Alount Pernon Gazette

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Fans line up outside Roy Rogers Restaurant on Richmond Highway July 16 to meet baseball legend Cal Ripken Jr., who was there to celebrate the 50th anniversary of the founding of the fast food franchise.

"The Iron Man" Hundreds gather to meet Cal Ripken Jr.

By Jeanne Theismann The Gazette

he line began forming at 10 a.m. and steadily grew into the hundreds as fans from around the region gathered at the Roy Rogers Restaurant on Richmond Highway to await the arrival of "The Iron Man" himself — baseball Hall of Famer Cal Ripken Jr.

For two hours on Monday, July 16, Ripken Jr. signed autographs and posed for photos as part of the 50^{th} anniversary celebration of the founding of the fast food franchise.

"Going back to my days in the minor leagues, it was always a special night out with my Dad to go to Roy's after a game," Ripken said. "Now I'm excited to partner SEE RIPKEN J., PAGE 14



Cal Ripken Jr. poses for a photo with Fairfax County first responders July 16 at Roy Rogers Restaurant in Alexandria. Ripken's appearance was in celebration of the 50th anniversary of the founding of the fast food franchise.



Justin Kelly, right, and Tavish McLean of Alexandria look on as Cal Ripken Jr. signs their baseballs July 16 at **Roy Rogers Restaurant on Richmond Highway.**



Chase Baake, celebrating his 8th birthday, and his mother Paula smile after getting a baseball signed by Cal Ripken Jr.



Cal Ripken Jr. serves customers at Rov Rogers Restaurant in Alexandria.



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News

Legislators to Chamber: Here Are Session's Highlights

Benefits of Medicaid expansion cited.

By Gerald A. Fill The Gazette

he Mount Vernon-Lee Chamber's Legislative Committee followed up on its Richmond visit and participation in the Virginia General Assembly's work by inviting delegates and state senators representing northern Virginia to a breakfast session at the Belle Haven Country Club. Each member in attendance spoke briefly about the highlights of the session.

State Sen. George Barker (D-39) led the speakers and spoke in positive terms about the success of the Commonwealth budget that was passed, including the passage of a bill to expand the state's Medicaid program. Each of the attending legislators concurred, citing how the Medicaid expansion will provide medical care benefits to low income residents of the Commonwealth. Lawmakers also said that the passage, which took years to finally be enacted, would generate thousands of new jobs in addition to the medical care benefits to low income people. State Sen. Scott Surovell (D-36) echoed

the benefits of the Medicaid expansion during his turn to speak. In addition, he focused on the costly problem of having to dispose of coal ash (coal combustion residuals).

It is a severe pollutant that ends up in the Potomac River and, although cleanup progress has been made, the cost of cleaning up the coal ash will be very expensive in the upcoming years.

Surovell also discussed new funding for Route 1 expansion, the Bus Rapid Transit expansion, and the state's \$552 million state surplus. He also highlighted a new federal program entitled Opportunity Zones. He and his colleagues at the state and local level will be working with federal officials



Del. Paul Krizek addresses members of the Mount Vernon-Lee Chamber of Commerce.

to bring the Opportunity Zones designation to provide for economic stimulus projects to the Route 1 corridor area.

Other invited lawmakers who made presentations included Del. Mark Sickles (D-43), state Sen. Adam Ebbin (D-30), and Del. Mark Levine (D-45).

Locally elected Mount Vernon Del. Paul Krizek (D-44) closed the lawmakers' remarks with a prepared speech and used a visual aid to present his view of some of the highlights of this year's state budget:

✤ Additional \$105 million for education to Fairfax County;

3 percent raise for teachers and a 2 percent raise for state workers;

Reinvested millions of dollars for a Rainy Day Fund which will help maintain the state's AAA Bond rating;

 Invested \$84 million in community mental health services including expanding funding for the STEP program;

✤ \$25 million for the Commonwealth Cyber Initiative (Cyber X Project).



Along Jeff Todd Way in Mount Vernon, a guardrail in the center island was hit but buckled the way it was intended.

On the Fairfax County Parkway, this guardrail remains a

way, this guardrail remains a tangle of steel, but there are traffic cones on site to warn motorists. As this story went to print, this guardrail wreckage was repaired.



This is what the guardrails look like before being hit, with the built-in shock-absorbing features in plain sight.

Crunched-in Guardrails Spotlight Their Safety Features

Safety standards affect design.

By Mike Salmon The Gazette

n the northbound side of the Fairfax County Parkway just past Barta Road near Springfield there is a crunched-in guardrail that has signs of a car crash but the design and engineering behind these types of guardrails may have lessened the severity of the crash.

These guardrails, called the "MASH Terminal" or the "NCHRP 350 Terminal," can be seen all over the area and are a safety feature overseen by the Federal Highway Administration. According to Marshall Herman, spokeswoman for the Virginia Department of Transportation (VDOT) in Richmond, NCHRP 350 and MASH terminals are designed to flatten the rail and/or move out of the way when hit head-on to reduce the momentum of a vehicle. They will bend out of the way if a vehicle hits the terminal at an angle.

The current national testing standard, the Manual for Assessing Safety Hardware (MASH), replaced the previous standard known as the National Cooperative Highway Research Program Report 350 (NCHRP 350). These standards dictate how a product is crash tested.

There have been issues with a particular type of terminal known as the "X-Lite Terminal," and VDOT is currently on track to replace 280 X-Lite Terminals in 2018, according to Herman. By the end of 2019, VDOT will replace the remaining X-Lite terminals on state-maintained roads with speed limits of 55 mph or higher.

As safety standards are becoming more commonplace through the years, roadside guardrails have come a long way just as the cars themselves to lessen or prevent injuries. In 1948, the first seat belts came out but then only had the lap belt until the three-point lap and shoulder belt were introduced in 1959. It wasn't until the early 1970s that cars seats with equipped with headrests to address the severity of whiplash when hit from behind, or a buzzer to remind passengers to fasten seat belts.

In a October 1998 U.S. Department of Transportation memo, the guardrails underwent change as did sign posts that break away easily. The crushed guardrails seen around Fairfax County are examples of them working as intended, according to Tony Dorsey of the American Association of State Highway and Transportation Officials (AASHTO). These types of guardrails are "designed to keep the car that strikes them from going back into the traffic," he said. Manufacturers are always trying to perfect them as well. "They are constantly being redesigned," Dorsey said.

Although they crunch in like an accordion, they do not pop back out, so damaged guardrails have to be replaced and there doesn't seem to be a schedule in place for that. According to Herman, VDOT's repair timelines are flexible, as damaged terminal repairs are scheduled based on damage severity, risk factors (such as roadway speed and classification), weather, and manpower/equipment availability. "VDOT is committed to protecting the traveling public on our roadways," said Herman. Although the path to replacing the damaged guardrail varies from state to state, the motorist that hits the guardrail is sometimes liable. "The owner of the car receives notice," said Dorsey, and then it's turned over to the insurance company.

Much of the Fairfax County Parkway goes through the Springfield District, and Supervisor Pat Herrity (R) sometimes gets word of the damaged road items like a guardrail, and the staff reports it to VDOT's NOVA District Administrator's office. Peyton Onks, the transportation coordinator in the Springfield District office, follows it up from there. "If I haven't heard anything from them after a week or so, I follow up with them to ask for an update," she said.



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Education Learning Fun Best for Family Road Trips

Top audiobook picks for long drives with children.

BY MARILYN CAMPBELL

ith summer comes roadtrips. In fact, a study by New York University's School of Professional studies showed that 63 percent of American families will take a vacation by car this summer. Long stretches of interstate and backseat time call for loading up on audio books before hitting the road.

"Audio books are great for long car rides and they're much better than video games," said Barbara Marshall, department chair for Education and Social Sciences at Montgomery College. "They don't take the place of actually reading a book, but there is a time and place for them

One of those times, says Marshall, is long drives without scenic views. She and others who are familiar with children's literature suggest some of the best books for family vacations by car.

"Ghost" by Jason Reynolds and narrated by Guy Lockard is a recommendation by Jennifer Rothschild, Youth Services Collection Development Librarian for

Arlington Public Libraries. This 3.5 hour audio books is about a gifted runner named Ghost who has a chance to run for a prestigious middle school track team, but is challenged to stay on track both literally and figuratively in order to reach his full potential.

Fantasy buffs might appreciate "Dealing with Dragons" by Patricia C. Wrede, while fans of dystopian novels might enjoy

"Leviathan," written by Scott Westerfeld and narrated by Alan Cumming, suggests Rothschild.

Set in an alternate version of WWI, Leviathan is the first in a trilogy. Primary characters include Prince Aleksander, the would-be heir to the Austro-Hungarian throne, and Deryn, a girl who disguises herself as a boy to serve in the British Air Service. The story takes off when the two cross paths.

History lovers might appreciate another Rothschild pick: "Notorious Benedict Arnold" which was written by Steve Sheinkin and narrated by Mark Bramhall. Running at 6.5 hours, this is a true story about an American war hero who loses his career and freedom for greater recognition.

Music lovers might enjoy "Solo" by Kwame Alexander, says Yunna Iqbal of Scrawl Books in Reston. The audio version of the New York Times best selling book by the same name, tells the tale of Blade, the son of a former rock star with a drug addiction. Intertwined with songs, the story follows Blade as he tries to escape his escape his family's fame and fortune.

"Each chapter has a specific song and story follows and that makes it good for both young kids and older kids," said Iqbal.

"Artemis Fowl" by Eoin Colfer, narrated by

Recommendations

For audio book reviews and suggestions: www.ala.org/alsc/awardsgrants/notalists/ncr

www.ConnectionNewspapers.com

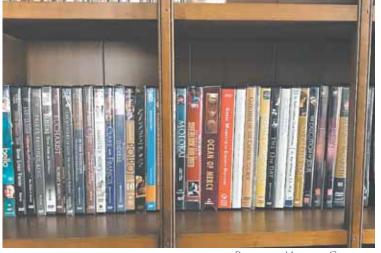


Photo by Marilyn Campbell

Audio books are helpful in passing time during a family vacation by car.

> Nathaniel Parker could appeal to thrill-seekers. The main character, a 12-year-old named Artemis Fowl is the heir to a crime family who appears to be unusually skilled at masterminding crimes until greed threatens to ruin his most his brilliant plan. This Rothschild suggestion runs 6.5 hours.

Timeless classics like "Charles and the Chocolate

"Audiobooks are great for long car rides and much better than video games."

> — Barbara Marshall, **Montgomery College**

Factory" and "James and the Giant Peach," both by Roald Dahl, are also fail-safe choices for family road trips, says Iqbal.

'Ghost Boys" by Jewell Parker Rhodes is a recommendation from Lelia Nebeker, Book Buyer at One More Page Books in Arlington. "It's a very short book, so if you're only driving for three hours, you can probably finish it," she said. "It's from the per-

spective of a seventh-grade black boy who is shot and killed by the police, and his ghost is telling the story of seeing the world after his death, where he meets the ghost of Emmett Till. It's a heartbreaking book, but beautifully written, well performed on the audiobook."

Despite the mature sounding premise, Nebeker says that it's intended for readers ages 9 and up.

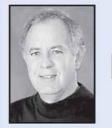
"Avalon High by Meg Cabot' is a fun contemporary take on the King Arthur myth by the prolific Meg Cabot," advised Nebeker. "This one does take place in a high school setting, but it's appropriate for ages 10 and up for sure. So cute and funny."

"Two of my coworkers read 'Love Sugar Magic: A Dash of Trouble' by Anna Meriano ... and raved about it." said Nebeker.

"Amal Unbound' by Aisha Saeed is about a 14-vearold girl in Pakistan who becomes a servant to pay off her family's debts," said Nebeker. "[This is] another book for young readers that has some mature content, but is good for ages 10 and up and will start good discussion between parents and young readers."

'Howl's Moving Castle" by Diana Wynne Jones and "A Wrinkle in Time" by Madeleine L'Engle are two additional suggestions from Nebeker.

For a wider selection of choices, Marshall suggests the American Library Association's website which offers reviews of audio books: www.ala.org/alsc/ awardsgrants/notalists/ncr.



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Alex/Potomac Valley \$529 8807 Vernon View Drive \$529,900 Lovely, 4BR, 2BA, 4 lvl Split on a lg, beautiful .3 acre lot w/a fenced bkyd. Freshly painted interior and beautiful refinished hdwds. Main lvl has a spa-cious & 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 full bath & 3BRs. The lower level has a lg partially finished Rec rm. Good price

Alex/Stratford Landing \$564,900

Stratford Landing. 2 master suites (w/their own baths) – one up, one down. Beautiful 1/3 acre lot:

fenced backyard. Deck off of the

exterior w/front columns. Family

kitchen. Cathedral ceiling in Living room & Dining rm. New carpeting

2620 Culpeper Road Lovely 4BR, 3.5BA home in



Alex/Mt. Vernon Grove \$670,000 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

in lower level. Wood shingle

rm w/FPL

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

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/slidng 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!



Alex/Waynewood \$660,00 1120 Waynewood Blvd. Waynewood's popular Mayfield model w/4 finished levels & a spacious 5th level w/good ceiling height waiting to be finished. Steps to Waynewood Elemen-tary. This lovely light-filled home has 4BRs, w/2.5 BAs, a 3 season porch, & a lovely fenced bkyd w/a brick patio &

\$660,000

an attractive shed. Quality replacement windows, 6 panel doors. Beautiful newly refinished hdwd floors. FPL in Living rm, eat-in kitchen w/gas cooktop & double oven. Separate Dining rm w/French doors to porch. Family rm on lower level w/half bath.



Alex/Riverside Estates \$500.000 8601 Mt. Vernon Hwy Lovely Mt. Vernon home in Riverside Estates w/5BRs, 3BAs & a large carport on a .41 acre lot. Double pane replacement windows w/tilt-ins. 2014 HVAC, 2015 hot water heater. Recessed lights

crown & base molding. Living rm shelving overlooking the large fenced flat bkyd. Nice Family rm w/wood burning fireplace. Great Price.



OPINION Valuable Community Resources

By Dan Storck Mount Vernon DISTRICT SUPERVISOR

n the Mount Vernon District, we are lucky to have two great citizens associations to represent us, the Mount



Vernon Council of Citizens' Associations and the South County Federation. Councils of citizens associations are comprised of many local neighborhood organizations that work collectively for the betterment of

COMMENTARY

their community and our area. Whether influencing land use decisions, lobby-

ing for transportation improvements or monitoring zoning changes, these organizations are a collective voice for the communities they serve, and act to protect and preserve the interests of those engaged.

Here in the northern part of the District, I have been fortunate to work with the Mount Vernon Council and the highly engaged Mount Vernon community for over 15 years. I have witnessed first-hand the Council's unique ability to successfully influence legislators mobilize residents on important issues and get things done. My partnership with the Federation allows me to be a more effective representative of the community and to achieve community goals.

For the past 49 years, the Council has proven its ability to work collaboratively and speak as a strong voice. It is an invaluable resource to me and is the first organization I look to for guidance when Mount Vernon issues arise. Our collaborative efforts result in communitydriven decisions. A perfect example of this is the Council's participation in the extraordinary multi-year effort that culminated in the Embark Comprehensive Plan changes. Embark will guide the growth and development of the Richmond Highway corridor for the next 20 years, ultimately bringing Metrorail from Huntington to Hybla Valley. The Council took a lead role in organizing and educating the community about the opportunities, challenges and long-term impacts to the residents and the county. These efforts make a positive difference for all of us.

The Council also provides an opportunity to build new relationships with other community members and associations. Learning about one another's needs leads to a better understanding of each other's issues and provides an even stronger voice when working with legislators. Working collectively often results in bringing positive change to the quality of life not only in one community, but to the whole of the Mount Vernon District.

If your civic association is already a member of the Council, I congratulate you and urge you and your members to actively participate in the issues that are facing Fairfax County. If your association is not yet a member of the Council, I encourage you to join today and get involved. It is your involvement that will continue to bring about positive change for all of us who live, work, educate and recreate in Fairfax County.

I take this opportunity to thank the Mount Vernon Council for their collective leadership in advocating for issues on behalf of the community, for their endless volunteer hours, and for continuing to foster collaboration, communication and a better community.

Working on School Safety

BY PAUL KRIZEK State Delegate (D-44)

arlier this year, I was appointed to the bipartisan House Select Committee on School Safety (visit the official website at https:// schoolsafety.virginia.gov/

index.asp). A lot happened last week with two days in Richmond and a local meeting on Friday. We began on Wednes-

COMMENTARY

day with the Joint Legislative Audit and Review Commission (JLARC) briefing the full committee. JLARC presented an informative study that examined Virginia's



school safety policies, what works well in other standing (MOU) that exists between the states, and general research on the subject. They concluded that there is no single approach that is effective in preventing school shootings. However, their research found that with better prevention, planning, and trainings we can make our schools even safer. After the presentation, we toured Meadowbrook High School in Chesterfield County. Touring the school provided a first-hand look at some of their infrastructure and procedural safety improvements.

Then, on Thursday the subcommittee on Prevention and Response Protocol met for the first time. We heard several impressive presentations from experts in the field. Sheriff Timothy C. Carter from the Virginia Sheriffs Association discussed the Memorandum of UnderShenandoah County Public School System and the local Sheriff's office. MOU's allow for cooperative information sharing between the school and police to create an environment where intervention is possible before it is too late.

Michael Reilly, the executive director of the Department of Fire Programs, discussed how school fires were a crisis in the early to mid 20th century. Nationwide, between 1908 and 1952 there were 785 deaths in school fires. Now we see very few fire-related fatalities, so what happened? Legislators, in collaboration with counties and schools, created fire codes to make sure buildings were safe, and instituted safety and training protocols that ensured See Working, Page 13

Setting State Budget Priorities

By Scott Surovell STATE SENATOR (D-36)

ast week, Gov. Ralph Northam announced that Virginia finished the fiscal year with \$551.9 million more in revenue that we projected when writing this year's budget.

First, the good news is that most of this surplus is due to increased tax revenue from payroll withholding taxes, not one-time revenue sources like capital gains or tax avoidance strategies related to the recent changes in federal tax laws. The Virginia economy has truly started to perform again.

However, it is important to keep these num-6 ♦ Mount Vernon Gazette ♦ July 19-25, 2018

bers in context. The state's General Fund has been under significant stress over the decade since the Great Recession and automatic federal spending cuts caused by a process called a "sequester." In the nine years I have served in the General Assembly, this is the second fiscal year that the Commonwealth has experienced revenue growth equal to or greater than the historical average.

Because of our state Constitution, other state laws and the budget, all of these "new" funds are already allocated. Our laws require that 10 percent or \$55 million go to the Water Quality Improvement Fund and that the \$500 million balance be contributed to Virginia's Revenue Stabilization ("Rainy Day") Fund, which before the 2018 General Assembly session had dropped to historically low levels due to frequent, sluggish revenues. Bond rating agencies had also expressed concern about the lower balances and had indicated that our AAA bond rating could be adversely impacted without significant contributions.

While everyone would love to have a tax cut, the General Assembly has enacted dozens of tax cuts over the past two decades, including car tax relief, estate tax repeal and removing the sales tax on food. These tax cuts have completely offset the effect of any tax increases that passed. As a result, most General Fund programs have been starved.

Here are some examples.

Virginia's per pupil, elementary-secondary education expenditures are the 15th lowest in the nation and our teacher salaries are the 13th lowest. Virginia's meager state-funded preschool program is still in its infancy.

See Setting State, Page 13

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ENTERTAINMENT

Summer Theatre To Perform Disney's 'Newsies'

Musical to be staged at Bishop Ireton High School.

By Steve Hibbard

t. Bernadette's Summer Theatre Program is staging the musical, Disney's "Newsies," for one weekend, July 26-28, at Bishop Ireton High School in Alexandria.

"It is a musical and it has a heavy dance component with lots of music and dance," said Director Andrew Curtin of Annandale. "It tells the story of the newsboys' strike of the 1890s in New York City. It's based on historical events but it's

not a re-creation of them. Most closely there was a movie (in 1992) by Disney with the same title. In 2012, they rewrote it and turned it into a musical on Broadway. It is the Disney script and all of the original stuff from their production."

With a cast of 54 in rehearsals since May, Curtin said the biggest challenge was the enormity of the show. "It has a large set and intense dances. The vocals are very challenging. It's a very high-level show and we have expected a lot for our actors and musicians — and they have delivered," he said. "It is a big production with lots of moving parts. We're building three tower-scaffolding units. So, making sure they would do everything and are safe for the students. Nothing our crew can't handle but definitely a big project."

The Summer Theatre Program is a minis-



The cast of Disney's "Newsies" in rehearsal. The show will be performed one weekend, July 26-28, at Bishop Ireton High School in Alexandria.

try of St. Bernadette's Catholic Church in Springfield that was founded in 1997. Since then, they've done 22 productions roughly one musical per year — and pull from students of different faith communities all over Northern Virginia.

"It is envisioned as a ministry as a chance for students from all over the area to form a community to make new friends. Most of the students in the program make friends that they will have for many years. It brings students from all over the area together. Some of the staff members on the program I've been friends with for decades now," said Curtin.

Khyrin DeBose, 17, of Burke, plays the lead role of Jack Kelly. "Jack Kelly is the leader of the Manhattan Newsies. The newsies are the kids on the street who sell out the newspapers around New York City. Jack Kelly is the older brother/dad figure to the group of newsboys. He usually gives them advice on the best places to sell newspapers and he looks after them like his own family," he said.

He said the antagonist in the show is Pulitzer, the owner of the World Newspaper who has decided to raise the price from 50 to 60 cents per paper. "Jack decides that this isn't best for anybody and leads his newsboys on strike to lower the price of the newspapers. While he spearheads the strike, he learns what it takes to be a leader, what it takes to fight for what you believe in, and what it takes to look out for more than just yourself in this world."

Eila Nash, 18, of Springfield is playing the role of Katherine Plummer. "Katherine is a very progressive character. She really wants women to have as much rights as men and that was very unique for the time the show was set in. She's seen as sassy but I consider her to be wittier and she has a lot of intelligence. The key fact about her is she wants to be a reporter and it's important for her to be a famous female reporter but as the show goes on, she wants to just make a difference in the world."

Emily Graham, 18, of Falls Church is playing the male role of Elmer. "Elmer is a rough-andtumble kid but he's sweet at heart. He has a history of going to church but when he gets on the street and loses his family, he stops going to church and everything in life starts to become a joke to him. But he finds a niche with the Manhattan Newsies and starts to feel like he has a family again," she said.

Christian Parrotte, 16, of Burke is playing the role of the Racetrack, who he describes as outgoing, bold, and outrageous. "He's confident and he's got a strong personality that really shines through in a lot of the scenes and he's also pretty stubborn. He's a sort of comic relief, a bit of helping the audience understand what's going on the story. He's also important in furthering the strike; he's very influential with some of the other newsies."

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St. Bernadette's Summer Theatre Program is staging Disney's "Newsies" from July 26-28, at Bishop Ireton High School. Show times are July 26 and 27 at 7:30 p.m.; and July 28 at 1 p.m. and 7:30 p.m. at Bishop Ireton High School, 201 Cambridge Road, Alexandria. Tickets are \$10/adults; \$8/students/seniors. Visit www.summer theatreprogram.org.

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

ONGOING

Art Exhibit: Graffiti. Through July 29, gallery hours at Potomac Fiber Arts Gallery, Torpedo Factory Art Center, Studio 29, 105 North Union St., Alexandria. Potomac Fiber Arts Gallery announces the opening of its juried show, Graffiti. Graffiti's unique form of artistic expression inspires this show's theme: big and bold graphics, hip hop culture, and social commentary. Themed work will be eligible for recognition by the jurors. Non-themed work may also be exhibited. Visit www.Potomacfiberartsgallery.com

CALENDAR

- for more. "Pippin." Through July 30, at Episcopal High School, 3900 W. Braddock Road, Alexandria. Directed by Rebecca Wahls, the Schwartz/ Hirson musical is retold through the millennial lens. Using the 2013 revival script, Monumental Theatre Company shares its version of Pippin's journey of self discovery. Visit www.monumentaltheatre.org for more.
- Art Exhibit: "Drawing Energy: The Logic of Madness." Through Aug. 5, gallery hours at Torpedo Factory, Studio 21, 105 North Union St., Alexandria. Guy Jones uses his

Cherokee teachings to evoke the energy and spirit of living things in his pen and ink drawings. Using micron pen and scratchboard techniques, Jones creates artworks that are mischievous, whimsical, and a bit eerie. Opening Reception and Meet the Artist: Thursday, July 12, 6:30-8 p.m. Special Program – Drawn in: Taking a Closer Look at the Solo Exhibit, Thursday, July 26. Free. Visit www.theartleague.org or call 703-683-1780.

- New Works by Ken Strong. Through Aug. 9, 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. **Art Exhibit: "Off the Grid."** Through Aug. 31, gallery hours at the Torpedo Factory Art Center, 105 N. Union St. "Off the Grid" is an exhibit of artwork by Fairfax County and City of Alexandria inmates. The inmates vary in age, background and artistic experience, with most having never drawn before their lessons with volunteer art instructor Kelli Schollard-Sincock. Visit torpedofactory.org for more.

"Dredging The Lethe." On view through 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. Art Exhibit: Makers in the

- Mansion. Through Oct. 22 at Woodlawn & Pope-Leighey House Historic Site, 9000 Richmond Highway. Six installations of work by local African American makers hosted in an 1805 mansion owned by Nelly Parke Custis and Lawrence Lewis, once a prominent plantation home. Stories of a transformed African American community through the artisan eye. RSVP to Woodlawnevents@savingplaces.org.
- WFUMC Farmers Market. Tuesdays through Oct. 23, 4-7 p.m. at Washington Farm United Methodist Church, 3921 Old Mill Road. Orchard Country Produce, from Gardners, Pa., will operate a Farmer's Market from

the west parking lot of WFUMC. They also operate from the St. Luke's parking lot on Fort Hunt Road on Saturday mornings. They have a very wide offering ranging from fresh vegetables to meat and desserts. Admission is free. Visit www.washingtonfarmumc.org or call 703-780-4696.

- **Row by Row Junior.** Through Oct. 31, local quilt shops like Artistic Artifacts (4750 Eisenhower Ave.) are welcoming children participating in Row by Row Junior to their shops. It's the junior version of the summertime travel event for quilt making fans known as Row by Row Experience. Kids visit shops in person, collect a free sewing pattern, and find inspiration in colorful. creative world of sewing. At home, families can find free tutorial support and activities online by visiting www.rowbyrowexperience.com or www.artisticartifacts.com for local auilting
- Mount Vernon Farmers Market. Wednesdays, 8 a.m.-noon at Sherwood Hall Regional Library, 2501 Sherwood Hall Lane, Alexandria. Every Wednesday (through Dec. 19), 15 local farmers and producers will sell fresh produce and fruits; meats; breads and

pastries; honey, jams and jellies; dairy products and eggs; herbs; and more. Visit www.fairfaxcounty.gov/ parks/farmersmarkets.

- Open for Tours. Through December. At 9000 Richmond Hwy., Alexandria. Woodlawn and Frank Lloyd Wright's Pope-Leighey House is open for tours Friday through Monday, from 11 a.m. until 4 p.m. (last tour at 3 p.m.) Not open to the public Tuesday, Wednesday or Thursday. To learn more about National Trust Sites, visit savingplaces.org/historic-sites. Tours of the Freedom House
- Museum. Saturdays and Sundays, 1-5 p.m. at Freedom House Museum, 1315 Duke St. The Freedom House Museum was once the headquarters and holding pen for the largest domestic slave trading firm in the United States, Franklin and Armfield. The building is currently owned by the Northern Virginia Urban League and together with the Office of Historic Alexandria, Visit the museum in this historic reminder of slavery. Admission is \$5 per person. Tickets can be purchased at the door. Visit www.alexandriava.gov/ Museums for more.
- "Alexandrians Fight the Great War." Various times at The Lyceum, Alexandria's History Museum, 201

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ENTERTAINMENT

South Washington St. This new exhibition traces the experiences of local people during the first World War. The homes, hospitals, factories and shipyards of wartime Alexandria come back to life through the use of rare images, archival and modernday video clips, quotes from participants, original objects including weapons, period music, and scale models. Call 703-746-4994 or visit www.alexandriahistory.org. Before the Spirits are Swept Away." Various times at the Alexandria Black History Museum, 902 Wythe St. This exhibition, featuring 20 of Sherry Sanabria's African American historic site paintings, is made possible by the Sanabria family, who generously donated 23 of her paintings to the

Alexandria Black History Museum. These paintings are part of Sanabria's "Sites of Conscience" series, which has as its focus African American heritage, prisons, concentration camps, and mental hospitals. Free, but donations are appreciated. Call 703-746-4356.

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

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



Wrestle to the Ground, Katie Pumphrey, acrylic on canvas, 84"x 72", 2018, \$17,500

Artist Talk: Katie Pumphrey

"Five More Minutes, Part II" is a two-part exhibition that features work by Baltimore artist, Katie Pumphrey. Through largescale paintings and installation, her work explores the tension between movement and stillness. The show runs through July 22 at The Athenaeum, 201 Prince St., Alexandria. Closing reception July 22, 2-4 p.m. Call 703-548-0035 or visit nvfaa.org for more.

- objects and images featured represent The Lyceum, the community at work, and commemorations and celebrations. Throughout the exhibition, visitors are invited to "be the curator" and think about why the various artifacts are in the museum's collection, and about how tangible representatives of the past help tell the story of Alexandria's history. Free. visit www.alexandriahistory.org for more.
- **Pick-Up Hockey**. Ongoing, Wednesdays and Fridays 11:30 a.m.-1 p.m. at Mount Vernon Ice Skating, 2017 Belle View Blvd. Play hockey with other hockey buffs, hitting slap shots and learning puck handling skills that the pros use. Players must have full equipment. 16 and older. visit www.fairfaxcounty.gov/parks/ rec/mtvernon/ or call 703-768-3224
- for more. **Medical Care for the Civil War Soldier Exhibit.** Ongoing at the Fort Ward museum, 4301 W. Braddock Road. ongoing exhibit which features original medical instruments and equipment from the Civil War period and information on Union Army hospital sites in Alexandria. Free. visit www.alexandriava.gov/fortward for
- more Alexandria's Nurses and Hospitals During the Civil War. Ongoing at The Lyceum, 201 S. Washington St. An exhibit on the life of Clarissa Jones, a nurse at The Lyceum hospital during the Civil War. The true story of a nurse in Alexandria during the war, drawing parallels

JESUS CHRIST

with characters portrayed in the PBS drama "Mercy Street," with references to the experiences of other nurses, such as Anne Reading, who worked in the Mansion House hospital, and Jane Woolsey, who served at the Fairfax Seminary hospital. Admission is \$2. visit www.alexandriava.gov/lyceum for more.

- Shield of Earth: Defending the Heart of the Union exhibit. Ongoing, museum hours Tuesday through Saturday, 10 a.m. -5 p.m., Sundays, noon-5 p.m. at Fort Ward Museum, 4301 West Braddock Road. Highlights of the exhibition include military passes issued by Provost Marshal's Office, construction tools, and original photographs of some of Washington's defenders. 703-746-4848 or www fortward org
- 4848 or www.fortward.org. Who These Wounded Are: The Extraordinary Stories of the Mansion House Hospital exhibit. Ongoing, Tuesday through Saturday, 10 a.m.-4 p.m., Sundays, noon-4 p.m. at the Carlyle House Historic Park, 121 N. Fairfax St. Come see the site that inspired "Mercy Street," the new PBS' series inspired by real events that took place at Carlyle House. www.carlylehouse.org or call 703-549-2997
- **Color Disorder Exhibit.** Ongoing, Thursday through Sunday, noon-4 p.m., Sundays, noon-4 p.m. at the The Athenaeum, 201 Prince St. A joint exhibition of artists Katie Baines and Amy Chan who use diverse painting materials such as acrylic,

Wowing audiences for over 40 years! Don't miss the chance to experience this timeless rock opera with music by Andrew Lloyd Webber and lyrics by Tim Rice.

SH W DATES: JUL. 21 – AUG. 11, 2018



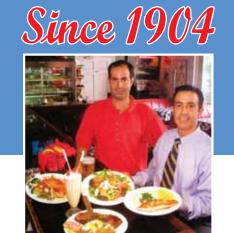
Little Theatre of Alexandria 600 Wolfe Street • 703-683-0496 www.thelittletheatre.com gouache, airbrush and screen print to build energized abstract paintings. www.nfaa.org or 703-548-0035.

- www.nfaa.org or 703-548-0035. **Flamenco Show.** Wednesdays and Thursdays, 7:30-8:30 p.m. at La Tasca, 607 King St. Watch dancers and guitarists perform traditional flamenco. Free to attend. Call 703-299-9810 or visit www.latascausa.com.
- French Movie Night. Every Thursday, 7 p.m. in the back room of Fontaine Caffe and Creperie, 119 S. Royal St. View a French film. Free, no reservation necessary. Call 703-535-8151 or visit www.fontainecaffe.com/ reviews.html.
- Their Fates Intertwined: The Lees of Alexandria in the War of 1812. Wednesday- Saturday, 10 a.m.-4 p.m. Sunday, 1-4 p.m. Lee-Fendall House and Gardens, 614 Oronoco St. A new exhibit on the experiences of the Lee family in Alexandria during the War of 1812 examines the contributions of Alexandria's citizens during the conflict that led to the writing of our national anthem through the lives of this iconic Virginia family. visit www.leefendallhouse.org or call 703-548-1789.
- Alexandria Cars and Coffee invites car enthusiasts to meet for coffee at Hollin Hall Shopping Center in front of Roseina's, 1307 Shenandoah Road. Owners of classic cars, hot rods, exotic cars, motorcycles and more meet to share car stories and drink coffee. Group meets the first Sunday of every month. 8:30-11 a.m.

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

4848. Dinner for the Washingtons. 11 a.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. A walking tour that goes behind the scenes to find out how food was prepared and served before the era of microwaves and TV dinners. \$7 in addition to estate admission. visit

- www.mountvernon.org for more. **Evenings at the Athenaeum.** 201 Prince St. 7 p.m. Second Thursday of every month. visit nvfaa.org to view concert calendar and listen to upcoming Second Thursday Music artists.
- The Monday Morning Birdwalk takes place weekly, rain or shine www.ConnectionNewspapers.com



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canvas, 66" x 72", 2018, \$14,000

ENTERTAINMENT

Take Time to Refresh at Abyssinia Market and Coffee House

By Hope Nelson

ashington Street, the northsouth thruway cutting through the heart of Old Town Alexandria, is a bustling place. Shops, doctor's offices, banks, restaurants, watering holes — it's got it all. But tucked around the corner, nestled half

APPETITE

a block off of the main drag, sits one of the neighborhood's hidden gems: Abyssinia Market and Coffee House.

Located on Jefferson Street, around the corner from the likes of Ace Hardware and Southside 815, Abyssinia Market opens it doors first thing each morning to dole out coffee to sleepy neighbors on the way to work - and stays open all day long to offer those same neighbors groceries, pastries

CALENDAR

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

- Civil War Sundays. 1-5 p.m. at Alexandria Archaeology Museum, 105 North Union St., #327. Learn more about the Civil War as it occurred in Alexandria. Find dioramas, newspaper articles and more Free. visit
- www.alexandriaarchaeology.org. **Wake Up Wednesdays** featuring The Pop Up Cafe. 7-9:30 a.m. on Wednesday's near the King Street Tunnel - Carlyle Entrance located near 2000 Duke St. near Motley Fool. The cafe will feature coffee, live music to help commuters start the day off right and donuts from Sugar Shack. Email maurisapotts@gmail.com.

CLASSES & WORKSHOPS

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

Life Drawing. Del Ray Artisans offers a range of open life drawing sessions for anyone to develop life-drawing skills further. Drop-in for the session and bring supplies to draw or paint live models. Fee ranges from \$8-\$12.

and craft beer and wine on their way home. "People describe us at the best coffee shop in Old Town," said owner Lily Damtew. "We

want everyone to feel like not a stranger when they walk in, but a friend. It's a very intimate kind of shop." Indeed a cozy — but not cramped —

space, Abyssinia Market packs a wealth of amenities into the café and market. From fresh pastries to coffee to beer and wine, the shop certainly offers more than meets the eve.

One of the market's crown jewels is its Ethiopian coffee selection. While Abyssinia Market has sold coffee from the start, it now roasts its own brand as well, which Damtew says is one of the store's gems.

"We recently started roasting our own coffee and packaging it. It's called Queen of Sheba coffee," she said. "... The roasting is perfectly done so they don't have that soury aftertaste that you get from other coffee."

Roasted fresh every Monday, the Queen of Sheba coffee sells both in the store and at local farmer's markets.

And the Queen of Sheba is far from the only coffee variety on deck. Along with other roasts, Abyssinia Market offers a wide array of espresso drinks for a little extra getup-and-go.

"We sell a lot of espresso drinks, like cappuccino, café latte; we do a lot of mocha," Damtew said. "People love those espresso drinks."

The food, too, is plentiful — and perfectly suited to complement a cup of joe. A variety of croissants, scones, bagels and muffins await, all ready to eat. Fresh Baguette and Metropolitan Bakery provide the ma-

If You Go

Abyssinia Market and Coffee House, 720 Jefferson St. Hours: 6:30 a.m.-8 p.m. Monday-Saturday; 10

- a.m.-6 p.m. Sunday. **Try this**: "Our beer and wine is very selective,"
- says owner Lily Damtew. "We have mostly Italian wine, South African wine. We have a few French wines and roses.'

jority of the shop's baked goods, ensuring fresh items without a lot of time in transit.

"We've come so far from the beginning to now. We only advertised once - everything else is word of mouth," Damtew said. "We're really grateful to be in this neighborhood and have the customers that we have."

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

All skill levels are welcome. Del Ray Artisans is located at 2704 Mount Vernon Ave. visit www.TheDelRavArtisans.org for a

schedule. The Harmony Heritage Singers (Mount Vernon Chapter of Barbershop Harmony Society), a daytime, a cappella, Chorus, rehearses on the 2nd and 4th Tuesdays, monthly, at Sherwood Hall Regional Library, 2501 Sherwood Hall Lane, 10 a.m.-1 p.m. Newcomers welcome for fun or to book for a performance. visit www.HHSingers.org, or call Bruce at

THURSDAY/JULY 19

703-352-5271.

40 Under 40 Awards. 6-8 p.m. at United Way Worldwide, 701 N. Fairfax St., Alexandria. Celebrate the power of Alexandria's emerging business leaders. Join the Chamber's 40 Under 40 Awards Celebration, for a reception honoring individuals for their achievements within the community and professionally. \$89 for individuals, \$405 for five tickets. Register at alexandriavacoc.wliinc33.com/ events/40-Under-40-Awards-Celebration-presented-by-Beyer-

Subaru-2374/details

NOW THRU LABOR DAY

Honoring Our Veterans Exhibit. At Gadsby's Tavern Museum, 134 N. Royal Street, Alexandria. Included in museum admission - Adults: \$5, Children (ages 5 -12): \$3. After his service in the Revolutionary War, Hamilton went home to contribute to his community and nation. As part of the World War I 100th Commemoration, learn how returning veterans served Alexandria, including American Legion Post #24, which restored Gadsby's Tavern in honor of WWI veterans. See how the museum looked under their care and hear about the contributions veterans still make to the City of Alexandria today. Visit www.gadsbystavern.org.

JULY 20-SEPT. 2

Art Exhibit: Art, Light, and Metaphor. At Target Gallery in the Torpedo Factory Art Center, 105 N. Union St., Alexandria. New exhibition explores the connections between art, light, and metaphor. The opening reception will be the cornerstone of the Torpedo Factory Art Center's Late Shift: Bright Lights on Friday, July 20, 7-9 pm. A Gallery Talk with select artist comments will take place at 8 p.m. There will also be a special Illuminate pop-up exhibition in the Grand Hall. Learn more at torpedofactory.org/target.

FRIDAY/JULY 20

Reception: "Off the Grid." 7-9 p.m. at the Torpedo Factory Art Center, 105 N. Union St. "Off the Grid" is an exhibit of artwork by Fairfax County and City of Alexandria inmates. The

Connecting Business and Community

inmates vary in age, background and artistic experience, with most having never drawn before their lessons with volunteer art instructor Kelli Schollard-Sincock. Opening remarks by Schollard-Sincock at 7:30 p.m. For more information about the art classes, email sheriff@fairfaxcounty.gov. Visit

- torpedofactory.org for more. Reception: Art, Light, and **Metaphor.** 7-9 p.m. at Target Gallery in the Torpedo Factory Art Center, 105 N. Union St., Alexandria. New exhibition explores the connections between art, light, and metaphor. Gallery Talk at 8 p.m. Learn more at torpedofactory.org/ target
- 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 for more.

Flower Arranging. 9:30-11 a.m. at Green Spring Gardens, 4603 Green Spring Road, Alexandria. Expand flower arranging skills by attending a workshop on Ikebana - the ancient

In this workshop, particpants will learn about the rich symbolism and fundamentals of Ikebana and leave with an arrangement. \$38 for program plus \$25 for supplies. Call 703-642-5173 or visit www.fairfaxcounty.gov/parks/green-

- spring to register. **Telling their Story: Museum** Specialty Tours. 10 a.m. at Gadsby's Tavern Museum, 134 N. Roval Street, Alexandria, Cost is \$12/ person. Tour the halls where Washington, Lafayette, Jefferson, Madison and Burr partied and made history. Consider the ideas debated in the rooms where it happened ... for some, but not for all. Visit www.gadsbystavern.org.
- Walking with Washington Tour. 10 a.m.-12 p.m. at the Alexandria Visitors Center, 221 King St., Alexandria. This guided walking tour of historic Old Towne covers significant people and events in George Washington's life and in American history, with stops at Ramsav House, Market Square, the Carlyle House, Wise's Tavern, Duvall House/Tavern, Gadsby's Tavern, Washington's townhouse, The Lord Fairfax House, "Light-Horse" Harry Lee's house and Christ Church. Sponsored by the City of Alexandria's George Washington Birthday Celebration Committee. Free. Call 703-379-7460 or visit www.washingtonbirthday.com.
- Country-Western Dance. Lessons, 6-7 p.m.; open dancing, 7-9:30 p.m. at Lincolnia Senior Center, 4710 North



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SATURDAY/JULY 21

Japanese art of flower arrangement.

ENTERTAINMENT

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. Marine Chamber Orchestra. 7:30 p.m. at Rachel M. Schlesinger Concert Hall, Northern Virginia Community College, Alexandria campus, 4915 E. Campus Drive, Alexandria. Visit www.nvcc.edu.
- Cinema Del Ray Outdoor Movies. 7 p.m. at Mt. Vernon Recreation Center, 2701 Commonwealth Ave., Alexandria. Free. Bring family, friends, neighbors and a blanket to watch these open-air movies including The Lion King, The Lego Batman Movie, Toy Story 3, Cars 3 and Coco at Cinema Del Ray, sponsored by The Jen Walker Team. Visit www.facebook.com/ cinemadelray.

SUNDAY/JULY 22

Meet the Junior Docents. 2-5 p.m. at Gadsby's Tavern Museum. 134 North Royal St., Alexandria. These young historians, grades 4 and older, will be on hand to share highlights of the tavern and answer questions as guests journey through the museum. Great for families as children connect with the building through their peer tour guides as well as for adults looking for some inspiration. Included in regular admission: \$5 adults (\$4 with AAA), \$3 children ages 5-12, and 4 and under are free. Call 703-746-4242 or visit www.gadsbystavern.org.

MONDAY/JULY 23

Read, See, Do. 2-3 p.m. at Carlyle House Park, 121 N. Fairfax St., Alexandria. Every Monday in July, Carlyle House and Alexandria Library are teaming up to have a reading program paired with an activity. The books chosen have a historic theme and can be tied in with Carlyle House. The program will take place on the Magnolia Terrace behind the house, which will be tented. Visit www.novaparks.com.

TUESDAY/JULY 24

Twilight & Tipple Tuesday Tours. 6-9 p.m. at Woodlawn & Pope-Leighey House, 9000 Richmond Highway. A rare opportunity to experience Frank Lloyd Wright's Pope-Leighey House by twilight. This tour is a chance to see one of Wright's houses illuminated against a night sky, bring a new dimension and radiance to the typical tour experience. Grab a drink, included in the price of the ticket, and take an informative and fun guided tour with plenty of time to take stunning photos. Visit www.woodlawnpopeleighey.org for

more

Seaside, painting

Solo Show: Peregrination

Arlington-based fine artist Bryan Jernigan's solo show - "Peregrination" - will run through July 28. Peregrination, also known as a long, meandering journey, encapsulates the artist's abstract take on real and envisioned landscapes. 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. Visit www.nvcc.edu/schlesingercenter.

Trivia Night. 7-9 p.m. at Lee-Fendall House Museum, 614 Oronoco St., Alexandria. Staff members at Carlyle House Historic Park and Lee-Fendall House Museum have combined their random nerd knowledge to create biweekly trivia nights. Test knowledge on all things from pop culture to history. \$5 a person; includes one drink ticket. Additional drinks can be bought at the cash bar. Teams may have up to six members. Registration slots are first come, first served; pay ahead to save a spot. Every other Friday June-August. Purchase tickets through eventbrite.com.

WEDNESDAY/JULY 25

- Cool Yoga 2018. 6:30-7:30 p.m. at Del Ray Psych & Wellness Lot, 1900 Mt. Vernon Ave. Maureen Clyne teaches Cool Yoga - Del Ray's free summer outdoor yoga, Wednesdays through Aug. 29. Chill out after class with the Cool Yoga After-Party featuring refreshments courtesy of Bon Vivant Cafe + Farm Market. Email yoga@prasadayoga.com for more
- Alexandria Pitch Celebration. 6:30 p.m. at the WeWork in Crystal City, 2221 South Clark St., 12th Floor, Arlington. Don't miss the final pitch of the season, when students from the Alexandria Grow My Business program will present their business pitches in a formal setting and receive feedback from a panel of expert judges. RSVP at www.eventbrite.com. search

Get Ready for Summer Restaurant Week

"Empowered Women."

THURSDAY-SATURDAY/JULY 26-28

Disney's "Newsies." At Bishop Ireton High School, 201 Cambridge Road, Alexandria. Presented as part of the Summer Theatre Program co-sponsored by Saint Bernadette Catholic Church in Springfield. Visit www.summertheatreprogram.org for more.

FRIDAY/JULY 27

- Four Mile Movies: Wonder. 6:30 p.m., film begins at dusk, Four Mile Conservatory Center 4109 Mt. Vernon Ave. A summer tradition in Arlandria returns with a host of new and old favorites on the last Friday of the month this summer. Fun with friends and family, a picnic dinner, and a blanket or chair. Free. Visit www.fourmilemovieseries.com for more.
- 18th Century Gaming Night. 7-9 p.m. at Gadsby's Tavern Museum, 134 N. Royal St., Alexandria. Cost is \$10 cover. Play games 18th century style: Shut the Box, Fox + Geese, Dice, and a special Cards against Humanity: Tavern Edition. Also hear stories of this young nation and see the room(s) where it happened. Cash bar with wine, beer, and specialty cocktail will be available. Visit www.alexandriava.gov/ GadsbysTavern or call 703-746-4242. Trivia Night. 7-9 p.m. at Lee-Fendall

House Museum, 614 Oronoco St.,

Alexandria. Staff members at Carlyle House Historic Park and Lee-Fendall House Museum have combined their random nerd knowledge to create biweekly trivia nights. Test knowledge on all things from pop culture to history. \$5 a person; includes one drink ticket. Additional drinks can be bought at the cash bar. Teams may have up to six members. Registration slots are first come, first served; pay ahead to save a spot. Every other Friday June-August. 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/ performances/mt-vernon-nights for more

SATURDAY/JULY 28

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. Vendors will sell items such as: homemade goods, lavender sachets, jewelry, soap, antique and vintage items; books, CD's and DVDs, comic books and more. Refreshments will also be on sale. Hosted by the Mount Vernon Masonic Lodge No. 219. Rain or shine. Visit www.facebook.com/ mountvernonfleamarket/ for more "Beyond The Battlefield" – A Civil

War Walking Tour. 10 a.m.-noon at Lee-Fendall House Museum, 614 Oronoco St., Alexandria. Participants will see locations and stories associated with soldiers, citizens, and the enslaved, including the occupation of Alexandria and emancipation. The tour will last approximately two hours and the tour route is approximately 1.75 miles. Tickets are \$15 in advance through eventbrite.com, or \$20 the day of the program. Tour space is limited, so the purchase of tickets in advance is recommended. Participants are encouraged to wear comfortable shoes and bring water. Call 703-548-1789 or visit www.leefendallhouse.org.

Archaeology Workshop: Understanding the Landscape. At the grounds of George Washington Masonic National Memorial. Archaeology Workshops take a deeper look at the archaeology process and the Shuter's Hill site, before sifting through excavated soil for artifacts. Reservations are \$10 per person and may be made online. If a session is filled, contact the museum at 703-746-4399 or

archaeology@alexandriava.gov to be added to a waitlist. Visit www.alexandriaarchaeology.org.

- Short African American Films. 11 a.m.-3 p.m. at The Lyceum, 201 S. Washington St., Alexandria. \$10 admission. The Alexandria Black History Museum will host a short film festival featuring the works of two award-winning studios in Washington, D.C. and Richmond. Make a reservation at alexandriava.gov/ EventPurchase.aspx.
- Archaeology Workshop. 1:30-3 p.m. at Shuter's Hill at the George Washington Masonic Memorial Alexandria. Part of the Alexandria Archaeology Program. What did Shuter's Hill used to look like? Each day of excavation uncovers more information. Take a tour of the site to learn how archaeologists can understand the original landscape view archaeology in action, and get

the chance to sift through excavated soil. \$10 donation and preregistration is required at

- Alexandriava.gov/Shop. Visual Arts Workshop: Seeing Beauty. 2 p.m.-4 p.m. at Green Spring Gardens, 4603 Green Spring Road, Alexandria. Adults. Photography instructor Tuan Pham helps participants seek artistic beauty, sharpen perception of the natural world and learn how to capture that new vision for photography or other visual arts. \$34/person. Register online at www.fairfaxcounty.gov/parks/ parktakes using code 290 331 3701 or call 703-642-5173.
- Home Makeover 1850s. 2 p.m. at the Lee-Fendall House Museum and Garden, 614 Oronoco St., Alexandria. Explore the extensive renovations that the Cazenove family made to the Lee-Fendall house and garden in the early 1850s. Learn about the fashionable trends that shaped their decorative decisions and discover the modern conveniences they added to make the home more comfortable. Cost is \$8 in advance, \$10 at door. Visit www.leefendallhouse.org for more
- Harry Potter Tour. 6-9 p.m. at the Stabler-Leadbeater Apothecary Museum, 105-107 S. Fairfax St., Alexandria. Adults only tours. In honor of Harry's birthday, the Apothecary is offering tours exploring the historic muggle science and medicine that's found in J.K. Rowling's Harry Potter series. Call 703-746-3852 or visit www.apothecarymuseum.org.

SUNDAY/JULY 29

- Harry Potter Tour. 1-4 p.m. at the Stabler-Leadbeater Apothecary Museum, 105-107 S. Fairfax St., Alexandria. Family-friendly tours. In honor of Harry's birthday, the Apothecary is offering tours exploring the historic muggle science and medicine that's found in J.K. Rowling's Harry Potter series. Call 703-746-3852 or visit www.apothecarymuseum.org
- Meet the Junior Docents. 2-5 p.m. at Gadsby's Tavern Museum, 134 North Royal Street, Alexandria. These young historians, grades 4 and older, will be on hand to share highlights of the tavern and answer questions as guests journey through the museum. Great for families as children connect with the building through their peer tour guides as well as for adults looking for some inspiration. Included in regular admission: \$5 adults (\$4 with AAA), \$3 children ages 5-12, and 4 and under are free. Call 703-746-4242 or visit
- www.gadsbystavern.org. Free Music Concert. 3-5 p.m. at The Lyceum, 201 S. Washington Street, Alexandria. Free. The Washington Metropolitan Philharmonic Association presents its weekly free summer chamber concert series. This week's concert features violinist Lisa Park and pianist Dan Campolieta playing music by Kreisler, Elgar, and Brahms. Email: wmpa.exec@gmail.com. Visit

www.wmpamusic.org Band Concert. 7-8 p.m. at Fort Hunt National Park, Pavilion A, 8999 Fort Hunt Road. Kings Park Concert Band; program of marches, band classics, Broadway and movie show tunes. There are picnic tables in the pavilion, or bring a lawn chair. Free. Call 703-569-3090 or visit kingsparkband.org for more

18th Century Gaming Night. 7-9 p.m. at Gadsby's Tavern Museum, 134 N. Royal Street, Alexandria. \$10 cover. Play games 18th century style. Cash bar with wine, beer, and specialty cocktail will be available. Visit www.gadsbystavern.org.

www.ConnectionNewspapers.com

Summer Restaurant Week, Aug. 17-26.

person brunch specials at 15 restaurants.

More than 25 restaurants will also offer lunch

deals at \$15 or \$22 per person in addition to the

New to Alexandria Summer Restaurant Week

are Mia's Italian Kitchen and Café 44. Returning

dinner specials. New this year are \$15 or \$22 per

For 10 days and two weekends, more than 50 participants include Hank's Pasta Bar, Evening Star Alexandria restaurants offer a \$35 three-course Café, BRABO, Vermilion, Hummingbird, Del Ray dinner or a \$35 dinner for two during Alexandria Café and Virtue Feed & Grain.

> Restaurants with lunch offerings include The Majestic, Vola's Dockside Grill, Bastille Brasserie & Bar, Blackwall Hitch and Society Fair. Restaurants with brunch specials include Chadwicks, Cheesetique, Cedar Knoll, The Wharf and Vermilion.

See www.AlexandriaRestaurantWeek.com.

OPINION

Working on School Safety

From Page 6

students and faculty members knew exactly how to respond.

Doug Goodman, police chief for the town of Ashland, provided sobering statistics about school shootings across the country. According to the FBI, there were 160 active shooter incidents in the United States between 2000 and 2013 with 486 people killed. Somewhat surprisingly, 56 percent of shooters communicated their intentions to a third party. Schools need the resources to increase training of all school personnel and increase coordination between schools and local law enforcement.

Finally, the subcommittee heard from Dr. David Meyers, the superintendent of New Kent County Public Schools. He discussed current school procedures in his district and areas in need of improvement. One area that was in particular need of support was funding for mental health services. Currently, their ratio of students to counselors is 1:350. Early intervention strategies are critical to identifying students of concern, assessing their risk for engaging in violence and getting those students help.

On Friday, we convened the third meeting of my School Safety Advisory community roundtable to share what I had learned down in Richmond and discuss community concerns moving forward. One area of concern was the need for additional and more effective trainings. Rigid school lockdown procedures can be hurtful in an active shooter situation. In Parkland, students that were outside were told to come back into the school to follow lockdown procedures. A possible solution to this problem is to institute options-based response trainings. To institute such a protocol requires that schools coordi-

nate with local police for active shooter trainings to ensure students and faculty are prepared in the event of a crisis. However, trainings can only do so much, 69 percent of school shootings take place in under five minutes. We all agreed prevention services are the key to stopping school shootings before they happen, such as identifying students that may be of harm to themselves and others. Unfortunately, right now, our schools are not equipped to give students the support they need. School Board Chair and Mount Vernon representative Karen Corbett Sanders and I agree that we need additional funding from the state to hire dedicated mental health professionals and social workers to give students the treatment they require. Mental health is just as important as physical health and it is time we treated it as such. I want to thank all the members of the community who took time out of their busy Friday to meet with me, including my colleagues, Del. Mark Sickles, who also sits on the Select Committee, Sen. Adam Ebbin, Fairfax County NAACP President Kofi Annan, and Fairfax County School Board Chair Karen Corbett Sanders.

I am hopeful that this Select Committee will craft some effective policy recommendations to build a healthier school community that ensures safe environments for students, teachers and others. The committee will meet over the course of the year completing our work by Nov. 15 and then include a final report containing legislative recommendations to the General Assembly on Dec. 15. I will continue to update you as it happens and please do not hesitate to reach out to my office (delpkrizek@house.virginia.gov) or the public comments page of the committee at https:// schoolsafety.virginia.gov/comments.asp.

Setting State Budget Priorities

From Page 6

Virginia theoretically set a goal for the state to support 66 percent of the cost of attending college, funding that actually existed when I attended James Madison University from 1989 to 1993. The state now only covers about 33 percent of the cost. This has caused tuition at our state-supported institutions to skyrocket so that tuition rates at these colleges have become the fourth highest in the United States of America. There are 10,000 families on Virginia's waiting list for Medicaid waivers. These are families with fully disabled juvenile and adult children who are incapable of living independently. A Medicaid "waiver" allows them to live at home or in group homes funded by the Commonwealth. Many families, such as military families, move to Virginia only to learn that our state is not supporting these services, services that are basic in most states.

State employee salaries continue to lag behind the private sector. Recent reports have concluded that state employees would need a 26 percent pay increase to reach private sector parity. State attorneys' salaries are 90 percent lower than comparable private sector salaries. Until this year, the Virginia State Police had not had any new trooper positions authorized in over a decade.

Environmental enforcement in Virginia is severely limited by inadequate staffing. Former Gov. George Allen cut employees by 20 percent during his term and the Department of Environmental Quality has never recovered. We struggled to find funds this year to pay for actual staff at the newly-created Widewater State Park in the 36th District. The state has been sitting on the 1,000 acres for 30 years but

has not had the money to open the park.

Transportation is funded entirely separately by completely different streams of taxes mainly related to transportation such as gas taxes, annual fees and sales taxes on vehicles. We were only able to restart maintaining our roads and investing in new transportation projects after we increased taxes in the 2013 General Assembly session.

At the end of the day, the new funds are good news, but there are dozens of state-funded programs which are desperate for fresh funding. Please continue to provide your feedback as to how we should prioritize spending if we are fortunate enough for revenue to continuing increasing. You can reach me at scott@scottsurovell.org.

It is an honor to serve as your state senator.

Bulletin Board

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

MENTAL HEALTH SERVICES

The Fairfax-Falls Church Community Services Board's Merrifield Center offers a new stand-up information

kiosk. Part of a pilot project, the new feature aims to improve the customer service experience and decrease wait times for individuals who are seeking mental (behavioral) health services. To check in, individuals respond to five simple questions, then the CSB's Patient Track software alerts staff. Based on clinicians' schedules and availability, as well as the needs of the client, individuals are triaged and seen by the next available staff member. For more information on available services, call the CSB at 703-383-8500 (Monday-Friday, 9 a.m.-5 p.m.). In an emergency 24/ 7, call CSB Emergency Services at 703-573-5679 or the Fairfax Detox Center at 703-502-7000 (TTY 703-322-9080).



ASSIFIED

Notice of Availability of an Environmental Assessment

Legals

and Draft Finding of No Significant Impact for Implementation of the 2018 Integrated Natural Resources Management Plan Fort Belvoir, Virginia

Legals

Interested parties are hereby notified that the U.S. Army Garrison Fort Belvoir has prepared an Environmental Assessment (EA) and a Draft Finding of No Significant Impact (FNSI) in accordance with the National Environmental Policy Act (NEPA) of 1969, and regulations implementing the procedural provisions of the NEPA, 40 Code of Federal Regulations (CFR) 1500-1508, and Environmental Analysis of Army Actions, 32 CFR 651. The EA analyzes the potential environmental impacts that may occur as a result of the implementation of the 2018 Integrated Natural Resources Management Plan (INRMP) for U.S. Army Garrison Fort Belvoir.

The EA is incorporated by reference in the Draft FNSI. Based on the EA, the Army has determined that implementation of the Proposed Action would have no significant adverse direct, indirect, or cumulative effects on the quality of the human or natural environment. Therefore, an Environmental Impact Statement will not be prepared.

A copy of the EA and Draft FNSI are available for review and comment at the following libraries: Fort. Belvoir MWR Library, and Fairfax County Public Library at the following locations: Lorton Branch, Sherwood Regional Branch, and Kingstowne Branch. The documents are also available at: http:// www.belvoir.army.mil/enviroridocssection2.asp. Comments on the EA and Draft FNSI should be submitted by mail to Mr. Felix M. Mariani, Fort Belvoir DPW Environmental Division, Building 1442, 9430 Jackson Loop, Fort Belvoir, VA 22060, or usarmy.belvoir.imcom-atlantic.mbx.enrd@mail.mil. Comments must be received no later than 30 days after publication of this Notice of Availability.



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Comparatively Speaking

By KENNETH B. LOURIE

After writing such an emotional column last week ("A Relative Unknown"), I'm having a little trouble finding footing for my pen for this week's column.

It reminds me of thoughts I had about continuing to write my "Everything in general about nothing in particular"-themed columns – which I had published in The Connection from December 1997 through May 2009, after I received my terminal cancer diagnosis in late February, 2009. How could I continue to write such lightweight nonsense after being given a "13 month to twoyear" prognosis?

Not that my intention writing forward was ever to immerse you regular readers in self-indulgent Kenny at his self-important worst. Hardly. It was more that I had a need and apparently, an ability, to write about my cancer experiences with a similarly light touch as I had previously done so discussing everyday topics dating back 12 years or so.

Those columns, as you incredibly regular readers may recall, ranged from the sublime to the ridiculous, including everything in between. However, they never mentioned politics, current events, personalities in the news or anything of substance, quite frankly.

To give you a few examples: "Armed and Dangerous," a column about drivers who drive with their left arms hanging out the driver's side window (one of my mother's favorites); "Sole Man," a column about seeing so many single shoes lying by the side of the road; "Registering a Complaint," a column about the new (at the time) self-checkout registers at supermarkets; and "Victim of 'Soycumstance,'" a column about why there are always so many packets of soy sauce in Chinese carry-out, and so many more, hundreds in fact, about "everything in general ..."

For me, they were – and continue to be, an amusing diversion/avocation which enabled me to pursue my passion and dream about writing a syndicated climate from a warm climate, preferably one with an ocean view, while maintaining my day job. A day job which I still maintain. And though the challenge for maintaining both may be greater now than ever, us true believers in the newspaper business will continue to read and write as best we can, in print and online.

Now, throw in a cancer diagnosis, which at the outset was extremely discouraging, and you might wonder how any of this makes sense. Well, perhaps it didn't. But perhaps having tasks and responsibilities was exactly the kind of regularity that a cancer patient given a rather grim prognosis needed, consciously, and maybe more importantly, subconsciously.

Somewhere in my head (or wherever one's subconscious exists) going on about life as if nothing was particularly life threatening (heck, more like life ending, at age 54 and a half, no less) perhaps was the kind of antidote my body needed. Though told then – and now, that there's no cure for what ails me: non-small lung cancer, stage IV, nevertheless, I am still alive nine-plus years later, "advocating" and "vocating."

However, maintaining my status quo; reading, writing and "'rithmeticking" doesn't generally make me cry as writing last week's column did. And in living long enough to experience what I wrote about last week, I am always grateful to whomever/whatever power is responsible for yours truly being here, there and everywhere (also a reference to the name of the first song, by The Beatles, that Dina and I danced to as husband and wife).

Amazingly, life goes on, as does this column. But fortunately, for you irregular readers, not for much longer.

Have written this far, I think I've transitioned now from an extremely emotional experience: meeting my cousin from Argentina to an unemotional/normal one: life in the mundane and boring Kenny Iane. A Iane I hope to continue to travel. At least I hope so, anyway.

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



News



Baseball legend Cal Ripken Jr. at Roy Rogers Restaurant in Alexandria July 16.

Ripken Jr.

From Page 1

with them to raise money for the Cal Ripken Sr. Foundation."

The Alexandria location was the first in the area to feature an appearance by Ripken Jr.

"We found out about a month ago that Cal would be coming to our store," said Jason Hunt, who owns the franchise with his brother Stuart. "I grew up collecting his baseball cards and was very excited that he was coming here. He's a hometown hero and this has been quite a response."

Fans of all ages waited in a line that wrapped around the building for a chance to meet Ripken Jr. including Alexandria resident Chase Baake, who was celebrating his 8th birthday with his mother Paula.

"I am so excited that he signed my baseball," said Chase, who said he learned of the event on Facebook. "This is the best birthday ever."

Ripken Jr., who played for 21 seasons with the Baltimore Orioles, set one of baseball's most famous records in 1995 when he surpassed Lou Gehrig's mark of 2,130 consecutive games played, earning the nickname "The Iron Man." He retired in 2001, the same year he and his brother Billy founded the Cal Ripken Sr. Foundation in honor of their father.

The Maryland-based restaurant chain announced the partnership with Ripken Jr. earlier this year as a way to celebrate the history of the franchise and raise money for the Cal Ripken Sr. Foundation through the sale of a commemorative 44 ounce drink cup. For each cup sold, 50 cents will be donated to the Ripken Foundation, which uses sports-themed activities to bring police officers, youth partners and underserved children ages 9 – 14 together through youth development and mentorship programs.

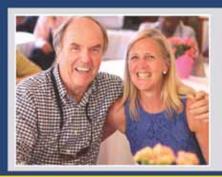
"With their philanthropic side, this seemed a natural match," Ripken Jr. said of Roy Rogers.

According to Roy Rogers co-president Jim Plamondon, the company was founded in 1968 with the first restaurant opening in Falls Church. There are now 53 restaurants in six states with plans to expand.

"Our father founded the company when he was an executive with Marriott," said Plamondon, who runs the company with his brother Peter Plamondon. "We grew up in this area and can relate to the relationship Cal had with his father and his connection to the community."



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Updates include: \$140k

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Classic Colonial!

Classic Southwood Colonial

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communities. Home is in

fabulous condition and has

ver front community just



CHRISTIE'S

8900 Camden St.

\$685,000 Generous square footage

6 Bedroom/3 Bath home with

open floor plan enhanced

with family room/sunroom

addition with cathedral light

oak ceiling. Deck off

421 Old Mt. Vernon Rd.

\$668,500

Rare Opportunity!

Rare mid-century design with private pool scene makes for

ideal setting. Many updates

to this 4BR/ 3.5 BA home

columned fron

Expansive bright

stately

sunroom addition overlooks expansive back yard. Paved driveway leads

Just Listed!

to oversize two car garage with work area. Great value!

portico!

4306 Robertson Blvd \$795,000 Well updated Colonial! Privately situated 5 Bed/3.5 Bath colonial in prime Mount Vernon area bordering parkland Over \$150k vested by current owners updates and i n

improvements. Updates include: Kitchen, all baths, roof, finished basement, HVAC, professional landscaping, and the list goes on! Great opportunity for more in ready fully updated 3.500+ sq ft home!

Just listed! | Open Sunday



9411 Mount Vernon Cir. \$985,000 Mt Vernon on the Potomac! Stately brick colonial

offers it all!

area's premier water front community. Over 6,000 sq ft of luxury! Features Include: Estate size rooms, high

ceilings, three finished levels, four BR's including 3 room master suite with stunning bath, elegant trim detail, hardwood floors, extensive rear decking, oversize 2 car garage. Located in cul-de-sac with river access.

New Price!



4519 Dolphin Ln \$565,000 Great Potential! abulous large rambler with uge potential. Gorgeous alf acre lot just steps from Mt. Vernon Yacht Club

Features include large room sizes, open floor plan, eplacement windows, finished lower level with direct outside access,

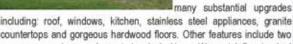
sun room and over sized carport. Excellent value in Yacht Haven

Yacht Haven Estates!



LONG & FOSTER

CHRISTIE'S



countertops and gorgeous hardwood floors. Other features include two car garage and expansive exterior deck. Home Warranty! Great value!

(2016), Kitchen redesigned including appliances (2015), Windows (2016

& 2005), Exterior HVAC unit (2010), the list goes on! This custom gem

Just Listed!

Southwood!



Classic Colonial! Classic three level Colonial with 4 Bedrooms, 3.5 Baths and garage. Special features nclude: 4 Bedrooms on upper level. Master suite with dressing area and ample

4118 Robertson Blvd

\$575,000

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!

Classic Colonial!



\$565,000 Great Potential Expansive classic Colonial in pristine condition. 5 Bed/3.5 Bath home incl dramatic entry foyer & excellent flow through main level, master suite includes spa like bath &

4519 Dolphin Ln

spacious walk in closet. Finished basement includes bedroom & full bath as well as double doors to walk out stairs to back yard. Not a better deal to be found for a home of this caliber in the Mt Vernon area!

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\$819,500 Updated Colonial! Extensively updated

Bed/2Full/2Half Bath home in prominent Mt. Vernon location. Major updates include: Kitchen, windows, doors, roof, exterior painted,

many more! 4 fireplaces including one in master sitting room enhanced by jaw dropping bath and walk in closet. Don't want to miss this opportunity!



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! **Resort like Pool!**



\$595,000 Great Opportunity! Rare Fort Hunt Colonial for under \$600k. Spacious 4 Bedroom

8620 Fort Hunt Rd.

featuring large oom sizes, excellent floor plan with hardwoods, Andersen replacement

windows, freshly painted, & huge two car garage. Screen porch overlooks gorgeous level lot. Stratford landing school

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16 & Mount Vernon Gazette & July 19-25, 2018

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