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Mount Vernon Gazette

WELLBEING

PAGE 8

MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER

JUNE 7, 2018

Honest Soul's Yogathon Supports Veterans

The 24-hour yoga extravaganza on Memorial Day weekend raises \$10,000.

BY MIKE SALMON
THE GAZETTE

When 12 yogis showed up at the Honest Soul Studio for the 3 a.m. class early Saturday morning, May 26, owner Suzie Mills knew the "Yogathon," she carried out to raise funds for veterans, had more meaning for her studio outside Fort Belvoir.

The 24-hour yoga extravaganza on Memorial Day weekend was a fundraiser for the USO at the base, and Mills has experienced how yoga chases away emotions that come with military experience in a war zone, and possibly Posttraumatic stress disorder (PTSD).

"We provide yoga for the warrior transition unit through the USO," Mills said. "I had one person that said yoga has saved him," she added.



PHOTO CONTRIBUTED

In the transformation room, the yogis celebrate the event.

"Proceeds from the event will support the purchase of equipment for yoga and recreation programs for families served by the USO of Metropolitan Washington – Baltimore (USO-Metro)," its website read.

Casey Pizzuto, the center manager at the USO Warrior and Family Center-Belvoir, praised the value of yoga to deal with the stress of a combat situation.

"Yoga has a major impact on our service

members, especially for those who have an injury and need to find alternative stress relievers," she said, via email. "I have wit-

SEE VETERANS, PAGE 3

'Barn to Bay Paddle' Funds Alzheimer's Research



PHOTOS BY MIKE SALMON/THE GAZETTE

Maps were a major part of Greg Joachim's fundraising canoe trip through Pennsylvania.

Mount Vernon resident takes on canoeing fundraiser for Alzheimer's.

BY MIKE SALMON
THE GAZETTE

Two years ago, Greg Joachim stood on his grandmother's porch in Milton, Pa. and looked out on the Susquehanna River and felt that, with the family connection with the river and his grandmother's condition with Alzheimer's, something needed to be done.

That's when he hatched the plan for a fundraising canoe trip that would challenge him and earn over \$14,000 for the Alzheimer's

Association that could lead to a cure one day.

"That river was always part of our lives, maybe we could do something," he said.

Joachim, a former U.S. Army

officer and current Mount Vernon resident, enlisted the help of Ron Miller and Minter Jackson, two fellow Army buddies, and embarked on a 140-mile canoe trip down the Susquehanna River from Milton to Havre de Grace in Maryland where the river empties into the Chesapeake Bay. The trip, they

SEE BARN TO BAY, PAGE 17

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Alexandria | \$474,900

Beautifully renovated 3-bedroom, 3.5-bath townhouse close to Kingstowne & Metro. Open main level, new kitchen with quartz counters & breakfast bar. Updated baths, hardwoods & fenced garden with deck & patio. Two fireplaces & spacious master suite. 6008 Crocus Court
Wendy Santantonio 703.286.1308
www.WendySantantonio.com

OPEN SUN 6/10, 2-4 PM



Alexandria | \$538,500

3 level brick end unit, 3-bedroom + den, 3.5-bath, daylight basement & now with new hardwood floors in the living room & dining room, neutral master bedroom carpet, updated kitchen-come see what works. Seller flexible to assist with closing costs. 5033 Domain Place
Julie Lineberry 703.489.2823
www.McEneaney.com

OPEN SUN 6/10, 2-4 PM



Alexandria | \$599,000

Gorgeous sun-filled 4 level split with large deck overlooking beautiful flat lot with mature landscaping. All major systems have been replaced in the last few years. Recently replaced carpet on lower levels. Plenty of living space and ample storage. 2310 Candlewood Drive
Jennifer Halm 703.851.2255
www.JenniferHalm.com

OPEN SUN 6/10, 2-4 PM



Alexandria | \$925,000

Impeccable design, waterside and stunning. This lovely home lives like a retreat and displays five-star luxury. Two master suites, one on the main and one on the upper level. Oversized bedrooms, chef's kitchen, and outdoor living that rivals most. 2611 Childs Lane
Sandy McMaster 571.259.2673
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Alexandria \$629,900

This 3-bedroom, 2 full and 2 half bath townhouse has it all! Large eat-in kitchen, bright and open floor plan, master suite, 3 levels of living, deck, yard, and attached garage. Walk to shops and restaurants along "The Avenue" in Del Ray. 16 W Glebe Road

Jen Walker 703.675.1566
www.JenWalker.com

OPEN SUN 6/10, 2-4 PM



Alexandria \$619,000

Classic update of a 3 level townhome with 3 bedrooms and 3.5 baths! Fenced rear patio and granite/stainless steel kitchen, 2 story foyer, 2 master suites! Extra bonus rooms too! 1812 Duffield Lane

Janet Caterson Price 703.622.5984
www.JanetPriceHomes.com

OPEN SUN 6/10, 1-4 PM



Alexandria \$514,000

Charming townhouse 2.5 blocks from King Street! Updated kitchen with stainless appliances, granite counters & glass tile back splash, new lighting & fixtures. Bathroom with new vanity, floor, fixtures, lights, vessel sink & glass tub enclosure. Wood floors, fireplace, 1 parking space & patio. 308 N St Asaph Street

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Honest Soul's Yogathon Supports Veterans

FROM PAGE 1

nessed transformations in our service members receiving yoga, especially the service members receiving treatment for PTSD."

AT THE YOGATHON, there were classes all night with very little down time between sessions. The classes were held in one room at Honest Soul called the "transformation" room, and the other room, known as the "love" room was set up as a community room where practitioners could gather, share ideas about the effort or just meditate. The names of these two rooms are painted on the wall in artsy letters to give yogis inspiration. A couple of cots were set up in the love room for catching a few winks of sleep too.

The more notable of classes that night included "Rock Your Asana – Glow Flow" with a black light and neon props at 11 p.m.; "Pajama Yin to Restore," at 12:30 a.m., "Sunrise Yin," at 6:30 a.m., and everyone wrapped up the night with a celebration party at 9:30 a.m.

The tables in the living room/lobby were covered with fruit and wholesome snacks. Many local businesses helped out with contributions too, and that list included Nalls Produce, Kingstowne Family Chiropractic, Vetoga of Washington, D.C., Century 21 Redwood Realty, Walking the Dogs, Manduka, American Yogi, Clear Shark, M&M Contracting Solutions and the husband and wife photography team of



PHOTO BY MIKE SALMON/THE GAZETTE
Suzie Mills held a Yogathon at Honest Soul to benefit veterans.

Mauricio and Ximena.

Samantha Simons took part in the yogathon and escaped to the love room when she wasn't practicing yoga or helping conduct the events that night. "It's a place where people could find a thread," she said of the love room. "Everyone just relaxed."

Mills wasn't always a yoga enthusiast and found her calling to open Honest Soul while she was in the Air Force on duty in Bagram, Afghanistan on a five-month deployment. Her job was to help out on the runways with the troops and equipment coming in and out of the combat zone, and with all the

noise during her shifts from 2 p.m. to 2 a.m. each day took its toll. "I was at a constant high stress environment, yoga brought me down," she said. When she returned to the states, she took a power yoga class for the first time and found it helped manage her experiences. That's the moment she decided to open a studio.

ON SATURDAY MORNING, May 26, as the 24 hours came to a close, the Honest Soul yogis looked at the money raised with open eyes, and the \$10,000 exceeded their goal. The money will be used for additional

veteran causes at Honest Soul and at the USO Metro center on Fort Belvoir.

"We're going to use USO channels to send these props," said Mills, pointing to a stack of mats and bolsters in the main room at Honest Soul.

Mills is working on a program to help the spouses of soldiers transferred to Fort Belvoir, and she's set her sites on opening another studio in West Springfield next to the Whole Foods at Old Keene Mill and Rolling Roads.

At Honest Soul, "we're making you feel like you are part of the family," Mills said.



PHOTO CONTRIBUTED
Suzie Mills and Casey Pizzuto the USO Metro rep at Honest Soul.

Rotary Club of Alexandria Honors Local Eagle Scouts

More than 120 people attended the Rotary Club of Alexandria and the Alexandria Rotary Foundation's program honoring the achievements of two local high school students and awarded them scholarships for their pending college experience. Additionally, the program honored the lifelong achievements of an Alexandria businessman who is also an Eagle Scout.

The scholarship recipients are Owen M. Biesada and Ian Peverall.

Peverall is an Eagle Scout in Troop 4077 at St. Mark's Episcopal Church. He is graduating from Mt. Vernon High School. For his Eagle Scout project, Ian led the effort to fund, manufacture and deliver 35 blankets to Shriners Hospital for Children in Philadelphia. The blankets are used to comfort the children as they receive treatment at Shriners Hospital. For this and his many other accomplishments, Ian will receive a \$1,500 scholarship as he continues his studies at the College of William and Mary.

Biesada is an Eagle Scout in Troop 129 at Westminster Presbyterian Church in Alexandria. He is a graduating senior from T.C. Williams High School. For his Eagle Scout project, Owen spearheaded an effort to repair and maintain trails, picnic tables and facilities at Hidden Oaks Nature Center in



From left are Nathan Amberg, Bill Vosbeck, Derek Amberg, Ian Peverall, Owen Biesada and Todd Bolick – Colonial District Executive, National Capital Area Council.

Annandale. For this and his many other achievements, Owen was awarded a \$1,500 scholarship by the Rotary Club of Alexandria as he continues his education at Texas

Christian University.

During the 2018 Alexandria Rotary Scout Award Luncheon, the Rotary also honored Alexandria businessman, William (Bill) F.

Vosbeck, Jr. for his lifetime achievements and contributions as an Eagle Scout.

Vosbeck achieved his Eagle Scout rank while growing up in Mankato, Minn. He enlisted in the Marine Corp during World War II, putting his career goals hold. After completing his obligations to the Marine Corp and his architecture degree at the University of Minnesota, he moved with his wife, Betty, to Northern Virginia. In Alexandria, he founded his architectural firm VVKR, Incorporated. VVKR worked varied projects like the Alexandria Hospital and numerous Alexandria schools, as well as the Gannet building and USA Today in Arlington.

Active in numerous community programs, Vosbeck is a Rotary Paul Harris Fellow. He has served as the president of the Alexandria Hospital Board, trustee on the Virginia Museum of Fine Arts, and trustee on the Virginia Foundation for Independent Colleges. His work with people with physical and cognitive disability earned him the Citation for Meritorious Service from the President's Committee for the Handicapped. As such, The Rotary Club of Alexandria awarded Vosbeck the 2018 Cliff Dochterman Award for his life time of contributions.

The May 15 event was held at the Belle Haven Country Club.



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Widener University
College of William and Mary
Winthrop University
University of Wisconsin
Wittenberg University
Xavier University
York College of Pennsylvania

CRIME

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

ASSAULT ON LAW ENFORCEMENT: 8400 block of Del Norte Ct, June 4, 5 p.m. Officers were trying to arrest a 16-year-old girl for disorderly conduct but she assaulted the officers during the arrest. She was taken to the Juvenile Detention Center and charged with assault on a law enforcement officer.

TRESPASSING: 2600 block of Arlington Drive, June 4, 7:02 a.m. A resident returned to her home and found the door unlocked. The resident contacted the police who came and found a girl inside. The girl was arrested and charged with trespassing.

ASSAULT ON LAW ENFORCEMENT: 2709 Popkins Lane at the Bryant Alternative School, June 1, 7:58 a.m. The school resource officer was called to the principal's office at the Bryant Alternative School. As the officer arrived, the offender, a 15-year-old boy, pushed the officer. When the officer tried to detain the student, the student kicked the officer several times. The student was taken into custody and turned over to a guardian. Petitions for assault on law enforcement will be sought.

ROBBERY: 7900 block of Janna Lee Ave, June 1, 7 p.m. A food delivery driver was in the area to drop off food. The victim was approached by four men, who offered to buy the food for \$100. The victim noticed the money was fake with foreign symbols on them. When the victim noticed this, he was pepper sprayed by the men and then beaten. The men took his money, license, and credit cards and ran away. The four men were described as black, between 5'6 and 6'0, with one wearing a black t-shirt.

BURGLARY: 4100 block of Westman Ct, June 2, 11 p.m. A resident discovered someone entered her garage and vehicle and took property.

UNLAWFUL ENTRY/ASSAULT: 5800 block of Blaine Drive, May 30, 3:03 p.m. The victims were sitting in a screened sunroom at their house when two men approached them and said someone sent them to buy a tree. The victims told the men they had the wrong address, and asked them to leave the residence. The men initially left, but then returned. The victim again told the men to leave, this time they did not. The men entered the residence and assaulted the victims. The victims screamed and the men ran to their car. One man was described as a black male, tall, muscular, short hair with a beard wearing jeans and a t-shirt. The second man was described as a black male with open scar or scab by his eye, wearing a lime green workers vest.

JUNE 5 LARCENIES
6300 block of South Kings Highway, license plates from vehicle

JUNE 4 LARCENIES
7800 block of Audubon Avenue, license plates from vehicle

6400 block of Pickett Street, cash from residence

6800 block of Richmond Highway, merchandise from business

7900 block of Richmond Highway, merchandise from business

6700 block of South Benson Drive, bicycle from vehicle

JUNE 1 LARCENIES
5700 block of Biscayne Drive, tools from residence

7700 block of Richmond Highway, identification card from vehicle

7700 block of Richmond Highway, tool from business

MAY 29 LARCENIES

2000 block of Belfield Road, property from vehicle

2300 block of Emmett Drive, bicycle from residence

2600 block of Fort Drive, cell phone from business

7500 block of Lindberg Drive, wallet from residence

2500 block of Parkers Lane, property from residence

2500 block of Parkers Lane, property from vehicle

5900 block of Richmond Highway, cell phone from business

5900 block of Richmond Highway, tires from vehicle

6300 block of Richmond Highway, groceries from business

6300 block of Richmond Highway, merchandise from business

6300 block of Richmond Highway, snacks from business

6700 block of Richmond Highway, power washer from residence

7900 block of Richmond Highway, cell phone from business

7900 block of Richmond Highway, merchandise from business

8800 block of Richmond Highway, military gear from vehicle

6300 block of South Kings Highway, liquor from business

MAY 30 LARCENIES

8400 block of Blankenship Street, property from residence

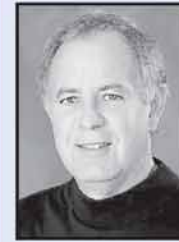
7200 block of Fairchild Drive, property from residence

6300 block of Richmond Highway, merchandise from business

6400 block of Richmond Highway, cash from business

7800 block of Richmond Highway, cell phone from business

8600 block of Richmond Highway, liquor from business



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OPEN SUNDAY 1-4

Alex/Riverside Estates \$594,900
8341 Orange Court
Stunning & updated 5BR, 3BA Split w/2 car garage on a beautifully landscaped lot looking across to woodlands & winder water views of Little Hunting Creek. Kitchen gutted in 2011 w/porcelain, quartz & SS. Other updates include:

painting, floors, baths, roof & A/C. Front windows replaced w/thermal DBL pane. Beautifully updated & meticulously maintained. 5 mins to Ft. Belvoir, 15 mins to Old Town, 25 mins to NTL Airport & 30 mins to the Pentagon.



OPEN SUNDAY 1-4

Alex/Potomac Valley \$549,900
8807 Vernon View Drive
Lovely 4BR, 2BA, 4 lvl, Split on a lg, beautiful .3 acre lot w/a fenced bkyd. Freshly painted interior & beautiful refinished hdwds. Main lvl has a spacious & cozy Family rm w/gas FPL, 4th BR, & 2nd full bath. Upper level #1 offers an open kitchen plus Living & Dining Rm. Upper level #2 has a full bath & 3BRs. The lower level has a lg partially finished Rec rm. Good price on a super lot.



OPEN SUNDAY 1-4

Alex/Wessington \$664,900
3301 Wessington Way
Beautiful home in Wessington, Mt. Vernon's sought after contemporary community, just a stone's throw to Mt. Vernon Estate & George Washington Pkwy, & is adjacent to Little Hunting Creek. Large kitchen w/ breakfast area, & a separate Dining Rm. Beautiful hdwd floors. FPLs in the lovely Living Rm & Family Rm. Situated in a natural, wooded setting the home's bountiful windows bring outdoors inside. Enjoy the natural landscaping on your deck. 1 car garage. Community amenities include boat ramp, swimming pool, tennis courts.



UNDER CONTRACT

Alex/Stratford Landing \$564,900
2620 Culpeper Road
Lovely 4BR, 3.5BA home in Stratford Landing. 2 master suites (w/their own baths) - one up, one down. Beautiful 1/3 acre lot: fenced backyard. Deck off of the kitchen. Cathedral ceiling in Living room & Dining rm. New carpeting in lower level. Wood shingle exterior w/front columns. Family rm w/FPL.



UNDER CONTRACT

Alex/Riverside Estates \$559,900
8523 Bound Brook Ln.
Lovely Mt. Vernon home w/ attractive floorplan - 5BRs, 3BAs & a 2 car garage. Great curb appeal. Newer roof & windows. Beautiful kitchen w/corrian counters, SS appliances, lovely cabinetry & island bar. French doors off kitchen open to deck. Spacious Family rm w/raised hearth fireplace.



UNDER CONTRACT

Alex/Mt. Vernon Grove \$679,900
9343 Boothe Street
Check out this large, beautiful updated Colonial on a stunning lot, a short walk from the Potomac River. Updated Kitchen & Baths w/ DBL pane windows. 5BRs, all on the upper level-beautiful hardwood floors on main & upper levels. Large partially finished basement & 2 car garage w/side entry plus circular driveway. 5 minute drive to Ft. Belvoir, 20 mins to South Alexandria. Spectacular home, lot & location at a very reasonable price. Give Rex a call.



SOLD

Alex/Riverside Estates \$583,000
8543 Mt Vernon Highway
Newly remodeled 3 lvl colonial w/4 BRs, 2.5BAs, huge oversized garage, all on a lovely .41 acre lot. New baths & stunning new open kitchen w/white cabinetry, granite counters, SS appliances, recessed lighting & an island w/breakfast bar. Large, bright Living rm w/fpl, separate Dining rm w/sliding glass doors to deck & Family rm w/sliding glass doors to screened porch overlooking beautiful & flat bkyd. Gorgeous hdwd flrs, newly refinished. New carpeting & paint. Lower lvl Rec Rm w/fpl. One mile to GW Parkway, Potomac River & Mt. Vernon Estate. It's a 10!

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OPINION

Medicaid Expansion Will Save Lives

Almost too many benefits to count that will help all Virginians, including economic stimulus.

The benefits are huge. The Virginia General Assembly, finally motivated by the huge change in the House of Delegates wrought by energized voters last November, passed a budget that included expanding Medicaid under the Affordable Care Act.

A celebratory press release goes out any time 10 or more jobs come to any place in Virginia. But estimates are that finally accepting the available federal money to expand Medicaid under the Affordable Care Act could stimulate the creation of 30,000 jobs.

Just including the expansion in the budget made hundreds of millions of extra dollars available for other priorities.

It will make all of us who live and work in Virginia healthier via “herd immunity.” Ensuring that our fellow residents have access to healthcare, to medications to treat contagious illnesses, to vaccinations, to preventive and acute care protects all of us. We don’t want the people who shop with us, ride with us on the Metro or wait in line at motor vehicles to be sick without a reasonable way to be treated. We want the people around us to be healthy. It makes everyone healthier.

In Northern Virginia, tens of thousands of people who are living without health insurance will be eligible. Hundreds of thousands of people across the state will gain access.

Virginia has bypassed about \$10 billion by not having expanded Medicaid since it was possible. It’s not perfect, but now it is done.

“Health care is not a privilege: It is a right,” said state Sen. Dick Saslaw, highlighting the importance. “A lot of us here have had a lot of

breaks in our lives, but there are many others out there who do not get these breaks. They work hard, but for one reason or another things don’t turn out right for them. These people need our help, and we have done that.”

Other perspectives on the benefits:

“As a mother of an Autistic child, I know just how important Medicaid is for many things here in Virginia. Medicaid helps fund not just our schools but also our Special Education programs here in Virginia,” said Monica Hutchinson, organizer for New Virginia Majority. “This expansion will have a ripple effect. Not only will hundreds of thousands of Virginians receive the care they deserve, but our schools will also receive extra money in their annual budgets.”

“Now, nearly 400,000 Virginians can see a doctor without fear of financial ruin,” Del. Kathy Tran said. “Last election, voters made it clear that increasing access to healthcare is the top issue for our Commonwealth.”

“As fewer and fewer people have employer-paid health coverage for themselves, much less their families, elections have consequences that can mean the difference between life and death,” said Jaime Contreras, a vice president at 32BJ SEIU.

“The budget’s inclusion of a bipartisan compromise plan to drawdown available federal funds to help hundreds of thousands of hard-working, uninsured Virginians gain health care coverage will promote public health improvements, job growth, economic vitality, and strengthen our health delivery system,” said Virginia Hospital & Healthcare Association President and CEO Sean T. Connaughton.

“We are especially thrilled that some 7,000

Arlingtonians now will have healthcare coverage — this legislative action will improve outcomes for their health and welfare, strengthen our workforce, and help our community and the Commonwealth,” said Katie Cristol, Arlington County Board chair.

AARP Virginia State Director Jim Dau said the bipartisan effort increases access to health care for 400,000 Virginians, including 95,000 people over 50 who are not yet eligible for Medicare. “We have been fighting to expand Medicaid for years and I’m so proud to have been a part of the team that finally got it done. This achievement will dramatically improve the lives of real people in communities across the Commonwealth, including over 5,600 people in the 49th district,” said Del. Alfonso Lopez (D-49)

Send Father’s Day Photos

Father’s Day is Sunday, June 17, and once again this newspaper will publish a gallery of Father’s Day photos.

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

Send in photos with the following information: the town where you live, the names of everyone in the picture, the approximate date the picture was taken, the ages of the children and a sentence or two about what is happening and where the photograph was taken. Be sure to tell us your town name and neighborhood. Photos are due by June 11.

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

Virginia Finally Did the Right Thing

Now, what’s next?

BY PAUL KRIZEK
STATE DELEGATE (D-44)

We did it! Last week, the General Assembly voted 67-33 to pass an historic budget that expands Medicaid, bringing health care coverage to 400,000 low income Commonwealth residents who otherwise could not afford it. For the past five years Medicaid has been expanding — but in the most fiscally irresponsible way possible. Thousands were left without the healthcare they deserved, and Virginia forfeited 10 billion federal dollars that could have been used to address other areas in our budget. Despite broad support by the electorate, it was not until after last year’s election of 15 new Democrats that Gov. Ralph Northam and the Democratic leadership, work-



ing in tandem with Republicans, notably Speaker Kirk Cox and Appropriations Chairman Chris Jones along with Senators Emmett Hanger and Frank Wagner, put the interests of Virginians ahead of partisan politics. Now, we can all enjoy the satisfaction of knowing that many of our neighbors and fellow citizens have a better chance to get and stay healthier. It was not just the right thing to do but the fiscally sound thing to do as leaving people without access to medical care is both wrong and expensive.

Many living in low income households suffer from problems that can be prevented and managed with health care that will allow them to keep working, paying taxes and not burdening hospital emergency rooms. What’s more, we can now use Virginia’s Medicaid system to innovate through the federal Affordable Care Act (ACA), providing higher quality health care and increased health care value.

Expanding coverage, though important, isn’t the only thing that the ACA is designed to do. With its focus on quality and value, the ACA is intended to transform our healthcare system. According to the National Academy of Medicine, there are six determinants of high quality health care. It should be safe, effective, patient-centered, timely, efficient and equitable. The ACA has developed pilot programs in all six areas, testing the belief that increasing health care quality will improve clinical outcomes.

Americans receive much less value for their health care dollar than citizens of other first world nations. Per capita expenditure in the US is \$10,348, vs. \$5,169 in other OECD (The Organization for Economic and Cooperative Development) countries; and that difference has increased steadily for almost 40 years. Despite this investment, life expectancy in the U.S. is less (78.8 vs. 81.2 years) and infant mortality is greater (6.1 percent vs. 3.5 per-

SEE WHAT’S NEXT. PAGE 16

Mount Vernon Gazette

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NEWS DEPARTMENT:
gazette@connectionnewspapers.com

Steven Mauren
Editor, 703-778-9415
smauren@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jeanne Theismann
jtheismann@connectionnewspapers.com
@TheismannMedia

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

Julie Ferrill
Real Estate, 703-927-1364
jferrill@connectionnewspapers.com

Helen Walutes
Display Advertising, 703-778-9410
hwalutes@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment
Advertising
703-778-9431

Publisher
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Editor in Chief
Steven Mauren
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com

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Families Meditating Together

Family mindfulness practices can boost overall wellbeing.

BY MARILYN CAMPBELL

Sitting on cushions in a dimly lit corner of the living room, a family of five struggles to relax. But when a lithe woman in flowing yoga pants and a pale grey ballet-wrap top brings her hands together and the gentle sound of Tibetan meditation cymbals fills the air, their eyes close, their shoulders relax and they begin to breathe deeply.

"This is how I like to begin all of my family sessions," said meditation teacher Pleasance Baechli of Transcendental Meditation and Mindfulness Center in Bethesda, Md. "It allows people to calm their minds and bring their attention to the breath and what's going on in their bodies. For a moment, there's nowhere else they need to be and nothing that they need to do."

This is the nature of a family mindfulness session, a chance for families to unplug and disconnect from a world of tablets, smart phones, long commutes, sports practices, homework and errands. Such sessions, says Baechli, offer opportunities for families to reconnect with one another and strengthen their bonds, and are not as difficult to establish as one might think.

"Mindfulness can sound complicated and confusing, especially for children," she said. "But it's simply a state of awareness, and that just means noticing what we're feeling



PHOTO BY MARILYN CAMPBELL

Cymbals and meditation cushions are tools that mindfulness teacher Pleasance Baechli uses in her family mediation sessions.

and what we're sensing at the present moment. And it's noticing those thoughts and feelings without judgement or criticism. It's accepting them and letting them pass through our bodies."

Carving out time to meditate in a overloaded schedule can be tall order, but simplicity can help overcome that roadblock. "Unfortunately, the older the kids get and the more activities they have, the harder it gets to make time for quiet and meditation, even though we need it more, of course," said Elizabeth Rees, a mother of three and the associate rector and leader of meditation practices at Saint Aidan's Episcopal Church in Alexandria. "I try to teach my kids

breathing techniques and we have a few favorite meditations that we practice periodically before bed. There are also some great [smartphone] apps [like] Insight Timer, Calm and Headspace."

Understanding what mindfulness is and what it is not can help avoid frustration from unmet expectations. "Grasping the concept of mindfulness is tough for some kids and sitting still for long periods of time to practice can be torture," said Baechli. "Mindfulness is simply focusing on your thoughts and feelings as they are right in this moment. That's it. Mindfulness is not a cure-all. Don't expect it to turn your high-energy son into a quiet child or your daughter who has trouble paying attention and is struggling in school into a straight-A student. That's probably not going to happen."

What it can do however, when practiced over time, is help regulate emotions and strengthen one's ability to concentrate and focus, advises Anne Navolio, Ph.D., a child psychologist based in McLean. She points to a 2012 study by researchers at the University of Washington which credits weekly mindfulness sessions with an improved ability to concentrate. She also references a 2016 study by the University of Wisconsin which showed that even a five minute meditation session each day can increase one's ability to deal with stressful situations. "For beginning a daily practice, start with shorts

sessions, especially for young children. Even one-minute of sitting can be beneficial," she said. "And if your kids aren't even interested in that, don't force it."

Incorporating meditation music and concepts that children can understand can make the process easier, advises Baechli. "I like to use cymbals at the beginning of a practice or sound a bell," she said. "Those sounds usually last about 30-45 seconds and sometimes I tell kids to sit quietly and focus on what they're hearing until they can no longer hear it. I also tell kids, especially boys, to use their superhero senses to determine what they can hear and smell all around them."

Spending time outside, either on a hike, nature walk or a trek through the park, can be an opportunity to practice mindfulness as a family, says Navolio. "Simply walking in silence for even a few short minutes and noticing birds, squirrels and cars that are passing or even the scents of freshly mowed grass or food cooking in a restaurant you pass can be a mindfulness practice."

Leading by example can get children engaged in mindfulness practices. "I encourage and model gratitude and attention to small things in the world around us," said Rees. "I definitely think the more mindful and present we can be, the less angst we will have about the past and the future, neither of which we have much control over."

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ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Water's Edge Exhibition. Through June 13, at Broadway Gallery, 5641-B General Washington Drive, Alexandria. The solo exhibit by Christine Lashley, "Water's Edge," explores her fascination with water in more than 40 paintings of fragile watersheds, shorelines, and gardens. Visit broadwaygalleries.net.

"To the Clouds." Through June 16 at The Lab at Convergence, 1819 N. Quaker Lane, Alexandria. Presented by Arts on the Horizon, a non-verbal interactive theatre for children ages 0-6 written by Natasha Mirny. Show times are June 7, 8, 12, 13, 14, and 15 at 10:30 a.m. and June 9 and 16 at 10 a.m. and 11:30 a.m. Tickets are \$6 for children and adults and can be purchased online at www.artsonthehorizon.org/ www.ArtsOnTheHorizon.org or at the door on the day of the performance.

Get herbs, garden plants, and flowers. 10 a.m.-2 p.m. Saturdays and Sundays through mid-June at the Mount Vernon Unitarian Church, Greenhouse, 1909 Windmill Lane, Alexandria. Volunteers grow dozens of tomatoes and vegetable varieties, herbs, and flowers from seeds and cuttings using organic practices. Visit www.Mvuc.org.

New Photography By Fred Zafran.

Through June 17 at Multiple Exposures Gallery, in The Torpedo Factory, 105 N. Union St., Studio 312, Alexandria. With "Along the Poet's Narrow Road," Zafran returned to Japan in 2016 to photograph along the pilgrimage of Japan's most famous poet Matsuo Basho. The journey unfolded along two paths: an external journey of things observed, and an internal journey of images that moved the traveler's heart and mind. It was this second path that Zafran traveled and photographed along the way. Visit www.multipleexposuresgallery.com.

"The Nance." Through June 23 at the Little Theatre of Alexandria, 600 Wolfe St., Alexandria. It's 1930s New York, a time when it was easy to "play gay," but dangerous to be gay. A headliner called "The Nance" was usually played by a straight man who would portray a campy homosexual in musical vaudeville parodies. However, in this drama, Chauncey Miles not only plays a gay man but is homosexual himself. "The Nance" will take the audience into the wild world of burlesque and tell the backstage story of Chauncey and his fellow performers. Admission: \$19 Wednesdays and Thursdays; \$22 Friday through Sunday. Call 703-683-0496 or visit www.thelittletheatre.com.

THURSDAY/JUNE 7

The Sanctuary Opens. 6 p.m. at 2213 Mt. Vernon Ave., Alexandria. Artist Nancy Belmont, the woman behind The Courage Wall, Unity, Be the Light, and Soar, launches a new experiential public art project called The Sanctuary. The public will be invited to think about their self-talk and how well their inner voice is serving them. Then, they'll give them a "seed" (treated paint can lid) upon which they can write a positive affirmation that they want to believe about themselves. They will hang these expansive mantras along a labyrinth that will eventually hold 5,000 people's affirmations.

First Thursday Del Ray. 6-9 p.m. Along Mount Vernon Avenue, Alexandria. Free. Every first Thursday of the month the Del Ray

Siblings Exhibit China Photos At Barrett Branch Library

"Building a bridge to China" has been the continuous motto of two Alexandria residents, siblings Alexander and Natascha Zelløe, who are participating in the recently opened "China In My Eyes" photography exhibition at the Barrett Library.

Viewers go on a journey through China via 70 photographs, captured by a myriad of photographers, including students, local residents, retired professionals and faculty members from George Mason University. The original idea for this exhibit goes back to Prof. Jing Wang, a former professor at the Confucius Institute at George Mason, with the goal to offer Americans a window into the world of China today.

Alexander and Natascha Zelløe had their eyes opened to China after participating in summer trips to China organized and funded by the Confucius Institute. Both took photographs during these journeys, which had life-changing impacts on the siblings, who both speak Mandarin now. Alexander Zelløe has returned to China six times since then, studied travel and tourism, and just graduated with an MBA in business analytics from Virginia Tech. I

Natascha Zelløe has studied fashion and business at Mary Washington and will move to Milan, Italy, later this year, for her Master's in business/brand management and focusing on variances in cultural consumer preferences.

At the opening ceremony on May 20, Natascha Zelløe explained that the photo exhibit creates an authentic image of daily life in China and offers great possibilities to learn more about the ancient



Alexander and Natascha Zelløe during their first trip to China together in 2011.

culture and the modern transformation of this diverse country. "Most pictures display scenes from the everyday life of ordinary Chinese citizens", she said, "captured through the eyes of the local photographers." The exhibit will be open through June 24. Complementary student guides are available.

Business Association features businesses along Mount Vernon Avenue, special events, food and music. Each month has a different theme with activities for children, live music and a festive atmosphere. Visit www.visitdelray.com.

D-Day Commemoration. 7 p.m. at the Lyceum, 201 S. Washington St. Dr. Aaron George of the Historical Office of the Secretary of Defense will give a lecture titled, "D-Day: The Decision to Go." The lecture will describe the enormous effort of planning for the D-Day invasion of Normandy and the days and moments leading up to one of the greatest decisions in military history. Dessert and wine reception to follow. \$10 per person. Purchase tickets at www.shop.alexandriava.gov. Call 703-746-4994.

FRIDAY/JUNE 8

Dr. Seuss Bus Tour. 10:30 a.m. at Hooray for Books, 1555 King St., Alexandria. The bus is on the road in honor of the first-ever Dr. Seuss's Word Challenge created in an effort to prevent the summer reading slide. Events will feature a walk-through interactive exhibit starring Dr. Seuss's books and characters, child-friendly activities, photo-ops with the Cat in the Hat costume and more. Visit Seussville.com.

Pope-Leighey Picnic and Party. 6 p.m. at 9000 Richmond Highway, Alexandria. Celebrate architect Frank Lloyd Wright's birthday at the Pope-Leighey House. Bring your own picnic and party with cocktails,

desserts, jazz, and more. Cost is \$35. Visit www.woodlawnpopeleighey.org/new-events-1/ or visit woodlawnpopeleighey.org.

Alexandria After Work Concert Series. 6-8 p.m. at the Murray-Dick-Fawcett House, 517 Prince St. The Folklore Society of Greater Washington and The Office of Historic Alexandria sponsor a concert on the second Friday of the month with locations rotating between the Murray-Dick-Fawcett House, Lloyd House, and The Lyceum, Alexandria's History Museum. Concert features Cigar Box String Band – old-time string band music on banjo, fiddle, harmonica, bass, bones, washboard, and suitcase. \$15 suggested donation for the musicians, light refreshments available, and a cash bar. Visit www.fsgw.org.

Opening: Bethesda Painting Award Finalists. 6-8 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Eight painters, including Kim Abraham of Alexandria, have been selected as finalists for the Bethesda Painting Awards, a juried competition and exhibition produced by the Bethesda Arts & Entertainment District. Nearly 300 artists from Maryland, Virginia and Washington, D.C. submitted work to the 14th annual competition created to honor regional painters. Visit www.bethesda.org for more.

Celebrating Pride and Diversity. 6:30-8 p.m. at the Durant Arts Center, 1605 Cameron St., Alexandria. Poetry reading celebrating the LGBT community and

its diversity. Visit the Office of the Arts' website at www.alexandriava.gov/Arts, email the Poet Laureate at poet@alexandriava.gov, or contact Cheryl Anne Colton at cheryllanne.colton@alexandriava.gov.

Fostering the Future Gala. 7-10 p.m. at Sheraton Suites in Old Town Alexandria. The theme, 'Up, Up and Away', highlights the possibilities for youth in Alexandria. This event features entertainment, a silent and live auction, hors d'oeuvres, cocktails, dancing, and more. All proceeds benefit children in foster care or at-risk of abuse and neglect. Call 703-746-5663 or visit alexandriava.gov/DCHS.

Sunset Movie Night. 7 p.m. at Mt. Vernon RECenter, 2017 Belle View Blvd., Alexandria. This week's show is "Captain America: Civil War." Bring a blanket, beach chairs, picnic dinner. Movies will start at sunset. Free. Visit www.ZelsmanPowersGroup.com.

Art Auction and Wine Tasting Party. 7:30-10:30 p.m. at Torpedo Factory Art Center, 105 North Union St., Studio 21, Alexandria. Art on the Vine features online auction of artwork by The Art League's artists. Each \$55 ticket includes: event admission, the opportunity to see all of the artwork in person, access to the Silent Auction, a souvenir wine glass, eight redeemable wine tasting tags plus one full pour, and a light buffet provided by Chadwicks. Live music will be in full swing with the Foggy Bottom Whomp-Stompers. View auction items at

www.32auctions.com/ArtOnTheVine2018. Visit www.theartleague.org or call 703-683-1780.

Chamber Concert Series. 7:30 p.m. at the Durant Arts Center, 1605 Cameron St., Alexandria. Maestro Dokken will lecture and perform on the Great American Songbook, playing, singing, and speaking about the songs you all know love. Early 20th century American music helped shape the framework of not just American music, but American society itself. The evening will be part lecture, part concert, all entertainment. \$15. Visit www.alexandriava.gov/Arts and click on Durant Arts Center to purchase tickets.

Mount Vernon Nights. 7:30 p.m. at Grist Mill Park, 4710 Mt. Vernon Memorial Highway. This series of free, public concerts features a variety of musical performances reflecting Fairfax County's diversity, culture and community spirit. Bring a picnic dinner and a blanket and enjoy one of Fairfax County's special summer traditions. Visit www.fairfaxcounty.gov/parks/performance/mt-vernon-nights.

JUNE 8-SEPT. 14

"Dredging The Lethe." On view June 8-Sept. 14 at The Torpedo Factory Art Center, 105 N. Union St. Free admission. Visit www.torpedofactory.org for more. Wrapped around the interior wall of a smokestack of the former munitions factory, Kara Hammond's mural, "Dredging the Lethe," uses recycled book-pages, collage, charcoal, gesso and ink to create large-scale drawings of Greek goddesses amid contemporary human events. Free admission. Visit www.torpedofactory.org for more.

SATURDAY/JUNE 9

ALIVE! Yard Sale. 8 a.m. at the Ice House, 120 South Payne St., Alexandria. Yard sale for ALIVE! House, a women's shelter. Donations of gently used items and volunteers are needed. Donation drop-off directions on the website www.alive-inc.org. To volunteer, email margaret.dhillon@gmail.com.

Civil War Camp Day. 10 a.m.-4 p.m. at Fort Ward Museum and Historic Site, 4301 West Braddock Road, Alexandria. Camp life activities include infantry, artillery drills and firing demonstrations; Army surgeon and field hospital; U.S. Army Quartermaster; Civilian impressions; equipment displays and so much more. Suggested donation: \$2 adults; \$5 families. Program is weather dependent. Call 703-746-4848 or visit www.fortward.org.

Health and Fitness Expo. 10 a.m.-2 p.m. at Matthew Maury Elementary School, 600 Russell Road, Alexandria. Pilates, yoga, basketball, football, crossfit, parkour, bike rodeo (at the Hooff's Run Dog Exercise Park parking lot at E. Chapman and Commonwealth) and more at the Maury Playground. Buy lunch from Rocklands and get a sweet treat from the cupcake wars. All proceeds go to H2O for Life for water sanitation systems for a high school in South Africa. Visit maurypta.org/ for more.

The General's Tour. 10 a.m.-noon at Lee-Fendall House Museum, 614 Oronoco St. This guided walking tour of Robert E. Lee sites in Alexandria's Historic Old Town will address the complicated legacy of the Confederate general's life in Alexandria. \$10 in advance; \$15 at door. Call 703-548-1789 or visit www.leefendallhouse.org.

Fort Hunt Fun. 10 a.m.-3 p.m. at Fort Hunt Park, 8999 Fort Hunt Road.

ENTERTAINMENT

Jackson 20, Port City Team Up for Beer Garden

Summer temperatures make for an excellent time to enjoy a cold beer on the patio, and two local businesses are joining forces to serve up frosty brews with a cause in mind.

To celebrate Pride Month, every Sunday in June from 4 to 7 p.m. the Alexandrian hotel's Jackson 20 and Port City Brewing Company are teaming up to offer a sampling of beers in the hotel's courtyard.

"We see it like a party outside where people can enjoy themselves," says Port City's Emma Quinn.

The brewery will offer a couple of beers on tap – the Optimal Wit wheat beer and

Downright Pilsner to start – as well as some specialty bottle selections, including the Integral IPA and the Ideaal Tripel Belgian-style ale.

A portion of the proceeds will benefit NOVA Pride, a nonprofit supporting education and advocacy for Northern Virginia's LGBTQ+ community.

The Sunday-afternoon event will also offer live music as well as patio games such as cornhole and Jenga, says Dan Tadros, director of operations at the Alexandrian.

"We're really excited to kick this off. I think it's going to be great," he said.

— HOPE NELSON

CALENDAR



Civil War Camp Day

Camp life activities include Infantry, artillery drills and firing demonstrations; Army Surgeon and Field Hospital; U.S. Army Quartermaster; Civilian impressions; equipment displays and more. Suggested donation: \$2 adults; \$5 families. Program is weather dependent. Saturday, June 9, 10 a.m.-4 p.m. at Fort Ward Museum & Historic Site, 4301 West Braddock Road, Alexandria. Call 703-746-4848 or visit www.fortward.org.

History fun day at Fort Hunt Park. Come see blacksmiths, living history, antique cars, and farm animals. Play traditional games or climb a climbing wall. There is something for everyone. Sandwiches and drinks will be sold. Keep pets on a leash at all times. Free admission; open to the public. Call 703-235-1530 or visit www.nps.gov/gwmp.

Arts Fair. 10 a.m.-6 p.m. at Waterfront Park, 1 Prince Str., Alexandria. Free. More than 80 arts and crafts vendors, food, beer and children entertainment. Thousands of residents and visitors of all ages stroll King Street and the Waterfront Park to enjoy jewelers, silversmith and bead makers, woodworkers, pottery makers, soap crafters, items for home and garden, clothing, glass makers, painters, sculptures, fabric artists, and more. They offer beer, cider and food and everyone will have a chance to leave their mark on a boat with paint. Visit www.VolunteerAlexandria.org.

Handmade Ice Cream. 2-3 p.m. at Historic Huntley, 6918 Harrison Lane, Alexandria. Make and enjoy hand-cranked ice cream as Huntley's Harris family may have done years ago. Discover how the histories of ice cream and Huntley follow a similar path from elite luxury to family fare. The program includes a tour of the ice well and the Historic Huntley house. \$8. Call the park at 703-768-2525 or visit www.fairfaxcounty.gov/parks/historic-huntley.

What Fatherhood Means. 2 p.m. at Gum Springs Community Center, 8100 Fordson Road, Alexandria. Keynote speaker Rev. Arthur will lead a panel of eight gentlemen who will talk about what fatherhood means to them. Al Muncey and the Renazance Gospel singers will perform. Lunch will also be served. Tickets are \$5 and two for \$7. Tickets available at Gum Springs Community Center or call Mattie Palmore 571-290-8019.

D-Day Commemoration. 2:30-5 p.m.; official remembrance ceremony at 3:30 on Market

Square, 301 King St. Official D-Day commemoration ceremony and community event includes WWII reenactors, period vehicles, '40s swing music from the band "Blue Jazz" along with exhibition swing dancing and an expected performance by the U.S. Fife and Drums Corps. There will be community booths and a "French Market" with refreshments and crafts for sale. An official remembrance ceremony at 3:30. Children are encouraged to attend. Free. Visit www.alexandriava.gov/Historic for more.

Wine on the Water. 6-8 p.m. between Founder's Park and Blackwall Hitch in Old Town Alexandria, 211 N. Union St. (behind building). Wines provided by Unwined, charcuterie by Society Fair, a silent auction and the sound of steel drums along Old Town's waterfront. \$85 at www.brownpapertickets.com/event/3399930; \$100 at the door. Call 703-778-0977 or visit www.alexandriaseaport.org.

"Justice on Trial: The Play." 7-9 p.m. at T.C. Williams High School Auditorium, 3330 King St. This production is about two civil rights attorneys suing the U.S. Justice Dept. for reparations for African Americans and damages due for racial injustice in America, while bringing back expert time traveler witness such as Harriett Tubman, Medger Evers and Emmet Till to tell their stories. A blend of comedy, history and information with singing. Visit ticketbud.com, and search "Justice."

SUNDAY/JUNE 10

Life Played Right Wellness Fair. 11 a.m.-3 p.m. at The Thornton, 1199 S. Washington St., Alexandria. More than 20 wellness and sports-related vendors will be on site. There will be food, drinks, fitness demonstrations and giveaways. Visit www.thethorntonapts.com or call 703-751-1047.

Visit with James Madison. 1-5 p.m. at Gadsby's



SUMMER 2018

JUN Celebrate Pride Month in Alexandria
Events & happenings throughout June

JUN 23 Well Ray Festival in Del Ray

JUL 7 USA/Alexandria Birthday Celebration

JUL 20 - SEP 2 "Illuminate" Exhibit at the Torpedo Factory Art Center

AUG Alexandria Restaurant Week & Alexandria Sidewalk Sale
Dates to be announced later

AUG 4 Friendship Firehouse Festival

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ENTERTAINMENT

Tavern Museum, 134 N. Royal St. President James Madison will be at Gadsby's Tavern Museum. Guests touring the museum will be able to have informal conversations with him, much like meeting an old friend, as the retired president reminisces about his career and discusses the new Virginia university. Included in the regular museum admission of \$5 per adult, \$3 per child under 12. Call 703-746-4242 or visit www.gadsbystavern.org for more.

Author Appearance. 2 p.m. at Charles E. Beatley Jr. Central Library, 5005 Duke St., Alexandria. Former CIA officer turned author Duane Evans will be presenting and signing copies of his book, "Foxtrot in Kandahar." Visit alexlibraryva.org.

Philharmonic Orchestra Concert. 3 p.m. at George Washington Masonic Memorial, 101 Callahan Drive, Alexandria. The Washington Metropolitan Philharmonic presents an afternoon of music by Debussy, Bolcom, and Dvorak. The Washington Saxophone Quartet join the orchestra for Debussy's Rhapsodie and Bolcom's Concerto Grosso. Also on the program is Dvorak's Golden Spinning Wheel. \$20. Visit www.wmpamusic.org.

WEDNESDAY/JUNE 13

ASO 2018 Garden Party. 6:30-9 p.m. at Lloyd House, 220 N. Washington St., Alexandria. ASO's annual spring fundraiser featuring a silent auction, 50/50 raffle and great food and drink. Sponsorships: Overture: \$500; Concerto: \$1,000; Symphony: \$1,500. Tickets: \$175 Individual. Call 703-548-0885 or visit www.alexsym.org.

THURSDAY/JUNE 14

Artist's Reception. 6:30-8 p.m. at The Art League Gallery, Studio 21 in the Torpedo Factory Art Center, 105 North Union St., Alexandria. Oil painter Michael McSorley brings together the unexpected, the ordinary, and the unassuming through carefully constructed three-dimensional assemblages in "Collections of Perceptions" on view at The Art League gallery,

through July 1. Visit www.theartleague.org or 703-683-1780.

Film Screening. 7:30 p.m. at Green Spring Gardens, 4603 Green Spring Road, Alexandria. The film by Zoya Baker, "Cranberry Lake," is a 17-minute documentary about forest ecology students taking immersive field courses in the Adirondacks. The film explores the connection between experiential learning and environmental stewardship. A Q&A will follow. Presented by the Potowmack Chapter of the Virginia Native Plant Society. Visit vnps.org/potowmack/events/.

FRIDAY/JUNE 15

Sunset Movie Night. 7 p.m. at Mt. Vernon RECenter, 2017 Belle View Blvd., Alexandria. This week's show is "Spider-Man: Homecoming." Bring a blanket, beach chairs, picnic dinner. Movies will start at sunset. Free. Visit www.ZelsmanPowersGroup.com.

Mount Vernon Nights. 7:30 p.m. at Grist Mill Park, 4710 Mt. Vernon Memorial Highway. This series of free, public concerts features a variety of musical performances reflecting Fairfax County's diversity, culture and community spirit. Bring a picnic dinner and a blanket and enjoy one of Fairfax County's special summer traditions. Visit www.fairfaxcounty.gov/parks/performances/mt-vernon-nights.

Read for Fun. Fairfax County Public Library helps make reading fun by providing tools, access and incentives during its Summer Reading Adventure. The Summer Reading Adventure runs June 15-Sept. 1 and invites all children and teens – birth through high school – to read for fun over the summer. The theme in 2018 is "Reading Takes You Everywhere." Visit research.fairfaxcounty.gov/summer-reading for more.

Film Screening: "BESA: The Promise." 7:30 p.m. at Hollin Hall at Mount Vernon Unitarian Church, 1909 Windmill Lane, Alexandria. The film tells the story of a time during World War II when Albanian Muslims, invoking the ancient

SEE ENTERTAINMENT, PAGE 14

Art in Public Spaces

Wrapped around the interior wall of a smokestack of the former munitions factory, Kara Hammond's timely mural, "Dredging the Lethe", furthers the intent of the Torpedo Factory Art Center's original initiative to "beat swords into plowshares," using recycled book-pages, collage, charcoal, gesso and ink to create large-scale drawings of Greek goddesses amid contemporary human events. At twelve feet high and 26 feet in circumference, the mural's circular composition allows for an unique viewing experience. On view June 8-Sept. 14 at The Torpedo Factory Art Center, 105 N. Union St. Free admission. Visit www.torpedofactory.org for more.



"Dredging The Lethe," a large-scale drawing installation, by Kara Hammond is part of the Torpedo Factory Art Center's "Art in Public Spaces" project will be on view through Sept. 14.



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ENTERTAINMENT

People's Drug Blends Cool, Old-School

BY HOPE NELSON

If You Go

The People's Drug, 103 N. Alfred St.

Hours: 11 a.m.-midnight daily.

Try this: "My personal favorite is the quinoa bowl," said co-owner Teddy Kim. "You can still feel light and enjoy it – (it has) a ton of flavor."

Walk toward the river on King Street and hang a left at Alfred Street, and you'll be greeted with a familiar-but-different sight. The People's Drug, the venerable chain of pharmacies that were prevalent across the D.C. area for so many years, is back – but it's not serving medicinals and soda this time around. It's serving cocktails, craft beer and food – and a prescription to get out of the house and hit up the latest neighborhood pub.

APPETITE

The new concept is the brainchild of Teddy Kim and Seth McClelland, two native Alexandrians who were quite familiar with Peoples Drug the first time around, McClelland said.

"Teddy and I have been friends since high school and we are Alexandria guys and really love the community here. It's just been so great. And we both of course remember going into Peoples as kids and sitting at the lunch counter," he said.

Gone is the lunch counter; in the bar, a striking white marble affair that harkens back to the old drug-store days. Behind the bar sits a white neon sign spelling out "DRUGS" – a new sign aged to look like it would have come straight out of the old stores.

"We obviously wanted to give it the feel of the drug-store," Kim said. This meant marrying old with new, including a 1930s-era tin ceiling and plenty of accouterments.

And while the ambiance draws patrons in, it's the food and drink that will make them stay. McClelland says the team wanted to pull in the feeling of the old lunch counter for a more modern experience.

"That was part of the pairing with the old and the new. For us, the People's Drug really meant that lunch counter feel. Sandwiches and of course back then when Peoples integrated their sandwich shop in the '30s to the old drugstores it really created a meeting place. People would stop in for lunch and it was sort of like the old ice houses where you'd go in and end up hanging out because it was a cozy, cool feel," he

said.

Though the food and beverage have evolved from the mid-20th century, the sandwiches served at People's will be something familiar along with the new twists. That's by design, McClelland said.

"So many of the sandwiches that we know of as the most popular are primarily immigrant food," he said, including hamburgers, chicken Parmesan from Little Italy in New York, the Cuban sandwiches from Miami. "We took these iconic sandwiches that we feel are intrinsically American and gave that vision to our chef."

Not in a sandwich mood? No problem. The menu is rounded out by bowls, bar snacks and side items to cater to varying appetites.

And any stop in to a cocktail bar wouldn't be complete without tasting one of the libations.

"We're really focusing on that theme of the craft cocktails," McClelland said, highlighting syrups and juices made in-house to add a certain newness to the drink. "You're really going to have the freshness in a cocktail that you don't really see too often in a lot of restaurants."

From whiskey-based drinks to tequila and beers hailing from Virginia to Mexico, the beverage options are plentiful and worth trying drink by drink.

One of Kim's current favorites is the Paloma, a tequila-based drink that blends the liquor with lime juice and grapefruit soda to create a summertime special.

"It's really refreshing, something you can enjoy while you're talking with some friends," Kim said.

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

CALENDAR

FROM PAGE 12

moral code of besa (a vow to care for anyone facing danger), provided shelter for thousands of Jewish refugees. The free screening will be followed by a Q&A led by the film's creator Jason Williams. Light refreshments. Reservations requested at ninat@ninatisara.com.

SATURDAY/JUNE 16

Spring Mosby's Confederacy Bus

Tour. Sponsored by the Stuart-Mosby Historical Society. The bus will be leaving the Truro Rectory, 10520 Main St., Fairfax City at 8:30 a.m. then going through Prince William County to site of the Ewell's Chapel fight, the Grapewood Farm fight, Lt. Bradford Smith Hoskins grave, Brentsville and more. Arriving back at Truro at 5:30 p.m. The tour leaders will be Don Hakenson and Eric Buckland and special guest Tom Evans. Price: \$65 members for the Stuart-Mosby Society; \$75 for non-members. Email: dhakenson@cox.net; send a check made payable to Don Hakenson to 4708 Lillian Drive, Alexandria, Virginia 22310.

Puppet Shows. 10 a.m. and 11:15 a.m. at the Durant Arts Center, 1605 Cameron St., Alexandria. Alex and Olmsted perform their award-winning "Milo the Magnificent." The puppet show series is designed for all

ages and young children and toddlers are welcome. Reservations per show are \$5 for all ages. Children must be accompanied by at least one adult. To purchase tickets online, visit www.alexandriava.gov/webtrac.

Celebrate: Gum Springs Turns

185. 11 a.m.-5 p.m. at Martin Luther King, Jr. Community Park, 8115 Fordson Road. Gum Springs will be celebrating 185 years of its founding as the oldest African American community in Fairfax County. A community parade will kick off the event at 11 a.m. with activities (music, food, games, etc.) beginning shortly after arrival of the parade park. Free. Call 703-360-6088 or visit www.ngsca.org.

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

JUNE 16-JULY 28

Art Exhibit: "Peregrination."

Gallery hours at The Margaret W. and Joseph L. Fisher Gallery on the

second floor of the Rachel M. Schlesinger Center on the Alexandria campus of the Northern Virginia Community College, 4915 E. Campus Drive (off Beauregard Street), Alexandria. Arlington-based fine artist Bryan Jernigan's solo show – "Peregrination" – will run June 16-July 28, with a meet-the-artist reception on Saturday, June 23, 2-4 p.m. Peregrination, also known as a long, meandering journey, encapsulates the artist's abstract take on real and envisioned landscapes. Visit nvcc.edu/schlesingercenter.

SUNDAY/JUNE 17

Dog Adoption Event.

1-4 p.m. at PetSmart, Potomac Yards, 3351 Jefferson Davis Hwy, Alexandria. Lost Dog & Cat Rescue Foundation will have dogs for adoption at Potomac Yards PetsMart in Alexandria every other Sunday. Adopt, foster, donate or volunteer. Visit www.ldcrcf.org for more.

TUESDAY/JUNE 19

Researching Southern Roots.

1 p.m. at the Mount Vernon Genealogical Society, Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Board-certified genealogist and lawyer LaBrenda Garrett-Nelson will discuss researching African American families with roots in the South. Her

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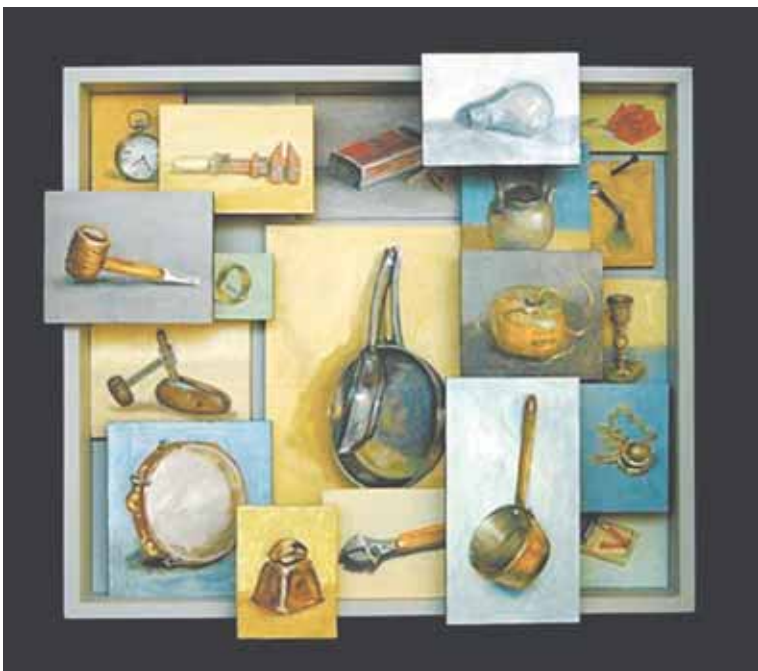
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ENTERTAINMENT



Possessions, front view, by Michael McSorley.

'Collections of Perceptions'

Oil painter Michael McSorley brings together the unexpected, the ordinary, and the unassuming through carefully constructed three-dimensional assemblages in "Collections of Perceptions." On view through July 1 at The Art League Gallery, Studio 21 in the Torpedo Factory Art Center, 105 North Union St., Alexandria. An opening reception is scheduled for Thursday, June 14, 6:30-8 p.m. Visit www.theartleague.org or 703-683-1780.

CALENDAR

talk is titled "Researching Ancestors Who Came out of Slavery." Free. Visit www.mvgenealogy.org.

one this summer tradition. Visit www.fairfaxcounty.gov/parks/performances/mt-vernon-nights.

WEDNESDAY/JUNE 20

Artist's Reception. 7-9 p.m. at Torpedo Factory Art Center, 105 N. Union St., Alexandria. Featuring Michael Szivos of SOFTlab; learn about a new public art project at King Street Park at the Waterfront. Visit www.alexandriava.gov/publicart.

THURSDAY/JUNE 21

AHS Awards Ceremony. 5:30-9 p.m. at River Farm, 7931 East Boulevard Drive, Alexandria. Honoring the American Horticultural Society's 2018 Great American Gardeners and Book Award Honorees from across the country. Outdoor reception overlooking the Potomac before the banquet, awards dinner in the tented garden of the Estate House. Visit www.ahsgardening.org/awards.

FRIDAY/JUNE 22

Opening Reception: New Works by Ken Strong. 5-9 p.m. at Broadway Gallery, 5641-B General Washington Drive. Shipped straight from his studio in Australia, Ken Strong's new works represent a variety of subjects from Australia and the United States. Exhibit runs June 22-Aug. 9. Light refreshments will be served. Open to the public. Call 703-354-2905 or visit broadwaygalleries.net for more.

Sunset Movie Night. 7-11 p.m. at Mt. Vernon RECenter, 2017 Belle View Blvd. Outdoor movies every Friday night in June. This week's show is "Thor: Ragnarok." Bring a blanket, beach chairs, picnic dinner. Movies will start at sunset. Free. Visit www.ZelsmanPowersGroup.com.

Mount Vernon Nights. 7:30 p.m. at Grist Mill Park, 4710 Mt. Vernon Memorial Highway. This series of free, public concerts features a variety of musical performances reflecting Fairfax County's diversity, culture and community spirit. Bring a picnic dinner and a blanket and enjoy

JUNE 22-AUG. 9

New Works by Ken Strong. Gallery hours at Broadway Gallery, 5641-B General Washington Drive. Shipped straight from his studio in Australia, Ken Strong's new works represent a variety of subjects from Australia and the United States. Call 703-354-2905 or visit broadwaygalleries.net for more.

SATURDAY/JUNE 23

Meet the Artist: "Peregrination." 2-4 p.m. at The Margaret W. and Joseph L Fisher Gallery on the second floor of the Rachel M. Schlesinger Center on the Alexandria campus of the Northern Virginia Community College, 4915 E. Campus Drive (off Beauregard Street), Alexandria. Arlington-based fine artist Bryan Jernigan's solo show – "Peregrination" – will run June 16-July 28. Peregrination, also known as a long, meandering journey, encapsulates the artist's abstract take on real and envisioned landscapes. Visit nvcc.edu/schlesingercenter.

SATURDAY/JUNE 25

Mount Vernon Flea Market. 8 a.m.-1 p.m. at 8717 Fort Hunt Road, Alexandria. Flea Market will take place every fourth Saturday of the month through September. Rain or shine. Visit www.facebook.com/mountvernonfleamarket/ for more.

MONDAY-TUESDAY/JUNE 25-26

Girls Basketball Clinic. 3:30-5:30 p.m. at West Potomac High School, 6500 Quander Road. The West Potomac Girls Basketball Program offers a two-day Girls Basketball Clinic for rising 6th-9th graders. \$40. Proceeds will go the Wolverine Athletic Booster Club and will help fund the "Wolverdome Project." Registration required at www.supportwestpotomac.com/wp-summer-camps.html.

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Historic Budget Supports Health Care and More

BY SCOTT SUROVELL
STATE SENATOR (D-36)



Last week, the Virginia legislature, with my support, took several major steps forward. First, we agreed to expand Medicaid, health insurance for disabled and low-income Americans, so that now, over 36,000 people in the 36th Senate District receive their health care from Medicaid. This includes over 24,000 children, children whose parents now have no health care. Starting Jan. 1, 2019, that will change.

Medicaid expansion will provide health care to between 300,000 and 400,000 Virginians and create 30,000 new jobs, many of which will be right here in eastern Fairfax, Prince William and Stafford counties. It will also save taxpayers \$180,000,000 every two years by shifting charity care at state teaching hospitals and prison health care to Medicaid. All of us pay for uninsured people who must resort to costly hospital emergency rooms for their care. Providing Medicaid coverage can help people avoid hospital emergency rooms for non-emergency care and will help limit insurance premium increases.

Virginia will pay 10 percent of the cost of

this program by a new tax on hospitals. This coupled with revenue from federal tax legislation resulted in \$900 million available to appropriate in our budget and we made significant investments.

Second, we helped education. We approved an additional \$105 million for Fairfax County (\$575 per student), \$94 million (\$1,057 per student) for Prince

William County and \$18 million for Stafford County (\$613 per student) over the next two years. The new budget also funds a three percent teacher salary increase and raises funds for state-supported preschool by \$9 million. The budget also increases financial aid to higher education by over \$22 million.

Third, the budget gives a much-needed two percent salary increase to state employees and a five percent pay increase to state troopers and deputy court clerks and an additional merit-based salary increase to long-time state employees. We funded 1,700 Medicaid “waiver” slots or mechanisms to provide services to intellectually or developmentally disabled adults and invested over 15 million new dollars in our mental health system. Fourth, we restored \$180 million to our “Rainy Day” Fund. This will maintain the state’s financial integrity, which was recently questioned by our bond agencies.

After nine years, we ended the scourge of vacant judgeships by funding all judicial vacancies effective July 1, 2019, including three in Fairfax County and one in Prince William County. We also funded the shortfall in court-appointed attorney fee money and provided funds to start new Drug Courts and Mental Health dockets — allowing people to receive treatment in lieu of harsh punishment.

I succeeded in having six of my budget amendments funded including the four judgeships in the 36th District. The newly-opened Widewater State Park in Stafford County will finally have staff, six new state park employees. Virginia will provide nearly \$400,000 for much needed technology upgrades at historic Gunston Hall on Mason’s Neck. Making Neabsco Creek navigable is now more likely because of my efforts with Del. Luke Torian to put Neabsco Creek first in line for funds from a brand-new state dredging fund. This will save 1,000 boat slips, 50 jobs and three marinas which were threatened with closure because the Coast Guard unexpectedly designated Neabsco Creek as unnavigable.

This budget was a long time coming. We first debated Medicaid expansion in the 2013 session and since that time, we have effectively relinquished nearly \$10 billion in federal funds which could have helped to stabilize our economy and more impor-

tantly, saved some lives. Fortunately, we have now put politics aside and passed a budget which will change lives.

This was one of the most rewarding weeks of my public service since I was elected nearly nine years ago. This protracted budget battle resulted in major investments in people and changed lives for hundreds of thousands of Virginians. I am proud I could help forward these advancements.

Please email me at scott@scottsurovell.org if you have any questions. It is an honor to serve as your state senator.

What’s Next?

FROM PAGE 6

cent); these differences are even starker for black Americans. Similarly, 68 percent of U.S. citizens 65 years and older have two or more serious chronic medical conditions vs. 37-56 percent in other OECD countries. Clearly, we are not getting our money’s worth, yet the amount we invest is so great — currently 17.9 percent of our GDP — that it threatens our ability to invest in other areas of importance to citizens of the Commonwealth such as my priorities: transportation and education. We must start now to do many things very differently.

This includes a substantial focus on preventative care, such as health screenings for cardiovascular diseases and cancer, smoking cessation assistance, healthy weight programs and immunizations. For example, one Northern Virginia business enrolled in a new ACA plan and found out they could save money if employees got a checkup and followed through on certain recommendations based on the result. Within a year, everyone was more fit and in control of their health, and the company got a break on their medical insurance premiums. At a time when 75 percent of U.S. health care dollars go to chronic diseases, such steps are essential to achieving sustainability in government, employer and family health care spending.

Similarly, the ACA has begun to restructure payments to better align expenditures with outcomes and is trying to determine the proper place in real-world clinical practice for information technology, expanded role providers and personalized (genomic) medicine.

I am proud to have played a part in this historic effort, and I look forward to building on this accomplishment with your support. While this expansion gives us reason to hope for better times ahead and shows what can happen when we put aside our differences and work together, I want to sound a cautionary note. Despite broad public support, expansion only came about following the overwhelming Democratic victory in 2017. Virginians must become and remain knowledgeable about health care issues. We must go to the polls — both state and national — to give direction by our vote to our elected officials. We must remain vigilant and stay active.

Potential for Progress on Pension Reform

BY PAT HERRITY
SPRINGFIELD DISTRICT SUPERVISOR (R)



The Fairfax County Board of Supervisors finally appears poised to make additional changes to the county’s unsustainable pension plan. After delaying action for the last three years, a number of options have been put on the table for the board to consider at its June 26 Personnel Committee meeting. There has been some board support for adopting the entire package but the outcome is far from certain. If the package is adopted it will reduce

pension costs for new employees by 19 to 25 percent and will still leave county employees with a pension plan better than any of our surrounding jurisdictions. While I believe the board missed the opportunity to develop an overall compensation plan that would provide a mix of salary, pensions, and benefits that would attract the best employees and teachers, these changes are meaningful and I support all of the changes to the general county employee pension plan and most of the changes to the public safety plans.

Currently, employees that begin employment with the county right out of school can retire as early as age 55 with a full pen-

sion benefit that is higher than those of surrounding jurisdictions. On top of that pension benefit they get a benefit unheard of today — a pre social security supplement — as early as age 55. The pre social security supplement is an additional county paid supplement that equals the social security payment they would have received if they were 67. Unlike

real social security payments that increase with cost of living (less than 1 percent last year), this county paid benefit increases at a guaranteed 3 percent. These retirement benefits are far in excess of what is typical in today’s work environment — even in the public sector.

Fairfax County currently has an unfunded pension liability in excess of \$5.5 billion. Pensions alone currently cost the county 30 cents on top of every payroll dollar (about 70 cents if you include all benefits). Funding our pension liabilities competes with employee and teacher salary increases and our ability to fund the high quality of services county residents have come to expect. Since joining the board in 2008 I have been advocating to address our compensation and pension issues.

County staff did an outstanding job of simplifying this very difficult material. Here a link to the details: <https://www.fairfaxcounty.gov/>

[boardofsupervisors/board-personnel-committee-meeting-may-22-2018](#). The changes are anticipated to take effect for new employees hired after July 1, 2019 and because they appropriately impact new employees only, the savings will be in future years.

The proposed changes are summarized below:

- ❖ Increasing the Minimum Retirement Age from 55 to 60 and set it at 50 for public safety employees
- ❖ Increasing from the Rule of 85 to the Rule of 90 — full retirement at salary plus age for general county employees
- ❖ Increasing the Salary Averaging Period from 3 years to 5 years
- ❖ Eliminate the Provision that increases the retirement annuity by 3 percent annually
- ❖ Increase the Employee Contribution Rate by approximately 1 percent

The changes were presented as a package and there was some support for enacting the entire package of reforms; however, the board may advance a more limited package of reforms at its meeting on June 26. Unfortunately, it appears as though the public will not have a formal opportunity to weigh in on the reforms until after the package has been selected and it comes to public hearing in September or October this year. It is important that supervisors hear from residents before the Personnel Committee meeting on June 26 with their opinions on the package.



NVTa PCAC members in attendance at the May 23 meeting.

Funding Recommended

Last month I represented Fairfax County on the Northern Virginia Transportation Authority's (NVTa) Planning Coordination Advisory Committee (PCAC). I had the pleasure of moving, or seconding, staff recommendations and PCAC support for a series of motions recommending NVTa funding for our three Mount Vernon District projects, as well as many others throughout the county. Thank you to

those in our community who took the time to provide your comments on NVTa funding for these important projects. Thanks to you, the NVTa received approximately 500 comments on the Richmond Highway projects and now NVTa funding for these projects seems almost certain.

— MOUNT VERNON DISTRICT SUPERVISOR
DAN STORCK

'Barn to Bay Paddle'

FROM PAGE 1

named the "Barn to Bay Paddle," was over Memorial Day weekend, and was a challenge and an achievement for the trio. "We accomplished what we set out to do," Joachim said.

The fundraising aspect of the trip was more structured than fundraisers of past years. Joachim reached out to the Alzheimer's Association through its website and became part of its yearly effort called "The Longest Day," which culminates on June 21, which is the longest day of the year and major Alzheimer's Asso-

ciation event. Joachim used social media to reach out to friends and neighbors in Mount Vernon and that's where a majority of the donations came from. Everything was online, so there was no door knocking, or cash to collect.

Cindy Leach Schelhorn, the senior director of communications and marketing at the Alzheimer's Association National Capital Area Chapter in McLean, worked with Joachim early on. Throughout the year, they work with fundraising efforts like this but most

SEE ALZHEIMER'S, PAGE 18

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Legals

VIRGINIA:
IN THE CIRCUIT COURT FOR THE CITY OF NEWPORT NEWS
Case No.: CA1 700036M-03

**IN RE: The Adoption of Eva Nicole Gilbertson
A minor, by Mary Ann Orzechowski**

ORDER OF PUBLICATION

After review of the Affidavit and Petition for Order of Publication filed by counsel for Petitioner, Mary Ann Orzechowski, which object of such Affidavit and Petition is to effectuate an adoption and terminate the birth mother's parental rights, and pursuant to Virginia Code § 8.01-316, the Court finds that there exists sufficient grounds for causing service of process by publication.

Therefore, it is ORDERED that the birth mother, Brittany Nichole Davis also known as Brittany Nichole Davis, also known as Brittany Nichole Fields, also known as Brittany Nichole Hamel, appear at the above-named Court to protect her interests at 9:00am on July 12, 2018. Should the birth mother not appear or otherwise make known her position, then she is hereby notified that any and all of her parental rights will be terminated.

It is further ORDERED that this Order of Publication be published once a week for four successive weeks in the Alexandria Gazette in Alexandria, Virginia, and in the Mt. Vernon Gazette in Fairfax, Virginia, and a copy be posted at the front door of the Courthouse.

Enter: 5 / 31 / 2018
[Signature]
Judge

We ask for this:
[Signature]

Colleen Marea Quinn, Esq. (VSB # 29282)
Locke & Quinn
4928 West Broad Street, P.O. Box 11708, Richmond, VA 23230
Telephone: (804) 285-6253 Fax: (804) 545-9400
Email: quinn@lockequinn.com
Counsel for Petitioners

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Creature Comforts



By KENNETH B. LOURIE

Can you hear that? Of course you can't. You're there and I'm here. And exactly where am I? As usual on a Saturday morning, I'm sitting at my desk, staring out my window onto to "Belly Acres" (our two acres) waiting for creative lightning to strike.

What it is that you can't hear is the sound of Chino, one of my three male, domestic shorthair cats (there are two other females making for a total of five), purring. Purring so loudly, in fact, and positioned so strategically that I can't look across to my computer screen, grab a tissue from atop my printer or press any keys on my keyboard without seeing him, touching him and/or most definitely, hearing him.

Lying on his side with his back to the computer and his front facing me, I am semi-entranced by the heave-ho of his stomach, the alertness of his ears and the occasional stare and gradual closing of his eyes. Still the purring persists.

Knowing cat behavior, as I've come to after 40-plus years of ownership/cohabitation, I've learned to appreciate their sights and sounds and signs of affection (Chino has now rolled over with his back now facing and touching me, yet another sign of affection and trust, and dare I say, love and devotion). The purring has now stopped because Chino has fallen asleep in his "rocking chair, good buddy," to invoke some old-fashioned CB-Radio-type chatter. Perhaps in Chino's serenity will I find some creative juices to flow.

If you're a cat owner/cat "understander," this behavior is as good as it gets: proximity and tolerance. Cats may not exactly come when you call them, sit on command or fetch, but they most definitely can express love. And it's in these behavioral expressions of love that us cat owners find the greatest joy and the most comfort, so long as we interpret it as such. Nor should we get mad when they exhibit contrary behavior, like ignoring you or walking away when approached or occasionally biting/scratching/clawing the hands that feed, pet and play with them. That's par and it's their course we're playing.

As an experienced "feliner," I am accustomed to and mostly amused by, this behavior. It is a behavior, among many that cats exhibit where you have zero (I was going to say minimal, but let's be honest) control. Accepting that may give you a greater sense of anticipation concerning their behavior. And it's when you can correctly anticipate that behavior where you can find some real satisfaction.

Not that correctly anticipating said behavior will become a reliable part of future interactions, nevertheless; it is understanding that being equal parts right and wrong concerning their behavior — and finding humor in it, is what will make you an enlightened cat owner. It's somewhere between expecting the unexpected and accepting that being wrong twice doesn't necessarily make you right once — and appreciating the difference. It's possible that this awareness may help clarify the cat's meow. Then again ... ?

But so what? Because of their frequently inexplicable shenanigans, I am continually bemused, and as an aside, with five cats in the house full time, never alone. And it's that never being alone that I find the most comforting.

Whether it's feeding time, litter time, petting/playing/sleeping time, shopping time or veterinarian time, I am regularly engaged. Now, whether they're happy about any of it or not, I can't say for sure. Still, it gives us all something to do, someone to see — and something to hear.

Chino has now awakened from his nap. He has positioned himself so that he is laying across my writing tablet, resting almost entirely on my non-writing left hand and purring as loudly as he was at the beginning of this column. But now that I'm nearly finished, I guess he figures he can get in my way, which doesn't bother me in the least. After all, he is a cat; I wouldn't expect anything less.

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

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News

Alzheimer's

FROM PAGE 17

aren't as fiscally challenging as a 140-mile canoe trip. Other fundraising efforts come in the form of bridge game marathons, art, karaoke or blackberry pie bake-a-thons. They encourage "doing something that's special to you," Schelhorn said. Their trip was formally named the "Barn to Bay Paddle." On June 1, it ranked ninth in the nation for fundraising levels at the Alzheimer's Association.

The Susquehanna River was special to Joachim because his grandmother lives right on the river and his parents got married at a riverside venue too. It was "doing something that they love for someone they love," Schelhorn said. The money raised goes toward development, the fundraising team, educational programs, support groups and the Alzheimer's Association's 24-hour help line. "Research is critical," Schelhorn said.

A 140-mile trip down a river isn't done on a whim though, and being Army officers, planning made a major impact on the trip's success. Joachim got in touch with the State of Pennsylvania who supplied him with detailed maps, and there were dams, campgrounds, still water, rapids and scenery to take in. "A lot of bald eagles," Joachim said.

A little pre-trip canoe research was another key to their success and each was outfitted with "Mirage Drive," kayaks that also had a pedal mechanism to propel them forward. They traveled to Uganda in Africa to work with Miller who was stationed there with the Army and canoed in Lake Victoria. On the Potomac River, Miller and Joachim used the 22-mile stretch of river between Great Falls and Mount Vernon as their training grounds. Jackson didn't decide to do the trip until mid-May. "Minter jumped in in the last four days, he was looking for an adventure," Joachim said.

On Day 1, they hit the Shamokin Dam and "had to pass the boats over a flood wall," before meeting up with their families for a barbecue that evening. Even though they packed tents, they only used them one night. There was a friend's camper, a hotel, and other unplanned places where "river magic" brought them food and rest.

It was comparable to "trail magic," events that happen while hiking the Appalachian Trail. "Everybody's generosity along the way was great," Joachim said.

There were a few other dams, but they called ahead and got the dam crew to drive them around the dam, and in town, an unplanned stop at a restaurant paid off. "We found a nice Italian place," Joachim said. They brought some military "meals-ready-to-eat," but only dug into them once or twice. Day 2, at Rick's Campground, they could see Three Mile Island nuclear power plant across the river.

They got to Havre De Grace as planned, and Joachim's wife Wendy was there waiting for the group. "It was tiring but it was a lot of fun and rewarding," he said.

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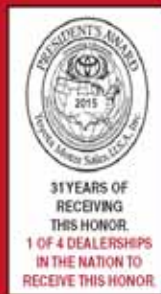
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4204 Mt. Vernon Memorial Hwy

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fenced yard. Near schools, Ft. Belvoir, Mount Vernon Estate, Old Town. Numerous upgrades, renovation and improvements.

NEW LISTING!



4519 Dolphin Ln

Great Potential!

Spacious ramblar with huge potential on half acre lot just steps from Marina in prestigious Yacht Haven Estates. Bright, open floor plan, gorgeous sunroom,

oversized car port, huge lower level for maximum storage, and the list goes on!

NEW LISTING!



9421 Old Mt. Vernon Rd.
\$689,500

Rare Opportunity!

Rare mid-century design with private pool scene makes for ideal setting. Many updates to this 4BR/ 3.5 BA home include kitchen, roof, water heater, basement finished

and in-law suite added with full kitchen, incredible pool, all bathrooms updated including stunning master bath and closet. Don't miss this one!

INCREDIBLE POOL!



4603 Fenimore Pl
\$549,500

Many Updates!

Just listed 2 level 5 bed/3 Bath home on huge lot over half an acre or privacy at end of cul-de-sac! Major updates include: new roof, new siding, new HVAC and hot

water heater, new windows and front entry doors, granite counter in kitchen, 22ft x 20ft deck, 16ft x 12 ft shed in back yard. A lot of house for the money! Won't last long!

JUST LISTED!



4118 Robertson Blvd
\$575,000

Classic Colonial!

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closet space, living room with wood burning fireplace, hardwoods on main two levels, basement with wet bar and full bath, 1 car garage. Hard to find three level colonial in prime Mt. Vernon location for under \$600k!

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