



## Pet Gazette

This is Snowy — show champion, obedience and Earth Dog champ and champ of our hearts. Recently she passed away at the age of 16.5 years — mom to our other Westies, boss of the house, digger of garden holes, chief cuddler, mud roller, guard dog. We will miss seeing her everyday.

— DEB DALTON

## Behind the Badge

Police offer members of the media insight on a “Day in The Life” of local law enforcement providers.

BY ANDREA WORKER  
THE GAZETTE

Think you know what you would do if you were dispatched to handle a domestic dispute? Or if you were handling a “routine” traffic violation and the driver, sitting behind darkly-tinted windows wouldn’t obey your instructions? Or you were called to the scene of a horrific accident where lives have been lost? With the exception of those who officially work these situations, members of the press probably get a closer look at these events than the average citizen, but a group of area media personnel were put to the test by several Fairfax County’s police officers who gave them a glimpse of life behind the badge at the inaugural Fairfax County Police Department (FCPD) Media Police Academy.

“It’s our first-ever academy for

the media,” said Julie Parker, FCPD Media Relations director, who came to her position from a background in journalism. The department currently runs a Citizens’ Academy and a Teen version, but as Parker said, it’s the media that “cover us ... we felt that there isn’t enough education ... for reporters covering very serious topics.” Parker also said that the FCPD was looking for feedback from the media.

**THE BRAINCHILD** of 2nd Lt. Dan Pang, who served as co-host, instructor, mentor and supervisor of the media rookies, the July 20 all-day session was held at the Fairfax County Criminal Justice Academy in Chantilly — the same facility where police recruits start their training in hopes of passing muster and eventually hitting the streets to “serve and protect.”

Making it into those ranks in  
SEE FAIRFAX POLICE, PAGE 3

## Cancer Survivor Leads Relay for Life of Beltway

WPHS and JMU grad Heidi Smith discusses changes in her life’s paths.

BY ASHLEY CLAIRE SIMPSON  
THE GAZETTE

Many teenagers spend the majority of high school anticipating that part of senior year when they’ve been accepted to colleges — when the hard decisions about their immediate futures are in the rear view. Unfortunately for Heidi Smith, that exciting and carefree half of her senior year at West



Heidi Smith at the 2017 Relay.

SEE CANCER, PAGE 16

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## Old Town \$924,900

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# Fairfax Police Host Media Academy

FROM PAGE 1

Fairfax County requires eight hours of psychological testing, extensive background checks, and six months of Academy training comprising lectures, practicals and skills training in defense, driving and firearms training. “You have to get each skill right, respond appropriately in each scenario,” said Pang. There’s coaching and counseling to correct mistakes, but the newbies are subject to a “three strikes and you’re out” rule.

If the recruits make it that far, they move on to 90 days in the real world, with a field officer partner. Pass that test, and the recruit is now a rookie and it’s time to do the job solo, or as a partner.

Pang took his “students” into the emotional life of a police officer. “It’s a roller coaster,” he said. “You try to turn it off and on, but it’s not always so easy to do. We are in a constant state of elevated alertness. Failure to do so could kill us.”

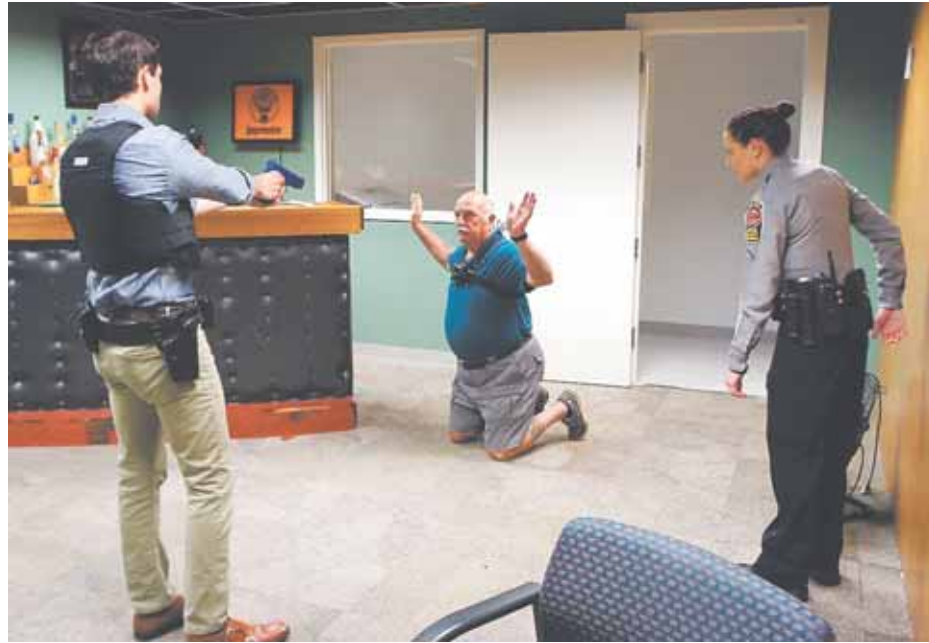
Pang used the terms “hypervigilance” and “stimulus habituation” and referenced the book “Emotional Survival for Law Enforcement, A Guide for Officers and their Families,” by Kevin Gilmartin, Ph.D. to describe what life is like for himself and his fellow officers.

According to Gilmartin and other research, when law enforcement personnel get home, they may actually experience a “chemical dump” of the adrenaline and other chemicals that have kept them in this state. It can be such an overpowering relief to the brain and body that the officer almost literally shuts down. Pang and several of his colleagues who participated in the session spoke about times when they have come home and “just hit the couch and went out like a light.”

There are other effects on a police officer’s personal life that have been noted. “Cops tend to like toys,” said Pang. Things like boats, ATVs and electronic gadgets “can compensate for the high when you’re not on duty. Cops can become impulse buyers.” He acknowledged that it’s a trait that is not always conducive to a harmonious family life.

There are also societal effects resulting from a police officer’s daily lifestyle. Alienation from friends and family can occur as some law enforcement personnel feel only their fellow officers can really relate to them. Amp that feeling up over time and that alienation can cause some officers to see everyone around them as untrustworthy.

With all that they see and that they do, and with the personal toll that their work can take on them, it’s probably no wonder that 85 percent of law enforcement personnel have experienced some kind of negative mental health symptoms. Almost 84 percent have been witness to, or involved in a traumatic event. More than 20 percent have suffered from some level of Post Traumatic Stress Syndrome and 27 percent have admitted to depression. The suicide rate for those working in law enforcement is three



**Despite his best efforts, NBC4’s David Culver eventually had to pull his “weapon” to bring the angry bar patron under control with the aid of his partner Officer Reem Awad in the de-escalation exercise.**

times the rate of the general population.

A veteran officer agreed to share a personal story with the attendees, having been involved in more than one fatal shooting encounter during [his/her] career. The condition for opening up in this way was a request for anonymity. No recording. No note-taking. “As you can perhaps understand,” said the officer, “these were difficult situations and experiences – for me, my family and for the families of the victims.” The officer did not wish to bring new attention to these events and cause additional pain or concern for anyone involved.

Both events were ultimately declared as justified uses of force, and, in fact, in one case the officer’s actions saved further loss of life or injury to other officers and members of the public. But the scrutiny, the investigations, the sudden removal from the job and the familiar surroundings and support from fellow officers, as well as the fear of retaliation against the officer or family members, made for “the most difficult time of my life” — and through it all you have to deal with the gravity of your own actions.

**TO ILLUSTRATE HOW QUICKLY** a situation can turn deadly — regardless of training or preparedness — the class reviewed some bodycam videos that also highlighted the “power of perspective.” Watching real-life scenes of traffic stops and one of an eviction from different angles and sources, and in one case, with and without sound, gave everyone pause for thought. Viewed from just one perspective, or in silence, judgments were quickly made as to who was responsible for the violent outcomes. As more sources were layered in, or sound introduced, that certainty quickly faded, or positions even reversed.

“I think you get the point,” said Pang.

Kathy Stewart, an attendee from WTOP, agreed, saying the video exercise just emphasized the importance of “getting the whole story” and of the power that lies in



**Kathy Stewart from News Radio WTOP gets some pointers from 2nd Lt. Dan Pang in how to conduct a traffic stop.**

the hands of those reporting.

Next on the agenda was strapping on 30-plus pounds of gear (holster, “gun,” handcuffs, etc.) to perform some “traffic stops” in the back parking lot, after some tips on where to stop a vehicle, how to approach it, what to look for, how to address the driver and other occupants, and how to stay as safe as possible.

PFC Mark Pollard of the Motor Squad, who helped run the exercise, was an approachable and thorough instructor, but hadn’t much sympathy for complaints about heat. “We’re out here, no matter what. Sun, snow, rain. That’s our job.”

“Driver” Fred Sanborn of Springfield has attended the Citizens Police Academy and seemed to relish his role as one of the difficult citizens being stopped. Waving-off the “officers” who approached, Sanborn just kept on with his cell phone conversation and then argued every step of the way.

Pollard was pretty matter-of-fact when some of his media students looked back in hesitation at Sanborn’s failure to cooperate. “Deal with it if they don’t listen to you,” was his response. “Stay polite,” he added, “and use your ‘command control’ voice.”

The debrief from this exercise showed that in their anxiety to do things right and

not miss a step, everyone overlooked something potentially deadly — like a knife on the dashboard, or a small handgun hidden alongside a driver.

**OTHER HANDS-ON EXERCISES** had the faux-recruits responding to a call of a domestic dispute, or being dispatched to calm an increasingly violent individual. “These are very much every-day occurrences,” said Pang, “and the often the most dangerous.”

Even in these controlled circumstances, with cameras recording and at least a few of their peers silently watching, many of the participants admitted that the situations still had a physical effect.

David Culver, an anchor and reporter with Washington’s NBC News 4, was one of the media students who successfully diffused an escalating situation without injury or worse, but when he felt forced to draw his “weapon” to control the “suspect” he said that during the “encounter” he still felt his heart racing.

In between stepping in and out of the role of law enforcers, there were portions of the program designed specifically for those in attendance. Police Chief Ed Roessler joined the group for a working lunch and answered questions about increasing efforts to infuse the department with transparency, the recent formation of the Citizen’s Police Review Board, the effect of social media on policing, and other issues.

Transparency and an additional outlet for citizens to turn to are the right way forward, according to Roessler, who acknowledged that the changes are difficult for many. “There is a certain level of fear and anxiety among the troops,” he said. So many recent deadly incidents that have occurred in police departments around the country are not only tragic for the victims, but they add another level of stress and difficulty for the officers who are just trying to do the right thing and protect, even to the extent of putting their own lives on the line.

Despite the obstacles, Roessler remains committed to supporting changes in training, departmental policies and furthering community engagement.

Major Christian Quinn, Commander Division III, Patrol Bureau and Assistant Commonwealth’s Attorney Casey Ligan, joined Parker in a further Q&A session. The timing and the amount of information being released to reporters was the predominant issue.

Human nature may make some hesitant to speak to media outlets. “No one likes to be humiliated. There is definitely a growing sense that people are looking for that ‘gotcha’ moment,” said Quinn.

Parker said that the Media Relations Bureau was dedicated to making accurate information available as quickly as possible. All three gave examples where information had to be held for legal reasons, or should be held to protect the investigation or the rights of those involved.

ABC7 newsman Sam Sweeney questioned

SEE BADGE, PAGE 18



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**Del Ray \$599,000**  
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# PET CONNECTION



**Zuri holding Piper the duck. Piper is one of our two pet ducks. Zuri enjoys hugging and holding the ducks at our home in Alexandria.**

— LEAH BECKETT



**Here is Riley, an 8-year-old Soft-Coated Wheaten Terrier and he loves to play ball and visit with buddies at the dog park. He lives in the Tauxemont section with Maddie, Jonie and Mike Eaton.**



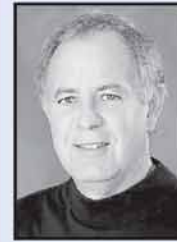
**Cobi Boggs-Roys shares a post dinner snuggle with "Cooney," his favorite raccoon no-stuffing toy. He licks him, then carries him around and finally, lies on top of him for awhile.**

**Cobi Boggs-Roys with his "puppy" given to him by his Aunt Cheryl for his seventh birthday.**



**"Boots" hanging out with the girls during the annual "ski girls" trip that her Mom, Carol hosts in Colorado for some girlfriends from Old Town and elsewhere annually.**

— MICHELLE BOGGS



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**OPEN SUNDAY**



**Alex/Mt. Vernon Manor \$584,900**  
**4601 Wood Drive**  
Stunning 4BR, 3BA Split w/a carport & a garage on a beautiful lot w/a spectacular screened porch-perfect for entertaining & enjoying your private time. Freshly painted interior, beautiful refinished hwd floors, updated kitchen w/ granite counters. Great price. 5 minutes to Ft. Belvoir, 25 mins to Ntl Airport. This is a 10!

**OPEN SUNDAY**



**Alex/Riverside Estates \$644,900**  
**8331 Blowing Rock Road**  
Beautiful Mt. Vernon Colonial w/stunning renovations! 4BRs, 3.5BAs, 3 lvs, garage & deck. Gorgeous addition w/exquisite remodeling expands the kit & family rm. The quality & design are exceptional. Stunning kit w/ all the bells & whistles (skylight, tile & bamboo flooring, SS appliances, silestone counters, high-end cabinetry, double wall oven, gas cooktop) & a casual eating area overlooking bkyd. Spectacular family rm w/gas FPL & sliding glass doors to the deck. Abundant windows provide natural lighting. 4BRs, on the upper lvl. Lower lvl has a full bath, lg finished rec rm, & an additional rm that can be easily configured as a 5th BR. Roof replaced in "15. Wood FPL in living rm & lower lvl. This is a winner!

**OPEN SUNDAY**



**Alex/Mt. Vernon Manor \$549,900**  
**8806 Falkstone Lane**  
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**SOLD**



**Alex/Riverside Estates \$584,900**  
**3129 Battersea Lane**  
Stunning 4BR, 3BA Split on a beautiful corner lot. Updated eat-in kit w/granite & SS appliances. Kit opens to a spectacular screened-in porch, perfect for entertaining. Lower lvl has Fam rm w/FPL & 4th BR. Beautiful hwd flrs, crown molding, & built-in bookcases. Totally organized garage plus dazzling paver driveway. Lawn sprinkler system, updated HVAC, dbl pane windows, solar tubes, & baths. It doesn't get much better than this! 5 mins to Ft. Belvoir, 15 mins to Old Town, 28 mins to Ntl Airport, 33 mins to Pentagon.

**SOLD**



**Arlington/Glen Carlin \$895,000**  
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**SOLD**



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# PET CONNECTION



Jake, Calvin and Hobbes guarding our house

— MIKE LABELLE



Rudy in his birthday suit. Rudy, a poodle rescue and one of the founders of Westgrove Dog Park, celebrated his 10th birthday in June at the Westgrove Pack's "Friday Hot Dog night" wearing the same hat he wore for his first birthday 9 years ago. Humans got home-baked brownies, and dogs got a doggie cake (recipe provided by Cindy Carriker of Villamay). The doggie cake was a huge hit with the four-legged guests. The enormously popular summer hot dog nights attract attendees come from all over the area (some even from Maryland). A great place for both dogs and people to connect — and an opportunity for users to contribute to the upkeep of the only grass park in the county. Kudos to the Westgrove Pack Board for their hard work!

— MARY TRACY



Out in my kayak on Little Hunting Creek with my Yorkie-Rat Terrier Buster Brown. He so loves to swim and ride on the bow of the boat

— JIM LAFLEY



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Mount Vernon Gazette



# PET CONNECTION



Chris Dyer and Phoenix are contemplating what is for lunch. Dyer says about Phoenix, "When I met my wife she already had two sweet cats, they allowed me to be their adopted daddy but I wanted to have a 'kidden' to call my own. I was at a turning point in both career and life when I meet my baby girl, by coincidence her given shelter name was Phoenix, the bird of rebirth. Shortly after she came into my life I started my own company, Reborn Fitness, and choose the Phoenix to be a part of the logo."



Ben and Keegan Hutchison.



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# OPINION

## Help End Domestic Violence

There were 1,483 calls to the domestic violence hotline in 2016, averaging 124 calls per month.

BY JOHN C. COOK  
DISTRICT SUPERVISOR (BRADDOCK-R)



to find shelter, legal resources, financial aid, and even a safe haven for their animals. Anyone can call to learn about the signs of domestic violence and even confirm possible incidents.

The hotline is proving to be highly effective and even lifesaving. The Fairfax County Office for Women received 1,483 hotline calls with an average of 124 calls per month in 2016. At least 98 percent of those who called for services said the hotline better prepared them to make a safety plan. This call can mean the difference between life and death for those escaping abuse.

Domestic violence is sometimes difficult to identify for bystanders, as well as victims.

Abusers will often convince their victims that they deserve the abuse, which shames victims into hiding the problem instead of speaking out. Many abusers threaten their victims with harsher, deadlier punishments if they look for help. These and other factors make domestic violence more difficult to recognize without the help of a seasoned professional. This is why we need more people to make the call when they have that gut feeling that something is amiss.

For bystanders, it could be a black eye, a passing reference, or even a loud argument overheard next door. You do not have to be sure. If you think domestic violence maybe happening, make the call and let professionals help.

For victims, the hotline is available whenever you need it. If you feel threatened, alone, or unsafe in your own home, please make the call. You do not have to go through this difficult time alone. The staff at the hotline is here for you at any hour of the day and will do everything they can to help secure you and your family's safety.

Again, the number is 703-360-7273. Please, make the call, it could save a life.

**Victims and witnesses of domestic violence can call Fairfax County's 24-hour domestic and sexual violence hotline at 703-360-7273.**

### LETTERS TO THE EDITOR

## In Context of Anti-Desegregation

To the Editor:

In the July 20 edition of the Mt. Vernon Gazette, Jay Spiegel writes to inform us of his opposition to the "political correctness" of those who are working to rename J.E.B. Stuart High School.

Rather than go through the history of the high school, its naming, and the various recent issues here, I urge readers to review the brief Wikipedia article — [en.wikipedia.org/wiki/J.\\_E.\\_B.\\_Stuart\\_High\\_School](http://en.wikipedia.org/wiki/J._E._B._Stuart_High_School).

My personal views are:

❖ J.E.B. Stuart High School was named in October 1958, during a time when the school board (and much of official Virginia) opposed desegregation. Its name continues to be an explicit reminder of those times, especially for the diverse student population that now attends the school.

❖ J.E.B. Stuart was not simply a slave owner, as Mr. Spiegel points out many of our Presidents were slave owners at one time — including U.S. Grant. The issue for me is not whether others also owned slaves — it is

whether or not they took up arms against the United States, and whether their name should be revered in the present day if they did so. It is the people of the present day who decide whether the honor of the name of an important building should be extended to such a person — we cannot be prisoners of bad decisions made in the past.

❖ I do not find arguments about the cited cost of the name change to be compelling. I'm reminded of Oscar Wilde's quip that a cynic was 'a man who knows the price of everything and the value of nothing.' Students

can and do notice what adults value by looking at their school, and those observations help shape their outlook on life and their impressions of their own value in the eyes of adults. Less than 0.04 percent of the FY18 budget is not a burdensome expense for the school board to find a way to fund.

❖ I too attended a high school that no longer exists. My personal circumstances are not a persuasive argument against changing the name of the school to one much more appropriate for these times. My memories, friendships, and the life-long impact of those four years will remain even though the physical school closed long ago.

❖ Finally, we learn about the good and bad of dozens of historical figures without honoring them by naming official buildings for them. Arguing that removing J.E.B. Stuart's name from the high school "erases the name from history" is clearly fallacious.

**D.S. Katzer**  
Alexandria

## Symbols Are Important

To the Editor:

I was very interested to read Mr. Spiegel's

comments on the vote before the Fairfax County School Board ("Lessons from History" July 20) on whether to change the name of J.E.B. Stuart High School. He suggests a resounding "no." He argues that Stuart, as a Confederate general, supporting slavery and Robert E. Lee, also a slave-owning Confederate general, as well as several slave-owning Presidents should not be forgotten by history and thereby ensure that we will always be reminded of our past.

He neglects to mention one crucial distinction. Stuart and Lee both took up arms in insurrection to the United States to defend the South's "Peculiar Institution." The Presidents did not. In addition, the high school was named for Stuart in 1958. Surely, Mr. Spiegel is aware that many resurrections of the Confederacy occurred in reaction to the Civil Rights movement of that time. There were many cold calculated attempts to remind African-Americans citizens exactly where they stood in regards to those that would have the south "Rise Again."

Symbols are important. They teach us and remind us. Symbols can also show us a way forward, as witnessed by the removal of the Confederate flag at the statehouse in South Carolina after the brutal murder of nine people in Charleston.

Symbols can also fetter us to a past that stinks of the evils of slavery and an armed insurrection against a nation just beginning to live up to those words of justice and liberty for all.

So, I would not suggest a resounding "no." The vote is worthy of careful consideration.

SEE LETTERS, PAGE 10

## Mount Vernon Gazette

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MOUNT VERNON GAZETTE ❖ JULY 27 - AUGUST 2, 2017 ❖ 9





# Voluntary Background Check System Is a Failure

BY SCOTT SUROVELL  
STATE SENATOR (D-36)



**I**n 2016, the General Assembly enacted legislation requiring the Virginia State Police to staff gun shows and be available to conduct voluntary background checks upon request by private, non-federally licensed gun sellers as part of a broader compromise on concealed weapon permits. The law has been a total failure.

The legislation required the state to spend \$300,000 to hire three new Virginia State Police employees to be present at all gun shows. What have we got for our \$300,000?

In January, The Daily Press reported that as of Jan. 1, 2017, one person was denied a purchase at 41 gun shows after 39 checks.

This week, the Richmond Times Dispatch reported that since that time, only 18 more checks were performed in the next six months ending June 30, 2017. In other words, in 77 gun shows there were 59 voluntary background checks. At 45 of 77 shows, no checks at all were requested. As of today, one buyer was denied.

During the same period of time, Virginia conducted 39,738 background checks by federally licensed gun dealers at gun shows that resulted in 325 denials.

The Richmond Times Dispatch obtained an estimate 15 to 20 private sales occur at each of these gun shows. The RTD went on to note that if you assume the same rejection rate for private sales that than in sales by federally licensed buyers, you would

have expected to see 9 to 13 additional rejections. However, this fails to account for the fact that people who know they cannot legally purchase a gun from a federally licensed dealer are much more likely to opt for the private sale because they know there is no check. The reality is that private sales probably have much higher potential rejection rates.

Someone ought to be asking why did the rate of voluntary background checks drop by from 39 in the first six months to 18 in the next six. Second, we ought to be asking ourselves whether it is a prudent investment of taxpayer resources to spend \$5,084 per background check or \$300,000 to stop one sale per year?

The bottom line is that if you cannot legally purchase a gun in Virginia it is still easy to get one — go to a private seller.

This is why we need to pass the legisla-

tion that I proposed last year (SB1439) requiring a check on every gun transfer in Virginia excluding family members, guns bequeathed at death, transfers required to prevent great bodily harm, or temporary transfers in the presence of the owner. Polls repeatedly show that Virginians — including gun owners — support universal background checks by over 85 percent.

No one wants to prevent a law-abiding mentally stable Virginian from purchasing a firearm, and we have had 12 months to see if the voluntary background check experiment would work. It does not and it is now clear more than ever that mandatory background checks are the best solution to keeping guns out of the hands of criminals and the mentally ill. It is an honor to serve as your state senator. You can reach me at [scott@scotturovell.org](mailto:scott@scotturovell.org) if you have any feedback.

## LETTERS TO THE EDITOR

FROM PAGE 8

To dismiss this as political correctness would be to forget our history and we all know what Santayana had to say about that.

**Adriana van Breda**  
Alexandria

## Maintain Airbnb Prohibition

To the Editor:

Re: "Debating Future of Airbnb in Fairfax County," The Gazette, July 20.

After repeated warnings and violations, John McEwan had to be ordered by the county to cease and desist operating a single family home in a quiet residential neighborhood as, in essence, a standalone hotel (including holding events such as a wedding). He responded by claiming, without evidence, that complaints by neighbors were "more racially motivated than anything else." Shameful. Hopefully, the Board of Supervisors will not be swayed by the likes of Mr. McEwan when considering possible changes to the existing prohibition.

**David Fenimore**  
Alexandria

## Eliminate Board Of Zoning Appeals

To the Editor:

The whole debate by the Board of Supervisors (BOS) and the Office of Code Compliance (OCC) regarding Airbnb is completely pointless as long as you allow the Board of Zoning Appeals (BZA) to exist. As stated to me, the BOS and the OCC has no authority over this non-elected, non-judicial BZA organization. So at this point the BZA can overrule anything that the BOS or the OCC decree for prejudicial purposes or personal gain with no oversight. As stated by Chairman Ribble on Feb. 24, 2016, we are the BZA and we can do whatever we

want.

Do away with the BZA and the BZA staff and save the residents of Fairfax millions of taxpayer dollars. The BZA members are non-elected and non-judicial. Elected officials can and will be held accountable for their actions, or, in the case of the Non-delivery Supervisor Stork, inaction. Unaccountability is unacceptable.

**Gregory J. Maley**  
Alexandria

## Still Lack Of Presence

To the Editor:

Two weeks ago, Carol Cooke [Letter, "Too Closely Watching?" The Gazette, July 13] mischaracterized my comments concerning the infrequent times I have observed Mount Vernon Supervisor Dan Storck's car in the parking lot of the Mount Vernon Government Building (MVGB) and viewed Supervisor Storck through the windows of his office. I did not state the dates or times of my observances (extending over an 18-month period), nor did I provide a description of Supervisor Storck's car. As such, my letter provided no information useful to the "angry and misguided people" to whom Ms. Cooke referred, other than that they are unlikely to encounter Supervisor Storck at the Supervisor's office. Contrary to Ms. Cooke's assertion, there is nothing whatsoever "creepy" about glancing over to the MVGB while driving by daily and taking note of the infrequent occasions in which Mr. Storck is observed in his office. Now, if I had reported hanging out at Ford's Theatre .... Incidentally, since my letter was published on this subject, I've observed Supervisor Storck's car in the parking lot of the MVGB during normal working hours and viewed him through the windows of his office exactly once.

**H. Jay Spiegel**  
Mount Vernon

## Riding the Wind

BY PAUL KRIZEK  
STATE DELEGATE (D-44)



**T**he Commonwealth is finally starting to gain traction with renewable energy, so I wanted to highlight some of the work being done throughout Virginia. Obviously this is just a starting point and there needs to be more investment in the future, but for now I want to give credit where credit is due.

Dominion Energy is moving forward on the mid-Atlantic's first offshore wind project in a federal lease area. It signed an agreement and strategic partnership with a Danish company, DONG Energy, to build two 6-megawatt turbines about 27 miles off the coast of Virginia Beach.

Over the last four years, Dominion Energy has grown its solar portfolio from zero to 2500 acres and this project is a part of the General Assembly's mandate to increase the amount of energy Dominion receives from renewable sources, and they should continue to do more.

The U.S. wind power industry is booming and we expect continued growth. Wind is among the fastest-growing energy employers and posted an 11 percent hike in output from Q1 of 2016, generating 65,000 megawatt-hours. Far less than fossil fuels, but far more than the 2000 MWh in 2001. Wind's potential capacity beats other renewables. Turbines supplied 5.5 percent of U.S. power in 2016 thanks to Iowa, Kansas, Oklahoma, Texas and the Dakotas, wind could eventually supply 50 percent of some states' electricity needs. Bipartisan political support can expand it more if the President listens to our calls for R&D funding, tax credits and new regulations

to let turbines spin faster.

Dominion's work on this project will begin immediately as DONG Energy engineers and develops the Coastal Virginia Offshore Wind project (CVOW), with a target installation date of 2020. The installation date is subject to factors such as weather and protecting species migration patterns. CVOW will be only the second offshore wind project in the nation and the first built by an electric utility company. CVOW will sit on a 2135-acre site in federal waters and could lead to the development of additional wind turbines in the adjacent 112,800-acre site leased by Dominion Energy from the U.S. Bureau of Ocean Energy Management (BOEM). Full deployment of wind technology in this leased area could generate up to 2,000 megawatts of electricity — enough energy to power half-a-million homes.

Dominion Energy initially began work in 2011 on the project, previously called the Virginia Offshore Wind Technology Assessment Project (VOWTAP), as part of a U.S. Department of Energy grant to develop and test new wind technologies that could lower costs and withstand hurricanes. Wind energy can also be a great source for good, union jobs. Turbine technicians make an average of \$52,000 annually and the U.S. Labor Dept. projects 108 percent job growth by 2024 from 2014's level. With over 50,000 wind turbines in the nation, there's a lot of operations and maintenance to be done.

Clearly renewable energy like wind and solar is an exciting opportunity for energy infrastructure investment and will provide a growing source of energy in the future as we expand alternatives to coal and oil beyond the current nuclear and natural gas alternatives.



## PEOPLE

# Tigers Draft Lescher

BY MICHAEL K. BOHN  
THE GAZETTE

**B**illy Lescher, a 2014 West Potomac graduate, signed with the Detroit Tigers in late June after the club selected him in the 17th round of the 2017 Major League Baseball draft. Lescher would have been a senior this fall at the University of Pennsylvania, where he led the baseball team's bullpen staff last spring with a 3.18 ERA, 16 appearances and four saves. Using his solidly built, 6-foot-four, 215-lb frame, Lescher can bring the heat.

"The scouts started coming to our games in the fall of 2016," Lescher said. "They watched our games and talked with several of us" — Lescher was the



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**The Detroit Tigers drafted Mount Vernon resident Billy Lescher in the 2017 MLB draft, and he is now playing on one of the club's two rookie league teams in Florida. The West Potomac graduate would have been a senior this fall at the University of Pennsylvania, where he had been a standout pitcher.**

first of four pitchers at Penn who were drafted this year — "and gave us questionnaires to fill out." He turned to his parents, Ruth and Bill Lescher who live in Waynewood, for some of the required information.

"I had no idea about the draft process," Ruth Lescher told the Gazette, "so it was a learning period for all of us."

Billy Lescher attended individual, pre-draft workouts with the Yankees, Rays, and Pirates, but, surprisingly, not the Tigers.

Once he was drafted, he didn't ponder long on the decision to leave college for baseball. "I signed with the Tigers just a few days after I was drafted. My parents were 100 percent behind me because it's a pretty cool opportunity." Ruth Lescher echoed that thought, saying, "We were pleased with his decision. Billy told us that he firmly intends to ultimately earn his degree from Penn."

Lescher is now playing rookie ball on the Tigers' West squad in the Gulf Coast League. The team is based at Detroit's spring training facility in Lakeland, Fla., east of Tampa. Lescher won for the first time on July 17, evening his record for the summer at 1-1 and keeping his ERA at 0.00. He has appeared in six games as of the 17th, tied for the most on the pitching staff.

At West Potomac High School, he earned second-team all-conference honors in baseball, as well as lettering two years in swimming and one year in diving. He also graduated with honors.



PHOTO CONTRIBUTED

## Dream Flight

**Veterans and their families from Spring Hills Mt. Vernon Assisted Living took a Dream Flight in a restored 1940's Boeing Stearman open cockpit biplane from World War II, on July 9. Pictured here, Staff Sgt. Robert Wesemann, 80 years old, U.S. Army from 1961-1966, fought in the Korean and Vietnam Wars, where he received a Purple Heart and Silver Star.**



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Front row (from left): Dylan Paradise, Benjamin McDannell, Gabby Deighton, Lucy Jefferies, Madison Moses, Avery Nelson, Kes Shallbetter; middle row (from left): Principal Dr. Maureen Marshall, Evan Graves, Logan Condon; back row (from left): Ella Clare Jones, McKenna Crews, Austin Stallings, Lily Campbell, Christopher Djossou, Riley Cooper, Kira Kang, Ginny Nelson, Reese Haggerty, Maliha Joshua, School Counselor Stephanie Kasperek; not pictured: Noah Elshami and Will Friedman.

## Recognized for Community Service

The sixth grade students of Stratford Landing Elementary joined their families, teachers, administrators and counselors at Sandburg Middle School on Thursday, June 22, to celebrate the 2016 Promotion Ceremony. Featured at this year's ceremony was the announcement of the Stratford Landing Community Service Recognition Certificate. The 2016-2017 school year marked the beginning of a lifetime of service for sixth grade students. Students throughout the grade participated in service learning opportunities, from Boy Scout and Girl Scout service projects to helping out with service at Stratford Landing and in the greater Alexandria area.

While all students were required to complete five hours of service, one group of students went above and beyond, completing well over 100 combined hours of service. These students chose to complete an essay and were interviewed to be considered for The Stratford Landing Community Service Recognition Certificate. Students' essays shared many stories of service and fun.

One sixth grade student, McKenna Crews, reflected on her time helping in a nursing home and being able to meet a Tuskegee Airman during the celebration of her birthday and that she wouldn't have had that opportunity if it wasn't for the community service hour requirement.

Christopher Djossou shared in his essay that the 18 hours of community service "felt like 18 minutes" and that he thought it was going to be difficult to acquire the five hours, but once he started, he was surprised that the time went so quickly. He also shared that he came to realization that community service didn't need to be something formal, but that taking time to help organize a classroom library or picking up trash in a local park was community service and making a positive impact.

Other students, Reese Haggerty, Logan Condon and Ella Clare Jones, valued their experiences working in the preschool classrooms at Stratford Landing and enjoyed creating memorable moments with the younger students.

Noah Elshami enjoyed his time at a local retirement home where he got to serve "mocktails" to the residents and see a fun side of that community when they came together to enjoy each other's company.

All the students who wrote essays and interviewed with staff shared ways they were going to continue their own community service after they have left Stratford Landing Elementary.

For their hard work and dedication, all 21 nominees were awarded The Stratford Landing Community Service Recognition Certificate. Recipients received a certificate and will have their names on a plaque at Stratford Landing.

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# ENTERTAINMENT

## ‘Anne & Emmett’ Together at MetroStage

### Drama about an imaginary conversation between Anne Frank and Emmett Till.

BY STEVE HIBBARD

**F**or a limited engagement, MetroStage in Alexandria is presenting “Anne & Emmett” from July 28 to 30.

The play by Janet Langhart Cohen is an imaginary conversation between Anne Frank and Emmett Till, both victims of racial intolerance and hatred. Anne is the 15-year-old Jewish girl whose diary offered the world a gripping perspective of the Holocaust and touched the hearts of humanity. Emmett is the 14-year-old African American boy whose brutal murder in Mississippi sparked the modern Civil Rights movement.

“It is a remarkable play, and Cohen’s concept of bringing together these two teens who so vividly represent the Holocaust and the Civil Rights movement is unique and a perfect vehicle on stage to tell their stories,” said Carolyn Griffin, producing artistic director of MetroStage. “The impact on the audience is powerful, and it is a play we believe in and hope all ages, all generations and all backgrounds will see. It is a call to action ‘tikkun olam’ to repair the world. Something that theatre and individuals can work together to achieve.”

Enoch King plays the role of Emmett, a highly energetic, inquisitive, curious and sometimes hot-tempered young man. “He is funny and is always ready to laugh or find a way to make someone else laugh,” he said. “He is very quick-witted, not afraid to share his opinions and ideas, but also not afraid to learn more.”

The challenge, he said, was not playing the tragedy of how he died and the circumstances surrounding it; instead, focusing on

his life, his thoughts, hopes, fears, loves and wants. “It’s difficult because Emmett was real. He really lived and died. There are moments in the show where it hits me how young he was and it can be overwhelming, but I remind myself to let him breathe and live in the piece,” he said.

Roz White plays the role of Mamie Till (Mobley), the mother of Emmett. “She is a soft spoken, strong, and loving mother who wants the best for her only son,” she said. “She did what she could to prepare and protect Emmett from the hatred of Southern whites, but she couldn’t foresee the horrible murder he would suffer as a result of the alleged flirtation he was accused of with a white woman.”

She added: “Mrs. Till gathered her strength and used Emmett’s senseless murder to open the eyes of America to the injustices that were being imposed upon blacks, and this exposure spearheaded what we now know as the Civil Rights movement.”

She said the challenges that she faced delving into this role were mostly personal. “Being a mother of two teen-aged boys, I immediately connected with the character, and her desperation to keep her son safe, while seeking not to break his strong spirit. Another challenge was keeping her (Mamie) human, and not over-playing her to the point of martyrdom. I hope the audiences will see her strength and resilience, while also being aware of her vulnerability.”

Abigail Williams plays the role of Anne, a curious, passionate, hope-filled, stubborn, beautiful soul. “She has heart, desires to continue to see and believe in the good in



PHOTO CONTRIBUTED

**Enoch King plays the role of Emmett Till in “Anne & Emmett,” which will be presented for a limited engagement at MetroStage from July 28-30.**

the world, and fights until the very end to hold on to hope,” she said. “She wants to understand how to make sense of all she has been through, yet she never loses her child-like curiosity throughout.”

She said the challenge was trying to honor the real life that Anne lived while understanding that, as an actor, she had to put some of herself into her character to make her feel “true” in the moments that she’s portraying her.

“Making choices about someone who lived a real life is obviously different than making choices about a fictional character,” she said. “And the weight of responsibility in playing a role that is internationally known for being so heroic and brave, and

whose private thought-life is actually popularly circulated throughout the general public means that, in some ways, I’m going up against the thoughts people already have about who Anne is — this, at times, has felt deeply challenging.”

Roger Grunwald plays two roles in the play: Otto Frank and J.W. Milam. “It would be hard to find two more antipodal characters (or people). As an actor, I always try — as best as I can — to find a character’s humanity, humor and vulnerabilities. Milam, the murderer of Emmett Till, however, is an unrepentant killer, a racist and a braggart.”

He continued: “Otto Frank, by contrast, is a fundamentally decent man who tries, as best as he can, to hold his family together, instilling hope and doing whatever is necessary to avoid detection and capture by the Nazis. Needless to say, it proves to be an impossible task. As the family’s sole survivor, he dedicates his post-war life to bringing Anne’s message — and her belief in the fundamental goodness of humankind — to the world.”

Griffin met playwright Cohen several years ago and introduced her to the resident director Thomas W. Jones II. She said the play was further developed with Jones and his team that included music director William Knowles, and was performed for a weekend on MetroStage in 2015. It has since toured Indianapolis, Chicago, and New York City. The play returns to the National Museum of African American History and Culture in D.C. and then back to MetroStage. It will be filmed at MetroStage and then performed July 28-30 before leaving for the National Black Theatre Festival.

*MetroStage in Alexandria is presenting “Anne & Emmett” from July 28 to 30. Tickets are \$35. The venue is located at 1201 North Royal St., Alexandria, VA 22314. Call the box office at 703-548-9044 or visit [www.metrostage.org](http://www.metrostage.org).*

## 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

**By the Seashore.** Various morning hours through July 29 at The Lab at Convergence, 1819 N. Quaker Lane. Produced by Arts on the Horizon. Using an imaginative mix of puppetry, movement, and sound, this sensory-filled production is specifically designed for babies and young toddlers. Visit [www.artsonthehorizon.org](http://www.artsonthehorizon.org) for more.

**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).

**Light and Depth Exhibit.** Various times through July 31 in the The Associates Gallery at the Torpedo Factory, 105 North Union St., Studio 29. Artwork of Marine Weiss and Jennifer Brewer Stone is featured. Visit [torpedofactory.org](http://torpedofactory.org).

**Adult Woodworking Class.** 5-8 p.m. through Aug. 5 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.

**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](http://www.fairfaxcounty.gov/parks).

**Oil Paintings by Patricia Uchello.** 9 a.m.-5 p.m. through Aug. 31 at the

River Farm, 7931 East Blvd. Free. Call 703-768-6983 or visit [www.patriciauchello.com](http://www.patriciauchello.com) for more.

**Costumes of Mercy Street.** Through Sept. 1, at The Lyceum: Alexandria’s History Museum, 201 S. Washington St. To learn more about The Lyceum, visit [alexandriava.gov/Lyceum](http://alexandriava.gov/Lyceum) or call 703-746-4994.

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

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

**All the President’s Pups.** Saturdays 10 a.m. at George Washington’s Mount Vernon, 3200 Mount Vernon Highway, Mount Vernon. All the President’s Pups Walking Tour, along the way, learn about George Washington’s love for dogs, his dogs’

unusual names, and his efforts to improve the quality of his hunting dogs through breeding. \$7. Visit [www.mountvernon.org](http://www.mountvernon.org) for more.

**Mercy in Alexandria Walking Tour.** Sundays at 1:30 p.m. at Alexandria Visitors Center, 221 King St. Experience an inside access tour of 19th century Alexandria. Inspired by the PBS mini-series “Mercy Street,” accompany a trained military historian through Civil War-era Alexandria and learn the actual history behind the TV show. Short tours are \$15, private tours for five are \$149. Visit [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 Coldsmith Gallery, the historical objects and images featured represent The Lyceum, the community at work, and commemorations and celebrations. Throughout the exhibition, visitors are invited to “be the curator” and think about why the various artifacts are in the museum’s collection, and about how tangible representatives of

the past help tell the story of Alexandria’s history. Free. Visit [www.alexandriahistory.org](http://www.alexandriahistory.org) for more.

### CAMPS, CLASSES & WORKSHOPS

**Summer Theatre Camps.** Through Aug. 25, 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.

**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** (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.

## THURSDAY/JULY 27

**Belvoir Square Grand Opening.** 4-7 p.m. Belvoir Square Apartments, 9142 Richmond Highway, Fort Belvoir. Tour the building and enjoy complimentary food and beverage. Presented by Southeast Fairfax Development Corporation. Call 703-360-5008 or email [info@sfdc.org](mailto:info@sfdc.org) for more.

**40 Under 40 Celebration.** 6-9 p.m. at United Way Worldwide, 701 N. Fairfax St. The 40 under 40 program was established in 2016 by the Alexandria Chamber of Commerce to recognize top men and women, age 40 and under, engaged in a variety of fields including business, technology, nonprofit management, civic life, public service, education, and the arts. \$89. Visit [alexandriavacoc.org](http://alexandriavacoc.org) for more.

**Music at Twilight Concert.** 7-8:00 p.m. Fort Ward Park Amphitheater, 4301 W. Braddock Road. Call 703-746-5592.

## JULY 28-30

**Bacon Brothers Concert.** 7:30 p.m. at The Birchmere, 3701 Mt. Vernon Ave. Kevin and Michael Bacon's band, find out if the six degrees of Kevin Bacon separation are true. Visit [www.birchmere.com](http://www.birchmere.com) for more.

**Anne and Emmett on stage.** various times at Metrostage, 1201 North Royal St. Janet Langhart Cohen's play based on an imaginary conversation between Anne Frank and Emmett Till, both teenage victims of racial intolerance and hatred. Call 703-548-9044 or visit [www.metrostage.org](http://www.metrostage.org) for more.

## SATURDAY/JULY 29

**Mount Vernon Nights Concert Series.** 6 p.m. at Workhouse Arts Center, 9601 Ox Road, Lorton. Free musical performance by Jarekus Singleton. Visit [www.fairfaxcounty.gov/parks/](http://www.fairfaxcounty.gov/parks/) performances or call 703-780-7518.

## SUNDAY/JULY 30

**The Real World Science behind Harry Potter.** 1 p.m.-4 p.m. at the Stabler-Leadbeater Apothecary Museum, 105-107 S. Fairfax St. Call 703-746-3852.

**Veronneau Trio Concert.** 7 p.m. at the Carlyle Club Alexandria, 2050 Ballenger Ave. Retro pop style infused with world and jazz influences. \$20. Visit [thecarlyleclub.com/](http://thecarlyleclub.com/) for more.

## JULY 31-SEPTEMBER 3

**Ceramics Exhibition.** Various times at the Torpedo Factory Art Center, 105 N. Union St. Exhibit called "Flexibility in Clay: Gymnastics and Gyration." Call Scope Gallery at 703-548-6288, visit [www.scopegallery.org](http://www.scopegallery.org) for more.

## SATURDAY/AUG. 5

**Friendship Firehouse Festival.** 9 a.m.-2 p.m. in the 100 block of South Alfred Street between Prince and King streets. The Friendship Veterans Fire Engine Association will hold its annual Friendship Firehouse Festival. Call 703-746-3891 for more.

**English Garden Floral Design Workshop.** 9:30-11 a.m. at Green

# Try a Taco at These Top Spots

BY HOPE NELSON

From traditional recipes to more adventurous concoctions, there's no shortage of tacos around the city. Why stick with your Old Faithful? Step out for something new.

## Los Cuates 1116 King St.

Los Cuates is a relative newcomer to Alexandria's Mexican-restaurant world, but it's making its mark in a hurry. Taking up residence in the old Tiffany Tavern smack-dab in the middle of King Street, it's got a host of taco options for any mood or whim.

From tacos al pastor, teeming with grilled pork loin, to tacos de pescado with its broiled tilapia, the options here are fresh and flavorful. Can't decide what to order?

## APPETITE

Los Cuates also sells its wares a la carte, so make a hybrid of the menu and go with flour, crispy corn, or soft corn shells and mix and match to your heart's content.

## Taqueria Poblano 2400-B Mount Vernon Ave.

Finally, no list of great tacos is complete without a visit from the venerable Taqueria Poblano on Del Ray's main drag. The Mexican restaurant with a Baja California vibe offers up a wonderful take on tacos that's sure to make diners sit up and take notice.

The first thing to note is that the taqueria's taco shells are quite different from many others around town. Their sometimes-lumpy, sometimes-wobbly shapes and thicker texture signify quite clearly that diners are dealing with a different beast here. Gone are the traditional shells and traditional fillings; in their place are plenty of flavorful mixes to tempt the palate. Among the selections: Adobo-seasoned pork and chile-kissed shredded beef tacos both add some spice along with protein; for its part, the vegetarian mix is one of the most out-



**Dos Amigos' taco selection is almost paralyzing in terms of the number of choices, but rest easy: There's not a bad one in the bunch.**

standing meatless fillings anywhere in town.

## Dos Amigos 535 E. Braddock Road

The unassuming Mexican restaurant at the corner of Braddock Road and West Street, across from the Braddock Road Metro station, offers up a passel of great eats straight from the menu, but the tacos – in all their many forms – are true standouts.

Dos Amigos' taco selection is almost paralyzing in terms of the number of choices, but rest easy: There's not a bad one in the bunch. Hard-core meat-eater? The tacos alambre, complete with New York strip steak and all the fixings, might be right up your alley. Vegetarian? The veggie taco platter isn't anything to scoff at. Fish, shrimp, chicken and pork tacos also beckon in various forms, from fully loaded platters to more minimalist affairs.

*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).*

**Chamber Music Concert.** 3 p.m. in The Lyceum, 201 S Washington St. Shane Iler presents an afternoon of music by Brahms on the horn, the violin, and the piano. Free. Visit [www.wmpamusic.org](http://www.wmpamusic.org) for more.

## MONDAY/AUG. 7

**Meet the Author.** 7 p.m. at The Athenaeum, 201 Prince St. An Evening with KaNikki Jakarta: Books and Poetry. Visit [www.nvfaa.org](http://www.nvfaa.org) or call 703-548-0035.

## TUESDAY/AUG. 8

**Simpson Gardens Stroll.** 11 a.m. at Simpson Park Demonstration Gardens, 420 E. Monroe St. Stop by and chat with the VCE Master Gardeners who maintain the Simpson Park Demonstration Gardens and see what is in bloom. Have all your gardening questions answered too! No registration necessary. Visit [mgmv.org/events/mgnv-events/](http://mgmv.org/events/mgnv-events/) for more.

## WEDNESDAY/AUG. 9

**Summer Reading Puppet Show.** 10-11 a.m. at Green Spring Gardens, 4603 Green Spring Road. Young story lovers are entertained by a

puppet show presented by Carousel Puppets. Ages 3+. Visit [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes) or call 703-642-5173.

## SATURDAY/AUG. 12

**Garden Stroll and Ice Cream Social.** 10 a.m.-11:30 at Green Spring Gardens, 4603 Green Spring Rd. Stroll the summer gardens with a Master Gardener docent, then cool down at an ice cream social in the 1784 Historic House. \$12. Call 703-941-7987 or visit [www.fairfaxcounty.gov/parks/greenspring/](http://www.fairfaxcounty.gov/parks/greenspring/).

**Art of History.** 10 a.m.-noon at Gadsby's Tavern Museum, 134 N. Royal St. Art-focused tour of the "Centennial of the Everyday," that views history through the lens of contemporary art. \$15. Call 703-746-4242 or visit [www.gadsbystavern.org](http://www.gadsbystavern.org).

## AUG. 12-13

**8<sup>th</sup> Annual Alexandria Summer Sidewalk Sale.** Various times, participating stores throughout Old Town and Del Ray. Visit [VisitAlexVA.com/SidewalkSale](http://VisitAlexVA.com/SidewalkSale) for more.

## SUNDAY/AUG. 13

**An Outlandish Geek Tour.** noon-1 p.m. at the Apothecary Museum, 105-107 S. Fairfax St. Learn about a few of the herbal medicines featured in Diana Gabaldon's "Outlander" series of novels, from cascara to dauco seeds. Tour recommended for adults only. \$15. Visit [www.alexandriava.gov/Apothecary](http://www.alexandriava.gov/Apothecary) or call 703-746-3852.

**Concert.** 4 p.m. at Rachel M. Schlesinger Concert Hall and Fisher Art Gallery NOVA, Alexandria Campus, 4915 East Campus Drive. Tony Lo Bianco and Deana Martin in concert. Visit [www.nvcc.edu/schlesingercenter/](http://www.nvcc.edu/schlesingercenter/).

**Documentary Film Tour.** 7:30 p.m. at The Birchmere, 3701 Mount Vernon Ave. Alexandria. Hosted by Calek and SIR NOFACE Producer Justin Holstein, the "SIR NOFACE LIVES" tour offers attendees the chance to be among the first to see Calek's mind-bending SIR NOFACE documentary, which chronicles the Australian Government-sanctioned paranormal investigation of Cockatoo Island. Visit [sirnoface.com](http://sirnoface.com) for more information.

## TUESDAY/AUG. 15

**Genealogy Talk.** 1-3 p.m. at the Hollin Hall Senior Center, 1500 Shenandoah Road. Learn how to use various record groups to find your pre- and post-Civil War Virginia ancestors and their plantation from genealogist Char McCargo Bah. Visit [www.mvgenealogy.org](http://www.mvgenealogy.org) for more.

## THURSDAY/AUG. 17

**Garden Tour and Tea.** 1-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. Tour the glorious gardens with a Master Gardener docent who will lecture about Green Spring past and present. Afterwards, enjoy a traditional English afternoon tea. \$32. Call 703-941-7987 or visit [www.fairfaxcounty.gov/parks/greenspring](http://www.fairfaxcounty.gov/parks/greenspring) for more.

## AUG. 17-SEPT. 17

**Wizard of Hip.** Various times at MetroStage, 1201 North Royal St. Featuring Thomas W Jones II as he journeys from adolescence to adulthood as Afro Jo with original music by William Knowles and two back-up singers. Call 703-548-9044 or visit [www.metrostage.org](http://www.metrostage.org) for more.



# ENTERTAINMENT

## AUG. 18-27

### Alexandria Summer Restaurant

**Week.** Area restaurants offer \$35 for a three-course dinner or \$35 dinner for two; select locations offering lunch from \$10-20/person. Visit [www.AlexandriaRestaurantWeek.com](http://www.AlexandriaRestaurantWeek.com) or call 703-746-3301 for more.

## SATURDAY/AUG. 19

### Casting Leaves in Concrete

**Workshop.** 9:30-11 a.m. at Green Spring Gardens, 4603 Green Spring Road. Green Spring staff demonstrates casting and painting techniques and assists participants in making one to take home. \$40 for the program plus \$25 supply fee. Call 703-642-5173 or visit [www.fairfaxcounty.gov/parks/greenspring](http://www.fairfaxcounty.gov/parks/greenspring) for more.

**Gardening Author Talk.** 3-4:30 p.m. at the Barrett Branch Library, 717 Queen St. Nancy Lawson, a naturalist and columnist for All Animals magazine, will talk about her recent book, "The Humane Gardener: Nurturing a Backyard Habitat for Wildlife." Visit [alexliblibraryva.org](http://alexliblibraryva.org).

## SUNDAY/AUG. 20

**Tea and Princess Diana Lecture.** 1-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. Explore the many faces of Diana: fairytale princess, style icon, humanitarian and mother. Afterwards, enjoy a traditional English afternoon tea. \$32. Call 703-941-7987 or visit [www.fairfaxcounty.gov/parks/greenspring](http://www.fairfaxcounty.gov/parks/greenspring) for more.

## MONDAY/AUG. 21

### Alexandria Chamber Golf

**Tournament.** 1 p.m. at the Mount Vernon Country Club, 5111 Old Mill Road. Hot dogs and brats, beverages, reception, dinner, prizes. Sponsorships available, contact Maria Ciarrocchi at [micarrocchi@alexchamber.com](mailto:micarrocchi@alexchamber.com).

**Great American Eclipse.** All day at Historic Huntley Meadows Park, 3701 Lockheed Blvd. Learn the science behind eclipses and how to view them safely, solar eclipse glasses will be provided to attendees at all the programs. \$7 to \$12 per person. Visit [go.usa.gov/xNvvb](http://go.usa.gov/xNvvb) for more.

## THURSDAY/AUG. 24

**Historian Lecture.** 7 p.m. at The Athenaeum, 201 Prince St. Meredith Barber is a local historian and student at William and Mary. Through research at the National Archives, she discovered previously unknown Athenaeum history during the Civil War including its employment as a logistics center by the Union Army. \$5, free for NVFAA members. Visit [www.nvfaa.org](http://www.nvfaa.org) or call 703-548-0035.

## SATURDAY/AUG. 26

**Garden Terrarium Workshop.** 1-2:30 p.m. at Green Spring Gardens, 4603 Green Spring Road. Begonia enthusiast Johanna Zinn provides information on this genus and teaches techniques for creating a terrarium. \$38 plus supplies. Call 703-642-5173 or visit [www.fairfaxcounty.gov/parks/greenspring](http://www.fairfaxcounty.gov/parks/greenspring) for more.

## AUGUST 26-27

**Begonia Show and Sale.** 9 a.m.-4:30 p.m. at Green Spring Gardens, 4603

Green Spring Road. Show sponsored by the Potomac branch of the American Begonia Society. Free. Call 703-642-5173 or visit [www.fairfaxcounty.gov/parks/greenspring](http://www.fairfaxcounty.gov/parks/greenspring) for more.

## SUNDAY/AUG. 27

**Sister Musicians Concert.** 7:30 p.m. at The Birchmere, 3701 Mt. Vernon Ave. Artists and sisters Shelby Lynne and Allison Moorer will perform in support of their upcoming release "Not Dark Yet." Visit [www.birchmere.com](http://www.birchmere.com) for more.

## MONDAY/AUG. 28

**Fall Vegetable Gardening.** 7-8:30 p.m. at the Beatley Library, 5005 Duke St. Learn inexpensive techniques to extend the harvest and even enjoy some of the crops in the dead of winter. Visit [mgmv.org](http://mgmv.org) or call 703-228-6414 for more.

## SATURDAY/SEPT. 2

**Celebrate Honeybee Day.** 10 a.m.-noon at Green Spring Gardens, 4603 Green Spring Road. Meet a beekeeper, see inside a beehive, learn a bee dance, do a bee scavenger hunt, learn how bees are important to the food supply and get tips on how to help honeybees. Call 703-642-5173 or visit [www.fairfaxcounty.gov/parks/greenspring](http://www.fairfaxcounty.gov/parks/greenspring) for more.

**Saturday Cinema at Carlyle.** 7:36 p.m. on John Carlyle Square, 300 John Carlyle St. Billy Crystal and Meg Ryan in "When Harry Met Sally." Free. Visit [www.AlexandriaVA.gov/CarlyleFun](http://www.AlexandriaVA.gov/CarlyleFun) for more.

## National Night Out

The Alexandria Police Department and other City of Alexandria agencies will partner to celebrate the 34th Annual National Night Out on Tuesday, Aug. 1, 5 p.m.-10 p.m. The celebration is part of a nationwide crime and drug prevention effort sponsored by the National Association of Town Watch.

To heighten awareness of crime prevention, residents in more than 30 Alexandria neighborhoods will turn on their porch lights, host neighborhood cookouts and sponsor block parties. The Alexandria Police Department's K-9 Unit, Motor Unit, Bike Patrol, Command Bus, Armored Personnel Carrier, and Crime Scene Mobile Lab will tour neighborhoods and offer special demonstrations. Contact the Alexandria Police Department's Public Information Office at 703-746-6600.

## PARTICIPATING COMMUNITIES

1400 to 1600 blocks of Oakcrest Drive 6:30-9:30 p.m.  
413 E. Howell St. 5-9 p.m.  
500 block of E. Luray St. 6:30-10 p.m.  
ARHA Quaker Hill Apartments, Quaker Hill Community Center, 1100 Quaker Hill Dr. 5-8 p.m.  
ARHA Charles Houston Recreation Center, 901 Wythe St. (parking lot) 5-8 p.m.  
ARHA Ladrey Highrise, 300 Wythe St. 5-8 p.m.  
ARHA Princess Square, 1108 Cameron St. (rear parking lot) 5-8 p.m.  
Arlandria (The Conservatory at Four Mile Run), 4109 Mt. Vernon Ave. 5:30-8:30 p.m.  
Armistead Boothe Park, 520 Cameron Station Blvd. 5-7 p.m.  
Brent Place, 375 S. Reynolds St. 5-7 p.m.  
Canterbury Square, 5201 Duke St. 6-8:30 p.m.  
Clover-College Park Civic Association, 1000 block of Vassar Dr. 6-8 p.m.  
Del Ray Citizens Association, 2701 Commonwealth Ave. 5-7 p.m.  
Edsall Bluff Pool Deck, 6135 Edsall Rd. 6:30-10 p.m.  
Fairlington Towne Unit Owners Association, 2306 N. Dearing St. 6-8 p.m.  
Green House Condominiums, 5300 Holmes Run Pkwy. 6-7:30 p.m.  
Hermitage of Northern Virginia, 5000 Fairbanks Ave. 4-6 p.m.  
Hopkins-Tancil / ARHA, 322 Tancil Ct. 5-8 p.m.  
Hume Springs Citizens Association 100 Dale St. 6-8 p.m.  
Lennox Place at Sunnyside Courtyard Common Area 6-9 p.m.  
Lincolnia Hills (Moody Court) 6:30-8:30 p.m.  
Lloyd's Apartments, 800 Tennessee Ave. 5-8 p.m.  
Lynhaven Gateway Park, 3525 Wilson Ave. 6-8 p.m.  
North Ridge Citizens Association, 2601 Cameron Mills Rd. 5:30-8:30 p.m.  
Park Place Condos, 2500 N. Van Dorn St. 6-8 p.m.  
Place One Condominiums, 5500 Holmes Run Parkway 6-8:30 p.m.  
Seminary Civic Association, 1000 block of N. Quaker Ln. 5-7 p.m.  
Society Hill, 3806 Vermont Ct. & 3814 Usher Ct. 6-8 p.m.  
Stone Gate Foundation, 4659 Kinsey Ln. 6-8 p.m.  
The Exchange at Van Dorn, 4840 Eisenhower Avenue 6-8 p.m.  
Wakefield-Tarlington Association Holmes Run Parkway 6:30-9 p.m.

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# Cancer Survivor Leads Relay for Life of Beltway

FROM PAGE 1

Potomac High School never happened.

One day, just as with so many high school seniors, Smith was weighing the pros and cons of attending the colleges to which she'd been accepted. And the next, she was diagnosed with Hodgkin's Lymphoma — cancer of the lymph nodes that would require six months of chemotherapy.

Now, almost five years later, it's only a matter of days until Smith will be five years cancer-free. Even after all these years of continued health, Smith said that she's come to realize that there really is no such thing as a clear-cut victory over cancer.

"When you go through treatments at 18 years old, it's hard to understand what you're really experiencing," said Smith, a 2016 graduate of James Madison University. "All your friends are graduating, celebrating, going to Beach Week. For me, everything stopped so that I could start chemotherapy right away. I was diagnosed right before Winter Break and then I never went back to school; my teachers would come to my house. You really find out who your friends are. So many of mine disappeared. Every normal part of my life just changed."

Smith's last day of treatment in 2012 was also her first day as a college student. Medically speaking, Smith was out of the woods. However, she still couldn't just slide into the typical social rhythms of college life. So, instead of seeking out the most notorious parties on campus or pursuing Greek life, she sought out the community of JMU students who organized the school's annual Relay For Life, which is a signature American Cancer Society (ACS) fundraising event.

ACS Relays For Life are community-based battles against cancer that occur at different times and in different locations all over the world. Participants raise funds for a significant period leading up to Relay day, when everyone walks around a designated path, often a track, for hours. For example, this year's Relay for Life of Beltway in Falls Church — which Smith also helped plan — was a 12-hour walk that raised more than \$100,000 for the American Cancer Society.

Smith's college involvement with an organization dedicated to eradicating cancer enabled her to discover her own identity outside of cancer. By the end of her college career, after devoting countless hours planning JMU Relay For Life, she found that she possessed strength completely separate from her own victory over cancer.

"In general, Relay For Life was very therapeutic for me at JMU," Smith said. "It was a crucial part of me processing what I'd gone through, and coming to terms with my identity as a survivor. I just didn't have the same college experience as every other girl for my first year-and-a-half in college. When I found the Relay For Life community, it helped me become the person I am. As a whole, the event itself is incredible but the process of planning for it and fundraising is probably what healed me the most."

Every year, Relay For Life globally raise tens of millions of dollars for cancer research and other ACS programs that help



The volunteers of the 2017 Relay Planning Board.



Heidi Smith during chemotherapy for Hodgkin's Lymphoma.

cancer patients on their road to recovery. With more than 5,000 communities all over the world hosting their own Relay For Life walks every year, the ACS website classifies this community-based event as its largest fundraiser.

As for Smith, college graduation didn't mean moving away from Relay For Life. Coming full circle, the same month she graduated, she joined the Event Leadership Team (ELT) for the Relay for Life of the Beltway. She found herself on the planning committee for her childhood community's annual fundraising walk for the disease that not so long ago threatened her ability to ever "leave the nest" of her hometown.

As the Relay for Life of Beltway's 2017 Survivor and Caregiver chair, Smith planned events for survivors in the 10 months leading up to, and on the day of, the walk. Relay for Life of Beltway took place from noon until midnight on Saturday, June 17, around the track of George Mason High School.

Relays For Life are designed for localized groups — of varying sizes and populations — to join forces and devote a day to the fight against all forms of cancer.

Each participant is on a team, which fundraises collectively and also walks to-

gether on Relay day. ACS's concept is that at least one representative from each team is always on their feet for the cause. For the Beltway walkers taking a break from the George Mason High School track, there was live entertainment and other activities designed to fuel fellowship.

"Our event is a 12-hour community-driven event that helps raise awareness for the fight against cancer," said Leah Nolan, the ACS community development director for the Northeast Region. "We come together as a community for one day in the hopes to celebrate our cancer survivors, remember all those we have lost, and fight back against a disease that has already taken too much. This event has become a cornerstone in the Falls Church community, with teams representing a wide variety of businesses, civic groups, religious organizations, and much, much more."

In reality, any Relay For Life encompasses more than one day. With a six-figure fundraising goal, the 2017 Relay For Life of Beltway planning committee spent 10 months organizing local fundraising events and working with corporate sponsors. It takes a lot of manpower and volunteer hours to secure this magnitude of funding, all while planning for the actual Relay — which turns out to be a memorable daylong culmination of the entire fundraising, cancer-fighting season.

"As a whole, the event itself is incredible, but it's the entire process of planning for it and fundraising is so meaningful," Smith said. "Knowing that the money is going not only to research, but to services that make all the difference people currently battling cancer. It all came together incredibly this year under Leah Nolan's leadership and with all the volunteers' hard, hard work."

The very first Relay For Life in Northern Virginia was in 1994, but it has since grown and splintered off into an array of community Relays.

"Over time, our passion spread among communities throughout the Northern Vir-

ginia area with the Falls Church Relay For Life beginning in 2007," Nolan said. "We've evolved over the years to add many more members of the community. The walk typically takes place in the spring of every year, and our community of volunteers really looks forward to it works hard to fundraise in the months leading up to the actual walk event."

In her role with ACS, Nolan managed and organized the volunteer planning committee for the Relay For Life of Beltway. Recruiting Smith to the ELT was a no-brainer for Nolan, as the two young women became friends through JMU's many successful Relays For Life.

Although Nolan has called 2016-2017 a "rebuilding" year, the 2017 Relay For Life of Beltway has so far raised nearly \$105,000 for ACS.

They set their initial goal at \$140,000, which they can still meet. The fundraising period of each Relay for Life is an entire year, and the Beltway community's deadline for donations on behalf of their 2017 event is not until Aug. 31.

Smith said that she will remain involved with Relay For Life for at least her foreseeable future. As the Beltway's Relay For Life expands, Smith will proceed with her own personal growth.

"My experience with Relay For Life of Beltway was the perfect combination of what I needed as I took a step into a new part of my life," Smith said. "When I was at JMU, it was more about me, and what I needed to overcome. In a lot of ways I felt like it was a personal celebration. Weirdly enough, I wasn't as introspective as I normally am. This year, I focused more on other people — other survivors and other people still going through treatment. I just really wanted to be a volunteer and give back to other people."

To learn more about Relay For Life of Beltway, or to donate to its ongoing fundraising for the American Cancer Society, visit [www.relayforlife.org/beltwayVA](http://www.relayforlife.org/beltwayVA).





PHOTO CONTRIBUTED

**Sheriff Stacey Kincaid presented Virginia Sheriffs' Institute scholarships to three GMU students, Roya Ansary, Jenniffer Andino Cruz and Jack Katz. They are all residents of Fairfax County – Roya from Alexandria, Jenniffer from Centreville and Jack from Falls Church.**

## Sheriff Presents Scholarships

**F**airfax County Sheriff Stacey A. Kincaid presented \$1,000 scholarship checks on June 20, to three George Mason University students who are majoring in criminology. Following the ceremony, the students and their families had a two-hour Q&A session with Kincaid.

The scholarships are sponsored by the Virginia Sheriffs' Institute and reward students who are studying in the area of criminal justice at a Virginia college or university. The students must have a permanent residence in the jurisdiction of the sponsoring sheriff.

Scholarship applicants must include with their transcripts a personal essay and a letter of recommendation from their sheriff.

For 2017-2018 school year, the Virginia Sheriffs' Institute has awarded 78 scholarships across Virginia totaling \$77,000. Full-time students were provided \$1,000, and part-time students were provided \$500.

Roya Ansary of Alexandria earned an associate degree from Northern Virginia Community College in 2016, graduating Summa Cum Laude, before transferring to George Mason University. She is now a rising senior majoring in Criminology, Law and Society with a minor in Intelligence Analysis. Her GPA is 4.0. She is active in GMU's Intelligence Community Club and the Afghan Student Union.

Ansary is committed to pursuing a career in counter-terrorism.

"As a young Afghan-American, my drive to mitigate and prevent terrorism is much more deeply rooted than simply an interest in the field," she said. "My bi-cultural upbringing has provided me with a unique perspective of a deep gratitude for the opportunities provided in America that I would not have in Afghanistan, and an understanding of the pain and suffering back in Afghanistan. I hope to go into counterterrorism to prevent other nations from being as devastatingly affected by terrorism as Afghanistan has, and to bring about this good as a representative of the United States government."

Jenniffer Andino Cruz of Centreville is a rising sophomore at George Mason University, double majoring in Criminology, with a concentration in Crimi-

nal Justice, and Foreign Languages, with a concentration in Spanish. Her GPA is 3.8.

Cruz is active in many clubs and programs including ESOL Ambassador Program at Annandale High School; College Partnership Program at Centreville High School; Research Assistant for the Office of Student Scholarship, Creative Activities and Research (OSCAR); Alpha Lambda Delta Honor Society; Hispanic Student Association; Mariposas Mentoring Program; Catholic Campus Ministry; Intelligence Community Club; and The President's Student Leadership Seminar. She also works as a hostess at a local restaurant to help defray the cost of college.

Born and raised in El Salvador, Cruz experienced a great deal of violence and injustices. She says that while growing up, "I always wanted to be the one to make a difference, not just 'catch' the bad guys, but promote equity and self-advocacy to others. My mother obtained a law degree from El Salvador and for many years, I figured I could follow her footsteps and make a difference that way, but there was always something that just did not feel right. When I attended Centreville High School, I decided to take Criminal Justice and it was then when I realized I wanted to focus more on the criminal justice/ law enforcement field."

Jack Katz of Fall Church is a rising junior at George Mason University, majoring in Criminology. He is interested in a career in law enforcement. His GPA is 3.94. He is active in GMU's Cycling Club, Green Machine pep band (alto sax) and the Anime Club. Katz has interned with the Fairfax County Republican Committee and his member of Congress. He also volunteers with Brother's Brother Foundation and Stop Hunger Now.

Katz is majoring in criminology because "I want to help people and because I find the investigative side of law enforcement fascinating." He is considering a career as a sheriff's deputy or a local police officer to help keep the community safe.

For more information about the scholarship program, visit <https://vasheriffsinstitute.org/scholarship-policies/>. Applications for next year will be available in February 2018.

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**-Werner Heisenberg**

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## Taking Care Of Business



By KENNETH B. LOURIE

The cats. The car. The dentist. The pancreatic enzymes. It was a week that typically isn't. As often as my credit card was swiped these past few days, I'm amazed its magnetic strip is still magnetized. To quote my deceased mother, Celia: "It's enough already."

Oh well, what's done is done, though it definitely needed doing. And aside from the fact that I didn't have the actual money, fortunately I had the available credit, which I was grateful to have had. I mean, how long can you put off necessary evils/expenditures before they rear their ugly consequences? And though money doesn't grow on trees (linen actually), credit seems to, and so the to-do list now has some cross-outs/"has-dones" finally.

Now the anxiety about neglecting the "to-dos" is replaced by the worry about the cost/need-to-pay the "having-dones." Nevertheless, the cats have had their vaccinations shot current.

The car now has a passenger window that goes down — and back up, a check-engine light that no longer illuminates, a blower that will now provide heat in the winter and a defogger when needed, and as it turns out a bit of unexpected air conditioning.

The dentist has referred me to an oral surgeon (since the teeth were both "unrestorable"/not root canal candidates) who will extract two teeth from my mouth and hundreds more from my bank account/probably credit card — again, but no doubt get me back on a course of dental correction.

The pancreatic enzymes, the most expensive bottle of pills I buy (I consume upwards of 55 pills per day) is an expense I incur every three months and does something to help my immune system keep the lung cancer in-check, a priority if there ever was one.

Paying to keep on playing (so to speak), by maintaining this kind of normalcy enhances the feeling that life is indeed still being played. And not that my attitude/philosophy in such responsibilities is totally affected by yours truly having been diagnosed with a "terminal" form of cancer: non-small cell lung cancer, stage IV, to be specific, but as the old punchline says: "It doesn't hurt." And avoiding hurt is definitely part of the fighting-cancer strategy; along with avoiding stress, eating healthy, exercising and boosting one's immune system.

I guess what I'm realizing that I have two lives, sort of, the usual and customary life: work, play, day-to-day stuff and the cancer life: lab work, chemotherapy, scans, oncologist, pills, lifestyle changes, etc. On some days, they are parallel. On other days, they intersect. And though they may be separate, they are inter-related. What benefits one is likely to positively affect the other.

Additionally, a negative in one life will likewise have an adverse consequence in the other. However, the requirements to maintain their respective lives is different. Yet balance/co-existence must be maintained in order for one to remain "together."

Two separate halves will not make for a responsible whole, but rather lead to an emotional one. And if there's one attribute that a cancer patient/survivor must have, it is emotional wherewithal. Failure to do so in one's cancer life will likely spill over into the non-cancer life (and vice-versa) and cause a kind of an adult version of failure to thrive.

Cancer might win the battle in the end but you can't let it win the battle in the interim. Fulfilling your every-day responsibilities helps give that life the kind of accomplishment that aids and abets in your fight against your cancer life. Moreover, handling your cancer life gives you the confidence and optimism to live your non-cancer life.

Granted, the two lives might not exactly be the best of friends, but they must be partners of a sort. The sort that is independent, appreciative, respectful and considerate.

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

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

## NEWS

# Badge

FROM PAGE 3

circumstances where reporters are "pushed back from a scene" while neighbourhood residents were allowed to move more freely around the area. The trainers answered that there could be legitimate reasons for holding back reporters and others — particularly in scenes where the presence of more people might make it even more difficult for the police to keep an eye on all activities — but Parker reminded that the police information officer on scene is available. "And if you think you are having a problem, you can always call our office. We will do our best to get you information and access."

Media Police Academy ended with a "Shoot-Don't Shoot" simulation. In the controlled exercise, Peggy Fox with WUSA9 and John Aaron with WTOP "saved the day" even though in the stress of the situation, they failed to notice innocent bystanders walking in the background. "It's a real eye-opening experience," said Aaron.

The Police Department plans to make the Media Police Academy an annual event to keep the dialogue open between law enforcement and the people who bring their stories to the public.

Citizens interested in getting a more in-depth look at policing in the community may consider applying for the Citizens Police Academy at [www.CPA@fairfaxcounty.gov](http://www.CPA@fairfaxcounty.gov). The department also has a Facebook page with information about current police actions and tips for safety.

## BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). 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-solutions.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm).

**The Gum Springs Senior Program** is looking for a Line Dance Instructor.

**An Urdu-speaking Grocery Shopper** is needed in Alexandria to assist an older adult male twice a month.

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

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

**The Lincolnia Senior Center** in 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).

WWW.CONNECTIONNEWSPAPERS.COM



7

VIRGINIA

2017

# Special VIP Offer for your Toyota



**ServiceCenters**  
Keep Your Toyota a Toyota

Jack Taylor's  
**ALEXANDRIA  
TOYOTA**

3750 Jefferson Davis Hwy • Alexandria, VA 22305  
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**Service & Parts Dept. Hours:**  
Monday - Friday, 7:00am to 9:00pm  
Saturday, 8:00am to 5:00pm

**YOU HAVE SATURDAY OFF.  
THAT'S EXACTLY WHY WE DON'T!**



**ToyotaCare  
Customers**

Don't Forget Your **FREE** Service.  
5,000 • 10,000 • 15,000 • 20,000 • 25,000  
Mile Services  
Call your ASM for details  
**ToyotaCare Plus \$329<sup>00</sup>**  
Covers up to 4 years/45,000 miles



**BASIC LUBE, OIL & FILTER  
CHANGE SERVICE**

**\$29<sup>95</sup>**

NON-SYNTHETIC

**\$44<sup>95</sup>**

SYNTHETIC

Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil\*, inspect windshield wipers, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA TAX AND SHOP SUPPLIES. ADDITIONAL OFFER EXPIRES 7/31/17.

**SPRING DRIVING  
SPECIAL**

**\$29<sup>95</sup>**

Rotate & Balance 4 Wheels

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**BRAKE SPECIAL**

**\$79<sup>95</sup>**

INCLUDES: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only. Machine rotors an additional \$199.95.

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**CHECK ENGINE LIGHT DIAGNOSIS**



**NO CHARGE**  
INITIAL DIAGNOSIS

WE WILL RETRIEVE VEHICLE CODES  
& GIVE YOU AN ESTIMATE OF REPAIR COSTS.

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**4 WHEEL ALIGNMENT**

**\$64<sup>95</sup>**

Your car's alignment suffers, and can cause uneven tire wear and steering problems.  
INCLUDES: Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

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GENUINE TOYOTA

**SIGHT LINE WIPER BLADES**

**\$10 OFF**

Sight Line only.

NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY. GOOD THRU 7/31/17.

**15% OFF  
ANY ONE REPAIR**

Maximum Discount \$200

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Jack Taylor's

**ALEXANDRIA TOYOTA**



**BUY 3 TIRES  
AND GET ONE**



**FREE**

SEE SERVICE ADVISOR FOR DETAILS.

**GOT TIRES?**

INCLUDES ROAD HAZARD PROTECTION, TIRE WARRANTY, AND FREE COURTESY INSPECTION.

**BONUS: ADD A 4 WHEEL ALIGNMENT FOR \$39.95**

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CALL FOR AN APPOINTMENT AT **703-684-0710** OR SCHEDULE ONLINE AT **ALEXANDRIATOYOTA.COM**





# CHRIS WHITE

*Planning to sell in 2017?*

*Now is the time to call Chris & Peggy White!*

*Leading the Area in Real Estate. **SOLD!!!***



**JUST LISTED**  
**OPEN SUNDAY**  
7617 Range Rd.  
\$639,000  
Spacious 3 level home on gorgeous large fenced lot in prime close-in location. Many features include: bright open floor plan, updated thermal windows, hardwood floors, four large bedrooms, distinctive stone front, huge level back yard, large storage out building, and two car garage. Fabulous property in prime location for very reasonable price!



**JUST LISTED**  
9309 Maybrook Pl  
\$549,500  
Great Value!  
Super Value! Spacious 5 bedroom home in prime Mt. Vernon location at remarkably reasonable price! Home in absolutely pristine condition with numerous features including: 5 Bedrooms, 3 Baths, open floor plan, hardwood floors, thermal windows, gas cooking/heat/hot water, sun room and garage. Fabulous opportunity!



**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)



**JUST LISTED**  
**OPEN SUNDAY**  
9211 Volunteer Dr.  
Your Own Private Oasis!  
Exceptionally spacious 5 BR home in prime location in one of the area's premier neighborhoods. Absolutely gorgeous pool & grounds. Total privacy! Interior has been painted and beautiful hardwood floors just refinished. Exceptional value!



**POOL!**  
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!



**NEW PRICE!**  
9210 Cherrytree Dr.  
\$625,000  
Fabulous home in premier Mt. Vernon neighborhood. Exceptionally spacious 5 BR, 3 BA home with bright, open floor plan. Major updates 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.



**NEW PRICE!**  
9424 Mt. Vernon Circle.  
\$675,000  
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!



**CONTRACT**  
**POOL!**  
2303 Cavendish Dr.  
\$569,000  
HUGE POTENTIAL!  
Spectacular oasis in Stratford Landing. Private rear grounds host a resort setting unrivaled at this price range. Recent updates include: roof, windows, Furnace/AC, interior painting, fence, doors, custom trim/molding, the list goes on. 2 Kitchens allows for multiple uses! Here is your chance for a rare opportunity!



**SOLD**  
8306 Centerbrook Pl.  
\$845,000



**SOLD**  
4008 Adrienne Dr.  
\$515,000



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



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



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



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



CHRIS WHITE 703.283.9028

[www.chrisandpeggywhite.com](http://www.chrisandpeggywhite.com)

[chris.white@longandfoster.com](mailto:chris.white@longandfoster.com)

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