portrayed in the PBS drama “Mercy Street,” with references to the experiences of other



PHOTO CONTRIBUTED

## 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](http://torpedofactory.org).**

nurses, such as Anne Reading, who worked in the Mansion House hospital, and Jane Woolsey, who served at the Fairfax Seminary hospital. Admission is \$2. Visit [www.alexandriava.gov/lyceum](http://www.alexandriava.gov/lyceum) for more.

**Shield of Earth: Defending the Heart of the Union exhibit.**

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

**Who These Wounded Are: The Extraordinary Stories of the Mansion House Hospital exhibit.**

Ongoing, Tuesday through Saturday, 10 a.m.-4 p.m., Sundays, noon-4 p.m. at the Carlyle House Historic Park, 121 N. Fairfax St. Come see the site that inspired “Mercy Street,” the new PBS’ series inspired by real events that took place at Carlyle House. [www.carlylehouse.org](http://www.carlylehouse.org) or call 703-549-2997

**Color Disorder Exhibit.** Ongoing, Thursday through Sunday, noon-4 p.m., Sundays, noon-4 p.m. at the The Athenaeum, 201 Prince St. A joint exhibition of artists Katie Baines and Amy Chan who use diverse painting materials such as acrylic, gouache, airbrush and screen print to

build energized abstract paintings. [www.nfaa.org](http://www.nfaa.org) or 703-548-0035.

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

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

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

**Alexandria Cars and Coffee** invites car enthusiasts to meet for coffee at Hollin Hall Shopping Center in front of Roseina’s, 1307 Shenandoah Road. Owners of classic cars, hot rods, exotic cars, motorcycles and more meet to share car stories and drink

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



# ENTERTAINMENT

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coffee. Group meets the first Sunday of every month. 8:30-11 a.m.

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

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

**Second Thursday Music.** Athenaeum, 201 Prince St. 7 p.m. Second Thursday of every month. Visit [nvfaa.org](http://nvfaa.org) to view concert calendar and listen to upcoming Second Thursday Music artists.

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

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

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

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

## CAMPS, CLASSES & WORKSHOPS

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

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

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

## 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](http://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://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](http://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://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](http://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 Reidinger of Habitat Woodworks. \$250. Visit [www.alexandriaseaport.org](http://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](http://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 14



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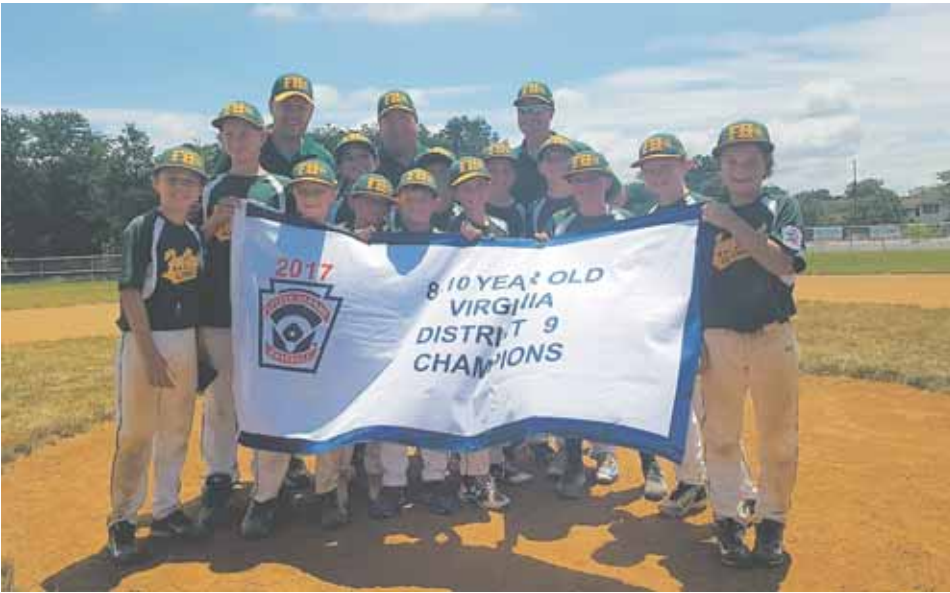
## Summer Sunset Movies In Mount Vernon

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"



## SPORTS



**2017 FHLL 10U All Stars – 6-0 in Championship Play. Manager: Erik Frazier. Coaches: Erik Potholm; Tim Baker, and Paul Dean. Players: Ethan Armbruster, William Baker, Liam Cardman, Austin Dean, Griffin Duffy, Connor Fink, Xavier Fjeld, Benedict Frazier, Alexander Harris, Aiden Potholm, Brendan Rosello, Hudson Spencer, Jonathan Wagner, and Connor Winkelfoos.**



**2017 FHLL Intermediate All-Stars – 3-0 in Championship Play. Manager: Jimmy Finn. Coaches: Mike Sheedy, AJ Melvin, and John Bachmore. Players: Sam Bachmore, Antron Campbell, Clay Clarke, Sean Finn, Tommy Gatjanis, Piers Luscombe, Jack Lohrer, Reid Salley, Katie Scolese, Nathan Shoemaker, Harry Smith, Bradley Vieco, and Peter Webster.**

## Fort Hunt Little League Wins Three All-Star Tournaments

**T**his past week Fort Hunt Little League won an unprecedented 3 of 6 possible All Star Tournaments in Virginia Little League's District 9. District 9 is one of 16 Little League Districts in the State of Virginia. District 9 is comprised of 11 Little Leagues including Fort Hunt, Central Springfield, West Springfield-American, West Springfield-National, South County, Dale City, Alexandria Potomac, Woodlawn, Dumfries-Triangle-Quantico (DTQ), Woodbridge, and Fort Belvoir.

Fort Hunt is the 2017 champion

of the District 9 Senior Division (age 14-16), the District 9 Intermediate Division 9 (age 11-13) and the District 9 8-10 Division.

District 9 is one of the most highly competitive Districts in the state. Prior to this year, Fort Hunt had won only 14 District Tournaments since its founding in 1957. This year, it won three Championships and is contending for two more.

This weekend all three All Star teams are headed to various locations around the state to compete with 15 other District Champions to become the 2017 Virginia State Champion in their respective Division.



**2017 FHLL Seniors All Stars – 3-0 in Championship Play. Manager: Joe English. Coaches: Alex Grosser, David Wagner, and Josh Belanger. Players: Justin Bassett, Joey Castrilli, Wesley Duffy, Joey English, Adam Fischer, Alex Grove, Dominic Holmes, Gavin Luscombe, Chris Promen, Tyler Rulapaugh, Aidan Sanderson, Nick Sanderson, Ryan Smith, Thomas Sowell, Gabe Tose, and Jacob Trumbo.**



PHOTO CONTRIBUTED

## Seven Scholarships

The Endowment Committee of Aldersgate Church in Mount Vernon awarded scholarships of \$1,000 each to seven students from the church. The scholarships were awarded from three educational endowments established by members and former members of the church. Two were awarded to current college students and five to high school graduating seniors. Scholarships were awarded (from left) to Caroline Austin and Amber Skinner-Richardson from the Jane Schrage Education Fund, Kaelin Jackson and Haleigh Hopper from the McNair Scholarship Fund, and Kate Woods and Claire Woods from the Mildred Hoffman Endowment Fund. Brittany Frydenlund (not pictured) received a scholarship from United Methodist Women. In addition, two \$1,500 scholarships were provided to Wesley Theological Seminary by the Ashley Scholarship Fund.

## Kitchen Fire Damages House

Units from Fairfax County Fire and Rescue and the City of Alexandria Fire Department were dispatched on Wednesday, June 21, at approximately 3:58 p.m., for a report of a house fire in the 8100 block of Carlyle Place in the Fort Hunt section of Fairfax County.

Units arrived on scene and reported smoke showing from the front of a one-story, single family house. Firefighters located and extinguished a fire in the kitchen. There were no reported civilian or firefighter injuries.

The fire was discovered by a neighbor who saw smoke and fire coming from the kitchen window. No one was home at the time of the fire. There was one smoke alarm in the house, which activated before units arrived.

Fire Investigators determined that the fire started in the kitchen near the gas stove. The cause of the fire was accidental in nature as a result of combustible materials being too close to the ignited burner.

Red Cross assistance was offered and declined. Damages as a result of the fire are estimated to be approximately \$93,750.



# PEOPLE



## 'Unsinkable'

PHOTO CONTRIBUTED

Mount Vernon boat builders, Charlotte Granahan and Cheyenne Gregory, joined forces with Celine Sano and Eli Burke and created the "Unsinkable," that they raced in Springfield's Cardboard Boat Regatta on June 4 at Lake Accotink. Cheyenne Gregory and Charlotte Granahan were on the swim and dive team for Stratford Landing Sharks last year. The girls boat won first place in the "schools" category.

## BULLETIN BOARD

FROM PAGE 7

Public Schools Office of Food and Nutrition Services will be hosting the FEEDS (Food for Every Child to Eat During Summer) BBQ program, a USDA-funded program is free to all children 18 years and under and \$2 for adults. There is no registration involved, and open to everyone. Meal service will be provided at the following sites Monday-Friday, 11:30-1 p.m. In the Mount Vernon area, FEEDS is offered at the following schools:

- ❖ Bren Mar Park Elementary, 6344 Beryl Road
- ❖ Hybla Valley Elementary, 3415 Lockheed Blvd.
- ❖ Mount Vernon Woods Elementary, 4015 Fielding St.
- ❖ Riverside Elementary, 8410 Old Mount Vernon Road

### WEDNESDAY/JULY 12

**Chamber July Biz Breakfast.** 8-9:30 a.m. at Belle Haven Country Club, 6023 Fort Hunt Road. Local non-

profits who work to better the community at Mount Vernon Lee Chamber's July Business Breakfast. \$25 for Chamber members and \$35 for non-Chamber. Register at [www.MtVernon-LeeChamber.org](http://www.MtVernon-LeeChamber.org) or call 703-360-6925.

### THURSDAY/JULY 20

**Digital Marketing for Small Businesses.** 8:30 a.m. at SpringHill Suites, 6065 Richmond Hwy. Marketing Disruptor Cherie Lejeune returns to the SFDC Business Roundtable to discuss how small businesses are using artificial intelligence, augmented reality, virtual reality and more. Free, light breakfast will be served. Email [info@sfdc.org](mailto:info@sfdc.org) or call 703-360-5008.

### VOLUNTEERS NEEDED

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

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## Employment

### Focus Group Participants Needed (Fairfax County)

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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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**-Werner Heisenberg**

## 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](http://www.birchmere.com) for more.**

FROM PAGE II

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/](http://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](http://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.wmpamusic.org](http://www.wmpamusic.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](http://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](http://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](http://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](http://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](http://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](http://www.PatriotScuba.com) for more.

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7

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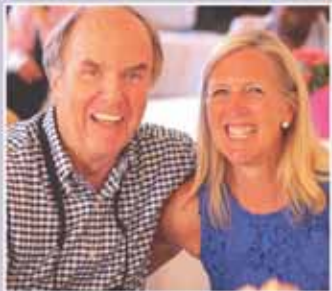
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**JUST LISTED**

**8306 Centerbrook Pl**  
**\$845,000**  
**Manors of Mt. Vernon!**

Exceptional opportunity! Gorgeously updated Colonial on quiet cul-de-sac for remarkably reasonable price.

Home has three beautifully finished levels including lower level with full walk out. Major updated throughout include: Kitchen, baths, fresh paint throughout, large deck overlooks private back yard., the list goes on. A must see!



**JUST LISTED**

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

Fabulous home in premier Mt. Vernon neighborhood. Exceptionally spacious 5 BR, 3 BA home with bright, open floor plan. Major

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



**9424 Mt. Vernon Circle.**  
**\$699,000**

**\$699,000!!!**

**Private Marina Access**

**NEW PRICE**



Chance to move into area's premier waterfront Community at remarkably reasonable price! Spacious home has huge potential and provides numerous features inc: large rooms, open Kit-Family room, hardwood floors, 2 car garage, sun room & roof top deck! Magnificent community amenities inc: docks, tennis courts, & gorgeous open space overlooking river. Opportunity to personalize and make it your own!



**NEW HOME!**

**4403 Mt. Vernon Memorial Hwy.**  
**\$899,000**



3 new luxury homes by Wakefield Homes! This Radford Model provides all the new home bells & whistles at a remarkably reasonable price! Open floor plan enhanced by high ceilings and large windows. Great setting just down the road from Mt. Vernon Estate. FREE finished basement rec room w/ bath & \$10,000 seller credit\* for limited time! Visit our website for more info on this build & project! [www.mtvernonpark2.com](http://www.mtvernonpark2.com)



**CONTRACT**

**1205 Falster Rd.**  
**\$649,500**

**Amazing Kitchen!**  
Fabulously updated property in prime location on large level lot in Wayneswood School area. Numerous features

include: custom quality updated open kitchen, and all 3 full baths, gorgeous hardwood floors, open floor plan, 4-5 bedrooms/ or office, major updated components include: HVAC systems, thermal windows, new berber carpet in lower level rooms and brand new large shed. Exceptional value!



**NEW HOME**

**8717 Plymouth Rd.**  
**\$1,399,000**  
**On the move!**

Things are moving in Plymouth Haven! Take advantage of the last opportunity for the best new home price in neighborhood. Pre-construction sale provides maximum opportunity to personalize. Special offer includes free finished lower level rec room and bath plus \$10k closing cost allowance with use of approved lender. Save hundreds of thousands of dollars compared to other new builds in neighborhood!



**Gorgeous Pool!**

**NEW PRICE**

**8307 Crown Court Rd.**  
**\$729,900**  
**Amazing Pool!**

Spectacular 5 Bedroom, 5 Bath home featuring large room sizes, soaring cathedral ceilings, and oversize two car garage. Large deck overlooks truly stunning backyard scene with custom pool, spa and extensive hardscaping. Vacation at home in setting that resembles luxury upscale resort!



**SOLD**

**9515 Mt. Vernon Landing.**  
**\$850,000**

**5420 Grist Mill Woods Way**  
**\$879,000**



**SOLD**



**SOLD**

**9504 Lynnhall Pl.**  
**\$1,099,000**

**3711 Great Neck Ct.**  
**\$639,900**



**SOLD**



**SOLD**

**1127 Gladstone Pl.**  
**\$795,000**

**4220 Adrienne Dr.**  
**\$499,500**



**SOLD**



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