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Restoration of Dyke Marsh Begins

1,500-foot breakwater being constructed.

BY GERALD A. FILL
THE GAZETTE

The National Park Service and U.S. Army Corps of Engineers have started construction on an approximately 1,500-foot breakwater at Dyke Marsh Wildlife Preserve.

In an Aug. 8 press release, the park service stated: "The breakwater will help protect the marsh from erosion, shield the marsh from storms and encourage the accumulation of sediment, which is necessary for marsh regeneration. The first part of the breakwater construction will involve placement of rock baskets, known as marine mattresses, in the Potomac River to establish the base of the structure and provide stability for subsequent materials."

Glenda Booth, president of the Friends of Dyke Marsh praised the announcement: "A fully-functioning Dyke Marsh can help buffer the Mount Vernon community from storms that come up the river and provide some flood protection since wetlands perform like sponges and can absorb floodwa-



Commemorating the announced start of Dyke Marsh restoration are Dorothy McManus, board member, Friends of Dyke Marsh, and Chief of Staff of U.S. National Park Service Aaron Larocca at the entrance to Dyke Marsh Wildlife Preserve on Aug. 8.

ters. Congress created the National Park Service to preserve and protect our nation's greatest treasures. The Dyke Marsh Wildlife Preserve is one of those treasures. Dyke Marsh will be completely gone by 2035 without restoration action [according to] the U.S. Geological Survey. Congress directed that the Dyke Marsh Wildlife Preserve be restored. The Friends of Dyke

Marsh are very pleased that restoration, for which we have advocated since our founding in 1976, has finally begun."

Construction of the breakwater started in July and is expected to take up to 18 months. Marsh restoration work will begin following the completion of the breakwater, according to the park service. Through the Dyke Marsh Restoration Project, the Na-

tional Park Service and U.S. Army Corps of Engineers will restore portions of one of the largest remaining freshwater tidal wetlands in the Washington metropolitan area. Once completed, this project will support habitat for a variety of plants and wildlife, act as a natural filter to clean the Potomac River and provide a storm buffer for the historic and scenic George Washington Memorial Parkway. It is estimated that the southern portion of Dyke Marsh has existed for 2,200 years, and the northern marsh has existed for 500 years. This project will focus attention on the northern marsh. Dyke Marsh supports 239 species of resident and migratory birds and contains the only known nesting habitat in the area for state and regionally rare species such as least bitterns and swamp sparrows. The marsh supports 300 plant species, including rare state species such as river bulrush, Davis' sedge and rough avens. It also provides habitat for 38 species of fish, 30 species of reptiles and amphibians, and more than 6,000 species of arthropods, according to the park service.

The National Park Service completed the Dyke Marsh Restoration and Long-term Management Plan in 2016. The environmental compliance documents are available at: <https://parkplanning.nps.gov/projectHome.cfm?projectID=20293>.

PHOTO BY GERALD A. FILL/THE GAZETTE

Prepared To Manage Deer

Officials hold public information meetings ahead of program launch.

BY ANDREA WORKER
THE GAZETTE

Saturday, Sept. 8, marks the start of the Fairfax County 2018-2019 Deer Management Program.

There are probably very few county residents who can claim to have never seen a deer in their travels around our region. Sadly, quite a few can claim having experienced an up-close-and-personal whitetail encounter on the roadways.

In a 2016 study, Virginia was ranked 13th in the nation for the number of deer-vehicle collisions. The latest study by State Farm In-

surance companies puts the Commonwealth in 11th place. Since 2010, the state has averaged 111 deer-vehicle collisions reported annually, but those numbers are probably underestimating the actual events according to Dr. Katherine Edwards, the county's

SEE DEER, PAGE 3



Deer by the roadside: Saturday, Sept. 8, marks the start of the Fairfax County 2018-2019 Deer Management Program.

PHOTO BY COLIN DIXON



PHOTO BY MIKE SALMON/THE GAZETTE

World Elephant Day

Fresh from the Hollin Hall bakery, these elephant cupcakes were being served on Sunday, World Elephant Day 2018 at Unwined in Belle View. Mount Vernon resident Drusti Naik was on hand to speak about elephants.



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Deer Management Program Explained

FROM PAGE 1

wildlife management specialist.

"The real number could be three or four times higher than that," said Edwards, noting that the Virginia Department of Transportation is called to pick up 1,500-1,600 deer carcasses each year and that field work has also shown that probably only 25 percent of the deer who are hit actually die on the roadside.

Edwards, along with Sgt. Earit Powell of the Fairfax County Police Department, and Kristen Sinclair, an ecologist with the Fairfax County Park Authority, are the county officials charged with the supervision of the program and they have been hosting a series of public information meetings prior to the launch to explain the logistics and answer any questions or concerns from citizens.

The trio have already hosted two meetings; one at Fairfax County Government Center, and a second at the North Government Center in Reston.



From left: Sgt. Earit Powell, Fairfax County Police Department; Dr. Katherine Edwards, county wildlife management specialist; and Kristen Sinclair, county Park Authority ecologist, meet with the public at the North Governmental Center in Reston to discuss the upcoming deer management program, slated to begin on Sept. 8.



Deer by the roadside: Saturday, Sept. 8, marks the start of the Fairfax County 2018-2019 Deer Management Program.

THE SESSIONS OPEN with a bit of history explaining that public safety was the impetus behind the development of the program.

Following a fatal deer-vehicle collision in 1997, and public demand for local government to address the issue of deer population, the Board of Supervisors mandated that a strategy to control the deer population in the area be put in place. The strategy addressed public safety concerns and also the increasing damage being done by the deer to private property and ecosystems of public parklands.

Today, the deer management program is implemented by the Fairfax County Police Department in partnership with the Fairfax County Park Authority and the Northern Virginia Regional Park Authority.

Powell heads the deer harvest operations. Edwards is the wildlife management specialist, and Sinclair is the expert on all things related to the natural environment which the deer inhabit — and which they are in danger of permanently damaging.

The over-browsing of the parklands by deer is "hindering forest regeneration," said Sinclair, by their consumption of seedlings and saplings, shrubs and bushes, changing the very composition of the forest over time.

Gathering accurate data on the deer population and their ecological impact continues to be challenging, Sinclair admits, but efforts have been increased and scientifically improved over the last several years.

She oversees hundreds of "browsing plots" throughout the county's park system and in conjunction with the Northern Virginia Regional Park Authority.

The ecologist provided data showing that the impact of unchecked deer populations on parklands allows for the proliferation of non-native, invasive plant species and slowly erodes the biodiversity of these habitats.

"Over-browsing by deer can lead to a loss of ecosystem services," said Sinclair, "negatively affecting native plants, insects and birds in the area."

THERE ARE THREE methods of deer harvesting that the county employs, all permitted under the Commonwealth's Department of Game and Inland Fisheries: archery, managed firearms hunts, and sharpshooting conducted at night by police personnel in closed-park situations.

❖ Archery is the number one management tool as it has been shown to harvest the most deer with the highest degree of safety for hunters and for the general public in such high-density areas as Fairfax

County. The archery harvest will run from Sept. 8 through Feb. 23, 2019.

The hunters must complete a bow hunting education course, pass proficiency tests and criminal background checks before being assigned to a hunt cluster under the oversight of a cluster supervisor. Each hunter has a personal ID number and their equipment should be marked with that number. All activity by the hunters is logged into a database within 24 hours and are monitored.

"They are also required to field dress any deer they harvest, and to remove the carcass covered and as discreetly as possible," said Powell.

The hunts are conducted from 30 min-

utes prior to sunrise to 30 minutes past sundown. Parks remain open during the harvests, but Powell notes that every precaution to protect citizens is taken. Hunting can only be done from raised deer stands using the ground as the backdrop. Hunters must remain 100 feet from any private property line, and at least 50 feet from a trail. Entering private property is strictly prohibited without the consent of the property owner.

"We have had zero safety incidents," said Powell, "and we work diligently to keep things that way."

Questioned about "wounding rates" versus proven kills, Powell insists that every effort is made to track "unrecovered hits." Powell himself can take to the woods to try and find a wounded animal or determine if the deer died later from the hit. The wounding rate between 2014-2018 is between 4-to-7 percent. "But even that is too high," added Edwards, who vows that they will keep working to reduce that number.

❖ Managed firearms hunts have been scheduled in the Sully Woods area, on Wednesday, Nov. 28, Wednesday, Jan. 9, 2019, and Wednesday, Feb. 6, 2019. Again, strict control and supervision is employed to ensure hunter and public safety. Hunters are assigned tree stands by 6 a.m. and the hunt concludes with all participants vacating the stands by 1 p.m.

❖ Planned night time sharpshooting operations by specially-trained police personnel are scheduled for the Annandale Community Park, Bull Run Regional Park, Huntley Meadows/Dogue Creek Stream Valley, and Loftridge Park/Clermont Park. Officials are also considering sharpshooting at Fryling Pan Farm Park.

These operations will be conducted between November 2018 and March 2019, but no hunts will take place over the Thanksgiving holidays or during the winter holiday season between Dec. 19, 2018 and Jan. 2, 2019. The venison from the harvest is

donated primarily to homeless shelters through the nonprofit "Hunters for the Hungry."

Hunting deer as a method of controlling their population is not always met with approval. Some residents object to destroying an animal that is just trying to survive in a vanishing wilderness. But as Edwards explained, other, non-lethal methods like tagging deer with birth control drugs or sterilization "just haven't proven effective or are cost prohibitive, although we continue to stay up to date with the latest research and will adjust our program accordingly."

THE DEER MANAGEMENT program is ultimately about public safety, said Edwards, "and the protection of the environment, and about helping sustain a population of healthy deer as part of our natural surroundings."

There is one more public meeting scheduled for Thursday, Aug. 16, at 7 p.m. at the Mount Vernon District Police Station Community Room at 2511 Parkers Lane in Alexandria. A complete list of the parks where deer harvesting will take place, and the methods that will be employed at each, including dates for managed firearm and sharpshooting operations, is available on the county's website at www.fairfaxcounty.gov/wildlife/deer-management-program. The site also provides historical data on the numbers of deer harvested in past operations by location, by method, and by sex and more information about the logistics, requirements, and frequently asked questions.

Edwards, Powell and Sinclair welcome comments and questions from residents of the county, and are more than willing to speak with local groups, HOAs and other organizations, or private citizens looking for advice on how to coexist with hooved neighbors. Their contact information can be found on the website.

"We have had zero safety incidents, and we work diligently to keep things that way."

— Sgt. Earit Powell, Fairfax County Police Department

\$182 Million Sought for Public Safety

By KEN MOORE
THE GAZETTE

The county will ask voters to approve \$182 million to renovate, expand and replace fire and police department and Circuit Court facilities on election day, Nov. 6.

Fairfax County Board of Supervisors authorized the \$182 million public safety bond referendum at its July 31 and June 19 meetings.

\$73 million would be earmarked for improvements to four fire stations — Mount Vernon (\$16 million), Fairview (\$16 million), Gunston (\$13 million), and Seven Corners (\$13 million) — that are all 37 years or older.

The county fire stations require the replacement of major building subsystems, such as HVAC and electrical systems. And facility improvements would expand equipment bays to provide adequate space for apparatus and space for staffing requirements, as well as to enhance bunk-rooms and locker facilities for male and female personnel, according to county documents. There were few if any female fire and rescue personnel 37 years ago.

An additional \$15 million would be used to improve one of the eight volunteer station that is more than 40 years old.

"Staff is currently reviewing the various capital needs of these eight volunteer stations and would return to the board with the follow-on recommendation for station specific capital improvements," according to county documents. "In addition, the bond includes temporary fire stations to maintain operations during construction."

THE POLICE DEPARTMENT would receive \$59 million: \$18 million to renovate and expand the Mason District Station which was built in 1975; \$18 million to renovate and upgrade its Criminal Justice Academy used to train 2,300 officers, deputies, and police and sheriff's recruits from the county police and sheriff offices as well as the towns of Herndon and Vienna; and \$18 million to renovate, expand or replace the Police Evidence Storage Building used to store evidence for court cases.

The Mason District Station, built in 1975, does not have adequate office, storage, workout, or interview spaces to support operations, according to county documents, and needs upgraded building systems and infrastructure improvements.

The Police Evidence Storage Building also houses the warrant desk and the victim services section.

"Adequate climate controlled storage is needed to properly store this property in an organized manner. Strict accountability and oversight are also necessary to meet accreditation standards," according to county documents. Currently, "the second and third floors are not able to adequately support high density storage, which limits storage above the first floor of the building."

THE ADULT DETENTION Center needs \$45 million of improvements to three wings of the detention center, including plumbing, electrical, HVAC, elevator and fire protection systems as well as security and camera equipment. \$5 million would be used to improve the Jennings Judicial Center.

"The original Jennings Building was completed in the early 1980s and the courtrooms have been in constant use by the public since that time. To keep them operational and enhance their efficiency, these courtrooms require improved lighting, ductwork realignment, ADA upgrades, carpeting, wall and ceiling replacement/repairs, refinishing of the gallery benches, renovation of the jury rooms and technology upgrades," according to county documents.

BY LAW, the money from the bonds may

Bond Referendum Verbatim

Shall Fairfax County, Virginia, contract a debt, borrow money, and issue bonds in the maximum aggregate principal amount of \$182,000,000 to provide funds, in addition to funds from public safety facilities bonds previously authorized, to finance, including reimbursement to the County for temporary financing for, the costs of public safety

only be used for the purpose stated in the ballot question.

"While the project lists for the public safety bonds represent the current proposals regarding what projects to fund, the ballot question is phrased more generally, to allow the board flexibility as to precisely which projects to fund with the bond proceeds," according to county documents.

The Office of Public Affairs traditionally prepares and distributes an informational

facilities, including the construction, reconstruction, enlargement, renovation and equipment of civil and criminal justice facilities, police training and operational facilities and stations, fire and rescue training facilities and stations, including fire and rescue stations owned by volunteer organizations, and the acquisition of necessary land?

pamphlet that is mailed to all county households to help inform the public about the referendum. The pamphlet will be translated into the most widely spoken non-English languages in the county, including Korean, Spanish, and Vietnamese.

Voters will be asked to vote "yes" or "no" on the public safety bond question. If ultimately approved, the county plans to sell \$182 million in general obligation bonds to make the renovations and improvements.



MOUNT VERNON LEE CHAMBER PHOTO

Public School-College Partnership

A high school in a college will be located at the Original Mount Vernon High School as a partnership between Northern Virginia Community College (NVCC) and Fairfax County Public Schools (FCPS). Dr. Annette Haggray, provost of the Alexandria Campus of NVCC, discussed the plans at the Aug. 9 business breakfast hosted by Mount Vernon Lee Chamber of Commerce. High school students would be able to earn both a high school degree and a two-year associate's degree, or up to two years' credit toward a bachelor's degree. Karen Corbett Sanders, chair of FCPS, noted that it will still take several years before this high school is opened as the planning is still in the beginning stages. Above are Christine Morin, chief of staff for Supervisor Dan Storck; Sanders, FCPS chairman; Del. Paul Krizek; Scott Stroh III, Chamber chairman; Haggray, NVCC; and Sonja Caison, Chamber president.

Correction

In "Enjoying National Night Out in Mount Vernon [Mount Vernon Gazette, Aug. 9], the article should have stated the musical group Current Situation has four members. The article left out Mary Bowers, vocalist who also plays guitar and accordion.

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IN MEMORIAM



Gene Pauline Hine Ives with her flight instructor, 1942.



Gene Pauline Hine Ives with a Mother's Day bouquet.

PHOTOS CONTRIBUTED

Remembering Gene Ives

Artist, pilot, quilter, and mother.

BY SUZANNE IVES DUNKLEY

One year ago on Aug. 22, 2017, my mother, former Alexandria resident Gene Pauline Hine Ives, died in Melbourne, Fla. after suffering a stroke. She was 94 years old and was born on June 13, 1923 in Washington, D.C. at Walter Reed. Her father and longtime Alexandria resident Col. Henry Chester Hine, Jr. was an Army officer stationed in the area at the time with her mother Norvell Pauline, who was the daughter of soon-to-be Chief of Chaplains Julian E. Yates. She had a sister Janet Hines and a half-sister Page Billig, both now deceased. Before moving to Florida, she was a resident of Alexandria and Fairfax County for 37 years beginning in 1962.

Gene had five children with her adoring husband of 60 years, Col. Robert Northrup Ives, who passed away in 2006. They are, in order of birth, Sheryl Lindgren Ives Kearsley of Albuquerque, N.M.; Robert Northrup Ives, Jr. of Laguna Niguel, Calif.; Suzanne Pauline Ives Dunkley of Alexandria, Va.; Sheila Janet Aemilia Ives of Burnsville, N.C.; and Russell Chester Phillip Ives of Annapolis, Md.

My name is Suzanne and I am Gene's third child. Our memories of my mother are tales of beauty, joy, laughter, courage, and love. Beauty, because she was flat-out gorgeous. As a young woman with that shiny dark hair and those bright blue eyes, she would be stopped by strangers and asked if she was a movie star, and not just once — often. Even when she got decades older, many people — including her doctors — thought she was much younger.

Joy, because she always made you feel she was just so glad to see you. I remember when my husband Michael and I surprised her with a visit a few years ago. She opened the door and when she saw me there, her mouth dropped open, she cupped my face in her hands, and through her tears she cried, "It is you! It is you!"

Laughing came easily and was one of Mom's favorite pastimes. When she really got going she always looked a little embarrassed and mischievous, as if she were getting away with something. Though she did not write it, she shared a short poem with some of us that really made her giggle.

"May the light always find you on a dreary day,
When you need to be home, may you find your way,

May you always have courage to take a chance,
And never find frogs in your underpants."
Ask her how she was, and Mom would smile and say, "Fine as frog's hair!" Thanks to Mom, I find that it actually makes one feel better to say, when asked, "Why, I'm fine as frog's hair!"

Taking a chance was something Mom excelled in. To say she was a bit of a daredevil is no exaggeration. As a young teenager at Fort Myer in the District, she loved to swan dive off the high platform at the post swimming pool, a feat shunned by many of her contemporaries. She was also a competitive swimmer and was very proud of her silver medal from a swim meet. Water was not her only element, however. She was at home in the air, too. At Fort Bliss, Texas toward the end of World War II, she learned to pilot a plane for the Civil Air Patrol, although those wings were not always shiny. As she was taxiing for takeoff on her first solo flight, a gust of wind flipped over her little Piper Cub, breaking off the propeller which still exists today. She eventually made it into the air, but not that day. As it turned out, all the other flights had been grounded and her instructor should not have made her fly.

She had met the handsome Bob Ives when they were teenagers in the Philippines just before World War II. She reunited with him not long after he graduated from West Point in 1945. Though their marriage cut short her flying career (for a brief time she even outranked him), she did soar to new heights in childrearing and had five children, six grandchildren and, at last count, four great-grandchildren.

Gene was a lover of the arts. A career woman in mid-life, she was a graphic artist for the U.S. Government (having been employed at the National War College in Washington, D.C.) and had been designated in the 1960s to accompany dignitaries to a nuclear shelter should the need arise. She was a painter for most of her life and later became an accomplished and prize-winning quilter. Although it is accepted practice now to quilt by machine, she, like many of her fellow quilters at the time, designed and made all of hers completely by hand — stitch by careful stitch. Locally, she had been a member of Mount Vernon Quilters Unlimited. One of her quilted wall hangings, which was based on Mary Cassatt's painting "The Boating Party," was in a special exhibit at the DAR Museum at Constitution Hall in the 1990s. She was also a member of local book and garden clubs in the White Oaks area of Mount Vernon, as well as an avid opera lover who subscribed to Kennedy Center performances by the Washington

SEE REMEMBERING GENE IVES, PAGE 14



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Alex/Stratford Landing \$564,900
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Alex/Wessynton \$629,000
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Alex/Vernon on Potomac \$595,900
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Alex/Mt. Vernon Forest \$614,900
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OPINION

Freedom of the Press, Friend of Democracy

Under attack, abroad and now at home.

The press is protected in the U.S. Constitution by name in the First Amendment. The founders recognized the key role that newspapers would play as watchdogs for all layers of government, a key ingredient in a successful democracy. Newspapers have played that role well.

Newspapers have been under assault by technological and economic forces for years. Some of the harm done to government and the public good when newspapers close was documented in recent study, “Financing Dies in Darkness? The Impact of Newspaper Closures on Public Finance.”

But now newspapers and other news outlets are facing for the first time a sustained attack from the 45th President of the United States.

It is the role of the President of the United States historically to inspire the American people by words and actions. This president has hammered away at the press in general and reporters specifically.

Today we join hundreds of other newspapers to identify the danger involved when the leader of the free world invokes the language of dictators and authoritarian rulers in attacking the credibility of the press, referring to it as “the enemy of the people,” Calling our work “fake news.” There are many nastier quotes that we

choose not to repeat here.

The editorial board of Boston Globe made a national call to action for all newspaper editorial boards — both large and small, rural, suburban and metro — across the country to publish a coordinated response to the president’s “enemy of the people” rhetoric today, Aug. 16. “We propose to publish an editorial on Aug. 16 on the dangers of the administration’s assault on the press and ask others to commit to publishing their own editorials on the same date,” the Globe editorial board wrote.

Journalism is a dangerous occupation in many other countries, usually not here in the U.S.

But the fear local journalists feel increased close to home here after the murders of five in the newsroom of the Capital Gazette in Annapolis recently.

One member of Connection Newspapers staff is Kemal Kurspahic, who shares with us his first-hand experience of running a newspaper from a war zone when information was desperately needed by the besieged residents of Sarajevo. Kurspahic is managing editor for The Connection Newspapers. He was the editor-in-chief of the Bosnian daily Oslobodjenje in Sarajevo, Bosnia Herzegovina, 1988-94. Under his leadership the paper published every day from the atomic bomb shelter below Oslobodjenje’s shelled skeleton of a building during the siege of Sarajevo.

He was critically injured himself when a vehicle taking him to his newsroom crashed as it traveled at high speed down “sniper alley.” The International Press Institute named Kurspahic

First Amendment

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances.

one of its first 50 World Press Freedom Heroes in 2000.

Here at Local Media Connection, we are unified in our mission to benefit the community. We are blessed to work in a place where we know violence is rare, and our efforts are more often appreciated than cursed. We won the 2016 Virginia Press Association Award for Journalistic Integrity and Community Service, the Virginia Press Association’s highest award, for coverage and editorials leading to police reform in Fairfax County. We last won the award in 2011 “for exhaustive coverage of homelessness in the newspaper’s circulation area.” First place for “in depth and investigative reporting” went to our series on teen sex trafficking. We’ve focused on efforts to feed hungry children right here. We feature good works by members of the community in our 15 papers every week. We’re fighting the good fight in the face of devastating economic forces, changes in advertising patterns and huge newsprint increases.

We shouldn’t have to fear thinly veiled calls for violence and hatred from the leader of our nation.

— MARY KIMM

Improving Fire Marshal Inspections

BY HOLLY HICKS DOUGHERTY

EXECUTIVE DIRECTOR

MOUNT VERNON LEE CHAMBER OF COMMERCE

Fairfax County’s Fire Marshal office has adopted reforms advocated for by Mount Vernon Lee Chamber that will improve the way businesses receive inspections and allow businesses to provide comments on the service received.

Here’s how it happened. As part of the Fairfax County Fire & Rescue Department’s strategic planning process, the Chamber sent a letter that encouraged a review of the Fire Marshal office as part of the strategic planning. We encouraged specific procedures that could improve the interaction between businesses and fire marshals.

As a result of this letter, then Fire Chief Bowers called and set up a meeting between the Chamber leadership and himself and top officials in the FCR&RD. At this meeting, Jane Gandee, ServiceMaster Restore; Scott Stroh, Gunston Hall; Sonja Caison, The Cleaning Authority; Chris Reddick, The National Capital Bank; Phyllis Sintay, McEneaney Associates; and myself represented the interests of the business community. These business leaders who volunteer their time with the Chamber are very effective advocates and as an organization we have influence.

We discussed two specific initiatives that

could improve the customer service aspect of the Fire Marshal office. The first was project-based inspections or assigning the same Fire Marshal to a project from beginning to end rather than have one inspector give certain instructions followed by another inspector who would give different or additional instructions. This reform has been adopted. It was an idea whose time had come.

The second recommendation was a customer service survey for those who had received a Fire Marshal visit. The Chamber made the point that this is standard procedure for businesses now to want to know how their employees perform in their interactions with the public. This recommendation has also been adopted.

After a visit by a Fire Marshal you can now visit <https://www.surveymonkey.com/s/9R99VMX> and take a survey that begins, “In our effort to efficiently and effectively meet your needs, please evaluate your most recent experience with our Inspections staff and services by completing this short survey. Your feedback will help us better identify and address issues impacting those like yourself, whom we serve every day.”

The survey can be anonymous if you desire or if you would like a supervisor to contact you regarding the visit then you must leave your contact information. This is a huge victory for businesses. When you receive a visit from the Fire Marshal’s office please take the survey and provide comments.

These are very positive steps for small businesses in their interactions with Fairfax County staff. Consistency in the inspection process will assist all business development and operations. The opportunity to provide feedback on an inspection or inspector will benefit all parties.

Fairfax County Fire & Rescue Department is to be commended for adopting these commonsense procedures to help businesses and promote public safety. Please take a minute and thank Battalion Chief John L. Walser, Fire Prevention Services, FCR&RD for making these reforms. He can be emailed at john.walser@fairfaxcounty.gov

Write

The Gazette welcomes views on any public issue.

The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor
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1606 King St.
Alexandria VA 22314
Call: 703-917-6444.
By e-mail:

gazette@connectionnewspapers.com

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THE CONNECTION

Newspapers & Online

SPECIAL PULLOUT TAB

Newcomers & Community Guide

August 22, 2018

The annual Newcomers and Community Guides for each of our 15 communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more.

Including the history, schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made, a calendar of events and other vital community information.

Due to the popularity and long shelf life of this issue, an overrun of the publication is made to meet demand. Extra copies are delivered to select Chambers of Commerce, Realtors, Citizens' Associations and local government.

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PHOTO COURTESY OF TERRI'S TABLE

Cutting fresh produce into bite-sized pieces can make school lunches appealing to children, advises Terri Carr of Terri's Table.

Lunches That Make the Grade

Ideas for packing healthy foods that children won't want to trade.

BY MARILYN CAMPBELL

For many children, one of the exciting back-to-school rituals is selecting a new lunchbox. For parents, that means choosing midday fare to pack in those lunch-pails. While fresh ideas for healthy and satisfying meals may flow freely at the beginning of the school year, as the weeks pass, it can become easy to slip into a lunchtime rut of daily turkey sandwiches. Local nutritionists and culinary instructors offer ideas designed to serve up lunchbox love all year long.

"Making healthy lunches is just about parents educating themselves on the healthy food options that are available and then teaching their kids to make healthy food choices," said Mary Murray of Reston-based Teri Cochrane, Beyond Nutrition. "With my own kids, I just kept bad food choices out of the house so they didn't have those options."

Trade junk food favorites like potato chips for healthy alternatives like plantain chips, advises Murray. "Plantain chips are actually very good and they're also good for you and still have the crunch. If kids were to bring some extra to share with their friends, more kids will see that they're actually delicious."

"Protein and vegetables are remarkably important, but underrepresented," said Sara Ducey, professor, Nutrition and Food at Montgomery College. "A lot of carbs or snacks, stuff like chips, end up in children's lunchboxes because they have a social value for kids who feel like they're open to being judged."

There is a social component to lunchbox fare that should not be overlooked, continues Ducey. "Lunches should be exciting and appealing, especially when children are feeling like they might be judged," she

said. "Cutting fruit into larger pieces for example, keeps them from turning brown as quickly. A Granny Smith apples for example is less likely to turn brown than a Red Delicious apple."

Packing a lunchbox with foods that are hearty and nutrient-dense is a key to maintaining a feeling of satiety throughout the day, advises Ducey. "You want your kids to have a stable blood sugar," she said. "Beans are good for protein and keeping their blood sugar stable. Try things like white bean hummus, chili and stews and soups that are made with beans."

Involving children in the process of selecting and preparing the items that go into their lunch boxes is a key to increasing the chances that those healthy items will actually be consumed, advises Terri Carr of Terri's Table, a cooking school in Potomac, Md. "Children love to cook and the desire for cooking classes in this area is tremendous. Carr offers classes on cooking with children.

"Many kids will eat fresh baby carrots, celery and cucumber, which are also hydrating," added Carr. "Crunchy dried fruit like blueberry, apples and mangos can go in their lunchboxes instead of chips and they're usually a hit."

Replacing fruit juice with natural fruit water by soaking fresh fruit in water to add a burst of flavor without added

sugar is another option offered by Cochrane's firm. Stevia or monkfruit can also been added to sweeten the taste without increasing the sugar content.

"When it comes to beverages, children should only have whole milk and water in their lunchboxes," said Ducey. "Whole milk keeps the child fuller longer. Skim milk actually spikes sugar and they're full at first, but hungry soon after. And a hungry kid doesn't learn as well."

As important as the food that goes into a child's lunchbox are the containers that hold each dish, suggests Ducey. "Invest in good quality stainless steel containers and utensils rather than plastic," she said. "Plastic can transmit chemicals into your food, so stainless steel is a good alternative."



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Beautiful 2BR / 3.5BA home with hardwoods, 3 fireplaces (2 wood-burning and 1 electric), kitchen with table space, separate den/office, living room, family room, brick rear patio, crown moldings, and washer/dryer. Off street parking plus convenient to Old Town Alexandria, Reagan Airport and DC. MOVE IN READY!



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Sunny end townhouse was recently renovated and has private side entrance, open concept, hardwoods on main, moldings, updated eat-in kitchen, Master suite with 2 large closets and pull down steps to attic. Private fenced deck with built-in seating. 2 parking spaces. Community pool and tennis. Van Dorn Metro.



Mike Manuel 703.615.6317
SPRINGFIELD / Winston Knolls II \$ 500,000

4BR / 2BA split foyer home with 3BR on main level with kitchen, living/dining rooms. Wood deck off kitchen for easy outdoor entertaining. LL features family room with wood-burning fireplace and the 4th BR. 2-car garage converted into 1-car garage with utility room. Quick commutes to Ft Belvoir, Pentagon and DC.



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Fairlington Town \$ 409,990

It's all NEW! Gleaming refinished hardwood floors. New neutral paint, new light fixtures and ceiling fans throughout. New tile floors in kitchen, utility room and updated bathrooms with new modern toilets. Kitchen previously updated with stainless steel appliances. There is nothing left to do but move in and immediately begin enjoying this home..



Catherine Foltz 703.626.6914
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ENTERTAINMENT

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

ONGOING

Life Under the Sea. Through Aug. 26 at Potomac Fiber Arts Gallery, in Torpedo Factory Art Center, Studio 29, 105 North Union St., Alexandria. Real or imagined, the world beneath the waves calls to the artists for this show: Enchanted mermaids, coral, shells, sunken ships, fish, and glorious colors. Free. Visit www.Potomacfiberartsgallery.com or call 703-548-0935.

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.

Fine Art Photography Exhibit. Through Sept. 2 at Multiple Exposures Gallery, located in Studio 312 at the Torpedo Factory Art Center in Alexandria. Show features 30 images juried by Mark L. Power. Exhibition hours are 11 a.m.-5 p.m. daily, except Thursdays, 2 p.m.-8 p.m. Visit www.multipleexposuresgallery.com.

Art Exhibit: “A Murder in Bruges: A Cast of Characters.” Through Sept. 2, gallery hours at The Art League Gallery, 105 North Union St., Studio 21. Artist Ito Briones’s whodunit pays homage to the great mystery writers, from Sir Arthur Conan Doyle to Agatha Christie. This interactive exhibit, inspired by classic murder mysteries, presents viewers with a trail of clues that lead to a suspect hidden in plain sight; the murderer’s portrait is among the twenty five characters on display. Opening reception Thursday, Aug. 9, 6:30-8 p.m. Visit www.theartleague.org or call 703-683-1780.

Art Exhibit: Art, Light, and Metaphor. Through Sept. 2 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.

Ceramics Combust. Through Sept. 2 at Scope Gallery, 105 North Union St., Studio 19, Torpedo Factory Art Center, Alexandria. Featuring “Brilliance: An Exploration of Heat and Light.” Hours are Monday through Sunday from 10 a.m.-6 p.m., with Thursdays open until 9 p.m. Call Scope Gallery at 703-548-6288, visit www.scopegallery.org, www.torpedofactory.org/galleries/scope.

Ancestry Art Exhibit. Through Sept. 2, at Del Ray Artisans, 2704 Mount Vernon Ave., Alexandria. The “Ancestry” exhibit at Del Ray Artisans showcases how the diverse, vibrant cultures of our members come together to form one strong community. Visit www.DelRayArtisans.org/event/ancestry/.

Honoring Our Veterans Exhibit. Through Labor Day, at Gadsby’s Tavern Museum, 134 N. Royal St., Alexandria. Included in museum admission - Adults: \$5, Children (ages 5 -12): \$. After his service in



High-fire crimson horizon plate by Phyllis Roderer of Manassas, Va.



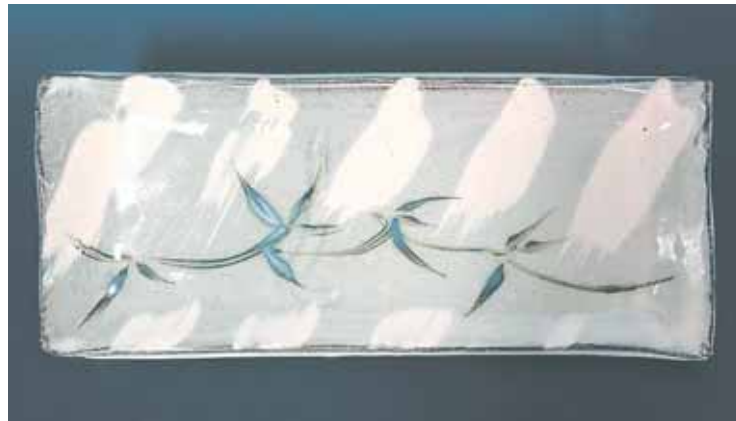
Jade celestial ceramic lantern by Pam Eisenmann of Springfield, Va.



Jade celestial ceramic lantern by Helene Vonnegut of Arlington, Va.

Ceramics Combust

“Brilliance: An Exploration of Heat and Light.” July 30-Sept. 2, at Scope Gallery, 105 North Union St., Studio 19, Torpedo Factory Art Center, Alexandria. Hours are Monday through Sunday from 10 a.m.-6 p.m., with Thursdays open until 9 p.m. Call Scope Gallery at 703-548-6288, visit www.scopegallery.org, www.torpedofactory.org/galleries/scope.



High-fire stoneware contrast tray with brushpainting detail by Jennifer Coffin of Fairfax, Va.

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.

“Dredging The Lethe.” On view through Sept. 14 at The Torpedo Factory Art Center, 105 N. Union St.



Blue Sky Puppet Theatre

The City of Alexandria’s Office of the Arts has collaborated with the National Capital Puppetry Guild for a series of monthly family-friendly shows. Saturday, Aug. 18, 10 a.m. and 11:15 a.m. at Durant Arts Center, 1605 Cameron St., Alexandria. Tickets are \$5. Visit alexandriava.gov/webtrac and search keyword “puppet.”

Free admission. Visit www.torpedofactory.org. 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.

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 quilting.

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.

CLASSES & WORKSHOPS

Community Dance. 7:30-9:30 p.m. every third Friday at Hollin Hall Senior Center, 1500 Shenandoah

Road. Live music. Tickets are \$4. Call 703-765-4573.

Life Drawing. Del Ray Artisans offers a range of open life drawing sessions for anyone to develop life-drawing skills further. Drop-in for the session and bring supplies to draw or paint live models. Fee ranges from \$8-\$12. All skill levels are welcome. Del Ray Artisans is located at 2704 Mount Vernon Ave. visit www.TheDelRayArtisans.org for a schedule.

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

THURSDAY/AUG. 16

Summer Garden Tour and Tea. 1-3 p.m. at Green Spring Gardens, 4603 Green Spring Road, Alexandria. Reservations required. Tour the glorious demonstration gardens with a master gardener docent who will inspire you with stories of Green Spring past and present. Afterward, enjoy a traditional English afternoon tea. Programs are by reservation only. \$32/person. Adults. Call 703-941-7987, TTY 703-324-3988.

Zine Share. 5-6:30 p.m. at the Kate Waller Barrett Branch Library, 717 Queen St., Alexandria. Zines (zeens) are self-published booklets that can be easily reproduced and shared with others. Working on a zine? Bring it to trade with other zine makers. The library will run copies and supplies will be available for final touches. Ages 12 and older. Visit www.alexlibraryva.org.

ENTERTAINMENT

FRIDAY/AUG. 17

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.

AUG. 17-26

Summer Restaurant Week. Spans for 10 Days. In neighborhoods throughout Alexandria, including Old Town, Del Ray and the West End. Featuring 50 restaurants offering a \$35 three-course dinner or a \$35 dinner for two; and select locations offering lunch from \$15 or \$22 per person lunch and brunch specials. New restaurants include: Mia's Italian Kitchen and Café 44. Returning participants include: Hank's Pasta Bar, Evening Star Café, BRABO, Vermilion, Hummingbird, Del Ray Café and Virtue Feed & Grain. Restaurants with lunch offerings include: The Majestic, Vola's Docksides Grill, Bastille Brasserie & Bar, Blackwall Hitch and Society Fair. Restaurants with brunch specials include Chadwicks, Cheesetique, Cedar Knoll, The Wharf and Vermilion. Visit www.AlexandriaRestaurantWeek.com; call 703-838-5005.

SATURDAY/AUG. 18

Clear the Shelters Pet Adoption. At 4101 Eisenhower Ave.,



Atomic Dog and Consequential Cat

Exhibit honoring canine and feline friends. Through Sept. 30 at Del Ray Artisans' Gallery Without Walls, VCA Alexandria Animal Hospital, 2660 Duke St.

Visit www.DelRayArtisans.org/event/dog-and-cat/.

"Cuddle" by Suzan Ok.

Alexandria. The Animal Welfare League of Alexandria partners with NBC4 and Telemundo44 for a pet adoption event at the Vola Lawson Animal Shelter. On this day, the AWLA will waive adoption fees for dogs, cats, rabbits, mice and other animals. More information can be found at AlexandriaAnimals.org/ClearItForward, and a live record of all animals adopted as part of Clear the Shelters can be found at AlexandriaAnimals.org.

How to Help Fruit Trees Thrive.

9:30-11 a.m. at Green Spring Gardens, 4603 Green Spring Road,

Alexandria. Fruit trees make a wonderful addition to any landscape, small or large, flat or hilly. Horticulturalist Nancy Olney will showcase unusual fruits like figs, dates, persimmons, and blueberries that can be grown without pesticides, and will teach you how to care for these plants while optimizing fruiting. Participants will receive a rooted cutting from a fig tree to get your personal orchard started. Cost is \$22. Call 703-642-5173 or visit www.fairfaxcounty.gov/parks/green-spring.

Telling their Story: Museum

Specialty Tours. 10 a.m. at Gadsby's Tavern Museum, 134 N. Royal St., Alexandria. 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. \$12. Visit www.gadsbystavern.org. **Blue Sky Puppet Theatre.** 10 a.m. and 11:15 a.m. at Durant Arts Center, 1605 Cameron St., Alexandria. The City of Alexandria's Office of the Arts has collaborated with the National Capital Puppetry Guild for a series of monthly family-

friendly shows. Tickets are \$5. Visit alexandriava.gov/webtrac and search keyword "puppet."

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 Ramsay 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.

Games of Yesteryear. 11 a.m.-noon at Historic Huntley, 6918 Harrison Lane, Alexandria. Play games that the children who once lived at Historic Huntley might have enjoyed, participate in a scavenger hunt, take a special children's tour of the home, and make a simple toys to take home in this fun-and-games event. \$7 per person. Visit www.fairfaxcounty.gov/parks/historic-huntley/ or call 703-768-2525.

11 Steps to Toxic Free Living with Essential Oils. 2-4 p.m. at 532Yoga, 532 North Washington St., Alexandria. Free. Visit www.532yoga.com.

Carpenter's Shelter. 4-8 p.m. at Torpedo Factory Artists at Mosaic. The Torpedo Factory Artists' Association (TFAA) is partnering with Carpenter's Shelter to install and create art at their temporary shelter in the former Macy's located at Landmark Mall. A reception to help raise funds for the collaborative

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www.navyband.navy.mil

Alexandria Kicks Off Summer Restaurant Week

BY HOPE NELSON

Alexandria's restaurants take another turn in the spotlight with special deals in honor of the city's Summer Restaurant Week.

The festivities, which run Aug. 17-26, highlight some of the city's most compelling cuisine with brunch, lunch and dinner deals. Peruse the menus of dozens of participating restaurants and circle your favored date and time — but make a reservation, as the eateries usually book up quickly.

Café 44, 44 Canal Center Plaza

Tucked away within North Old Town's Canal Center, Café 44 is offering up a brunch and lunch special for Restaurant

Week. For \$22 per person, diners can expect a three-course meal sporting a trio of options for each course. For lunch, try the likes of Potomac peach salad, ratatouille skewers and vanilla bean gelato; for brunch, cheddar bacon biscuits, quiche and lemon berry Napoleon await.

Mia's Italian Kitchen, 100 King St.

The newcomer to lower King Street is starting its Restaurant Week tradition strong with a passel of featured dishes. Diners can partake of a two-course lunch (choosing either a starter or dessert) for \$15; a three-course dinner will set you back \$35. For lunch, select the likes of zucchini fries or minestrone to start, a porchetta sandwich or eggplant parmesan as a main dish and cannoli or Nutella budino as a sweet treat. Dinner will find such additions as eggplant

and porcini "polpetta" or a giant meatball as appetizers, Tuscan brick chicken or bistecca alla Fiorentina on the entrée menu, and tiramisu added to the dessert lineup.

Hank's Pasta Bar, 600 Montgomery St.

The chic pasta purveyor in North Old Town is back for another round of Restaurant Week fun. Chef Jamie Leeds and her team are offering up a \$35-per-person three-course dinner this time around, and the offerings are compelling. Start off with a cool zuppa fredda di heirloom — a chilled heirloom tomato soup with cucumber and chili flakes — and then proceed to the likes of oven-roasted salmon, spaghetti primavera or New Zealand rack of lamb. Finish out the meal with panna cotta or sorbetto and head home satisfied.

Old House Cosmopolitan Grill, 1024 Cameron St.

New to town, Old House Cosmopolitan has settled in to the Restaurant Week spirit quite nicely. The eatery's \$22 lunch special sports a choice of soup (goulash or pfannkuchen, also known as German pancake soup) and entrée (lamb chops or spinach spatzle), followed up by a crepe for dessert. Or go with the three-course \$35 dinner option, with the likes of mussels and shrimp, tomato mozzarella salad or soup to start; wiener schnitzel, crab cakes or Zurcher Geschnetzeltes — a veal ragout — as the main course; followed by black forest cake or crepes.

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

CALENDAR

projects will be held on Saturday, Aug. 18. TFAA member artists, working with the staff and residents of Carpenter's Shelter, will create site-specific art installations, lead interactive artmaking projects, and install reproductions of artist works. Visit torpedofactoryartists.com.

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/AUG. 19

Heart on Your Sleeve. 1-3:30 p.m. at Green Spring Gardens, 4603 Green Spring Road, Alexandria. Sleeves have been designed in myriad styles over the centuries and defined the fashionable silhouettes of their day. Artist and collector Caroline Hottenstein presents the history and different forms of this vital element of fashion and displays beautiful examples from her antique clothing collection. By reservation only. Adults. Cost is \$42/person (program + tea); \$18 (program only). Call 703-941-7987, TTY 703-324-3988.

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.

Lyceum Concert. 3-4:30 p.m. at The Lyceum, 201 South Washington St., Alexandria. Soprano Nancy Scimone sings music from Spain, Italy, France and USA. Sponsored by Washington Metropolitan Philharmonic Summer Series (Ulysses James, Director) in historic Old Town. Donations accepted at the door. Visit www.wmpamusic.org.

Jazz at Meade. 4-6 p.m. at 322 N. Alfred St., Alexandria. Featuring the Nasar Abadey Quartet to preserve the

Jazz at Meade

Featuring the Nasar Abadey Quartet to preserve the American Jazz tradition. Sunday, Aug. 19, 4-6 p.m. at 322 N. Alfred St., Alexandria. \$20 donation. Visit www.meadechurch.org/Ministries/JAZZ_AT_MEADE/ for more.



Nasar Abadey

American Jazz tradition. \$20 donation. Visit www.meadechurch.org/Ministries/JAZZ_AT_MEADE/.

SUNDAYS/AUG. 19 & 26

Yoga for Healthy Backs. 11 a.m.-12:30 p.m. at 532 Yoga, 532 North Washington St., Alexandria. Maintain a strong and healthy back. Take charge of back pain. Improve posture and related health. \$40 for both sessions, or \$25 drop-in. Visit www.532yoga.com.

MONDAY/AUG. 20

Send a Kid to Camp Golf Classic. 9 a.m. at The Piedmont Club, 14675 Vista Drive, Haymarket. Proceeds will provide opportunities for Alexandria City Youth to attend summer camp. The Alexandria Police Youth Camp offers a unique opportunity for the children of Alexandria to experience the joys of the outdoors, the comradery of friendship, and the fulfillment of learning new skills. Living just minutes from one of the largest urban areas in America, the Alexandria Police Youth Camp provides youth with the chance to visit a more rural setting. \$99/player. Call Ed Dougherty at 703-746-6697.

MONDAY-WEDNESDAY/AUG. 20-22

Wildflower Hike and Sketch Class. 10 a.m.-noon at Huntley Meadows Park, 3701 Lockheed Blvd.,

Alexandria. Cost is \$45/person. The "Wildflower Inspect & Sketch" program is a three-morning exploration of art and summer wetland wildflowers. Participants age 10 to adult will learn about flower identification, seed development and dispersal, anatomy and pollination while observing and drawing in the park's wetland. Parent-child participant pairs are welcome. Call 703-768-2525 or visit www.fairfaxcounty.gov/parks/huntley-meadows.

TUESDAY/AUG. 21

Ellis Island History. 1-3 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Free. Sponsored by Mount Vernon Genealogical Society. Dr. Alan Traut, American University history professor, will speak about immigration through Ellis Island and the Government's effort to protect against the spread of infection by Immigrants. Visit www.mvgenealogy.org.

Library Sit-In. At Kate Waller Barrett Branch Library, 717 Queen St., Alexandria. Celebrating the 79th Anniversary of the 1939 Library Sit-In. One of the nation's most little-known historical events involved leadership from native Alexandrian, attorney Samuel W. Tucker, and five young African American men who demonstrated an act of civil disobedience at the Barrett Branch after being denied library cards.



Nancy Scimone

Concert

Soprano Nancy Scimone sings music from Spain, Italy, France and USA. Sponsored by Washington Metropolitan Philharmonic Summer Series (Ulysses James, director) in historic Old Town. Sunday, Aug. 19, 3-4:30 p.m. at The Lyceum, 201 South Washington St., Alexandria. Donations accepted at the door. Visit www.wmpamusic.org.

Every year, Alexandria Library hosts events honoring the anniversary of the peaceful protest. Beginning Friday, Aug. 17, Local History/Special Collections Branch and the Kate Waller Barrett Branch will host the 'Anniversary of the 1939 Sit-In' exhibit to honor Samuel W. Tucker and the five men. Visit alexlibraryva.org.

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.

Book Buzz. 7-8:30 p.m. at Kate Waller Barrett Branch Library, 717 Queen St., Alexandria. Attention book lovers: want the inside scoop on the upcoming books for fall release? Library staff will give a presentation on the newest titles from Penguin, Random House, and Macmillan. Free. Attendees will receive a free book bag tote and excerpts of upcoming books. Visit alexlibraryva.org.

WEDNESDAY/AUG. 22

Cool Yoga 2018. 6:30-7:30 p.m. at

THURSDAY/AUG. 23

Westlaw Training. 3-4 p.m. at Alexandria Law Library, 520 King St., Suite LL34, Alexandria. Designed for those researchers who have some experience with Westlaw, this seminar reviews basic legal research techniques and then builds on terms and connectors advanced searching, West Topics and Key Numbers, using filters, Copy with Reference, and explores features within KeyCite. Free. Email aprice@alexlibraryva.org.

Fall/Winter Vegetable Gardening. 7-8:30 p.m. at the Ellen Coolidge Burke Branch Library, 4701 Seminary Road, Alexandria. Fall is a delightful time to garden, with cool autumn days and waning pest populations. Learn inexpensive techniques to extend the harvest and even how to enjoy crops in the dead of winter. Free. Call 703-228-6414 or Visit mgvnv.org.

FRIDAY/AUG. 24

Children's Art Workshop. 1:30-3 p.m. at The Athenaeum, 201 Prince St., Alexandria. Join artists on the

ENTERTAINMENT

Athenaeum staff for a hands-on art workshop. Explore techniques in creating mixed-media collages and then create your own masterpiece. Recommended for children ages 5-12, children must be accompanied by an adult. Free. Visit www.nvfaa.org.

Teen Comic Book Club. 4-5 p.m. at James M. Duncan Jr. Branch Library, 2501 Commonwealth Ave., Alexandria. Teens will discuss great comic books and graphic novels. Snacks provided. Free. Visit alexlibraryva.org.

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.

SATURDAY/AUG. 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. 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/.

Summer Kayak Cleanups. 9 a.m.-noon at the Conservatory Center at Four Mile Run Park, 4109 Mt. Vernon Ave., Alexandria. The Four Mile Run Conservatory Foundation will deploy its fleet of kayaks to collect litter along the streambank of Four Mile Run. Volunteers will have access to a water refill station, snacks, gloves, trash grabbers and bags, and a limited number of kayaks with life-vests, but are asked to bring their own reusable water bottle, sunscreen, bug spray, and water shoes. Participants can use their own as well. Visit www.fourmilerun.org/.

Yappy Hour. 10 a.m.-noon at James M. Duncan Jr. Branch Library, 2501 Commonwealth Ave., Alexandria. Light refreshments for people and dogs, and give away of free Alexandria Library frisbees for kids and dogs. Alexandria Animal Welfare League will join in with some of their adoptable animals. Free. Visit alexlibraryva.org.

War of 1812 Walking Tour. 10 a.m.-noon at Lee-Fendall House Museum & Garden, 614 Oronoco St., Alexandria. A guided walking tour of people and places in Old Town associated with the War of 1812 and the British occupation of Alexandria in 1814. \$10/advance; \$15/door. Visit www.leeendallhouse.org.

Cool Off with Hand-Cranked Ice Cream. 11 a.m.-noon at Historic Huntley, 6918 Harrison Lane, Alexandria. Make and taste hand-cranked ice cream as Huntley's Harris family may once have done. Discover how the histories of ice cream and Huntley followed a similar path from elite luxury to family fare. A tour of the ice well and the Historic Huntley House are included in the program. \$8 per person. Call 703-768-2525 or visit www.fairfaxcounty.gov/parks/historic-huntley.

Alexandria Irish Festival. 11 a.m.-7 p.m. at Waterfront Park, 1-A Prince Street in Old Town Alexandria. There will be vendors, crafts, food, beverages, pipe bands, Irish Dance Schools and Irish entertainment. The Festival is a fundraiser to support Alexandria's St. Patrick's Day Parade. The Ballyshaners have organized and hosted the Parade for over 35 years.



Andes to Romances

Join the Alexandria Historical Society for an afternoon of authentic Andean melodies from the Latin-American repertoire and international song book of Juan Cyrampoma and Ernest Bravo, performing as Andes to Romances. Using an array of traditional Andean and contemporary instruments, they perform music that embodies the soul of the Andes while paying homage to love, hope, romance and their native land. Sunday, Aug. 26, 2 p.m. at Alexandria Historical Society, 201 S. Washington St., Alexandria. Visit www.nvfaa.org.

This year, they will be celebrating Pat Troy, the organization's founder. Without Pat, there would be no Ballyshaners. Without the Ballyshaners, there would be no parade. Visit www.ballyshaners.org.

Container Workshop: Geometric Garden Terrarium. 1-2:30 p.m. at Green Spring Gardens, 4603 Green Spring Road, Alexandria. Enjoy the outdoors inside by creating a beautiful, hanging, geometric terrarium. Begonia enthusiast Johanna Zinn provides information on this versatile genus and teaches you techniques for creating the perfect terrarium. Modern, metal terrarium, plants, soil and care instructions provided. Ages 16-adult. Register for program (\$38, code 290 384 7001) and supply fee (\$25, code 290 384 7002). Register online at www.fairfaxcounty.gov/parks/parktakes or call 703-642-5173.

SATURDAY-SUNDAY/AUG. 25-26

33rd Annual Begonia Show and Sale. Saturday, 9 a.m.-4:30 p.m.; and Sunday noon-3:30 p.m. at Green Spring Gardens, 4603 Green Spring Road, Alexandria. Sponsored by the Potomac branch of the American Begonia Society. Be tempted with splashes of color and shape for homes and greenhouses that last long after frosts have put outdoor gardens to bed. The sale offers a wide variety of begonias, including subtropical species. Free admission. Visit www.fairfaxcounty.gov/parks/green-spring/begonia-show-and-sale/ 082518.

SUNDAY/AUG. 26

Swim for Engie. 8 a.m. at Waynewood Pool, 1027 Dalebrook Drive, Alexandria. Lap-swimmers of all ages welcome to participate in swimathon in honor of Engie Mokhtar to raise money for breast cancer research. Sponsored by Alexandria Masters Swimming and Alexandria West Rotary. \$10 suggested donation. Contact Madeline Muravchik at swimforengie@gmail.com or call

202-262-0184. Visit secure.metavivor.org/page/contribute/swimforengie.

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.

Andes to Romances. 2 p.m. at Alexandria Historical Society, 201 S. Washington St., Alexandria. Join in an afternoon of Andean melodies from the Latin-American repertoire and international song book of Joan Cyrampoma and Ernest Bravo, performing as Andes to Romances. Using an array of traditional Andean and contemporary instruments, they perform music that embodies the soul of the Andes while paying homage to love, hope, romance and their native land. Visit www.nvfaa.org.

Concert. 3-5 p.m. at The Lyceum, 201 S. Washington St., Alexandria. The Washington Metropolitan Philharmonic Association presents its weekly free summer chamber concert series. This week's concert features violinist Benjamin Scott and pianist Brad Clark playing the music of Mendelssohn, Prokofiev, and Bartok. Free. Visit www.wmpamusic.org.

TUESDAY/AUG. 28

Undulations. At Potomac Fiber Arts Gallery at Torpedo Factory Art Center. Studio 29, 105 North Union St., Alexandria. Work exhibiting movement, swaying rhythms, or other interpretations of undulation will be solicited from fiber artists for this themed show. Themed work will be eligible for recognition by the jurors. Non-themed work may also be exhibited. Visit www.Potomacfiberartsgallery.com.

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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OPINION

Heartbreaking to Heart Warming

BY PAUL KRIZEK
STATE DELEGATE (D-44)



Every now and then I hear about a story that really tugs at the heart strings and reaffirms my faith in humanity. I want to share the story of one woman's fight to get back her job of almost 20 years, allegedly for asking for a \$20 tip. Thankfully, caring people stepped up and made a difference in the life of this hard-working immigrant at Dulles Airport. Nevertheless, this is also a cautionary tale about how important and necessary is excellent reporting, in this case by Theresa Vargas at the Washington Post.

The recent Aug. 1 Washington Post story of Isata Jalloh is one of the American dream personified and how that dream was shattered.

Isata immigrated to the United States in 1996 from war-torn Sierra Leone in search of a better life for herself and her family. She found that life here in Virginia, working almost 20 years at Dulles Airport as a maintenance worker and wheelchair attendant. Through her work, she was able to provide for her family in Sierra Leone, sending them money each month to cover their living expenses. However, that all changed last month when she was abruptly fired from her job.

Isata has primarily worked two jobs, cleaning the airport at night and shepherding individuals through the airport in wheelchairs during the day. These aren't easy or glamorous jobs, but they allowed Isata to provide for herself and critically, her family in Sierra Leone who depends upon her contributions each month. The reason Isata was fired after 20 years of hard work? She asked for a tip after pushing a customer in a wheelchair, which is prohibited according to the Post article. Now, the idea that asking for a tip is a fireable offense is bad enough, but Isata completely denied the charge. Despite her denial, she was offered no opportunity to defend herself or for there to be any kind of proper review. Instead, 20 years of hard work and good will disappeared in an instant.

Upon closer inspection, it may be that her firing is not random at all. There has been a three-year fight between her employer Huntleigh USA (the contrac-

tor she is employed by at the airport), and workers to unionize so that they can receive a living wage and fair benefits. Until earlier this year, workers were only paid \$7.25 an hour causing employees to work incredibly long days to earn a livable wage. Isata was working 16 hours a day, seven days a week, at the airport just to make ends meet. Finally, at the beginning of this year, the Washington Metropolitan Area Transit Authority (WMATA) mandated companies that employ workers at the airport pay them \$11.55 an hour. However, Isata was not receiving the full \$11.55 an hour due to the mutual understanding that the difference would be made up in tips. Due to these conditions, there have been several worker strikes and negotiations to unionize over the past three years, and Isata has been a prominent advocate for unionization.

According to union organizers, at least three other immigrant women have been fired in recent months. Like Isata, they were apparently given no opportunity to defend themselves against accusations of wrongdoing. These firings of the most vulnerable among us are callous and completely counter to the values of Virginia. In Virginia, we don't tear apart the life of a hard-working immigrant, we help them. We support individuals that come to America looking for a better life and make the sacrifices to achieve that dream. This situation is a heart-breaking example of why we need to protect the basic rights of workers. The fact that Huntleigh USA was able to summarily rip these women's lives apart is a stain on us all. Yet, even in this dark moment, we have seen the kindness we are all capable of. Hundreds of Washington Post readers responded with financial help and encouraging letters of support. Many wrote to Huntleigh USA urging a change in their policies. Union organizers from 32BJ SEIU, clergy and elected leaders, and others held a rally for the fired women. One of the women who was let go, found herself unable to pay her rent and on the verge of eviction. Her fellow co-workers banded together to pay her rent, so she and her mother would not be turned out on the street. And, just this week, Huntleigh USA found the common sense to reinstate Isata and allow her to continue to work hard at her American dream. "God bless America. God bless the people," Isata told the Washington Post in Vargas' follow up article on Aug. 13. Indeed, we live in a world full of love and grace and it is important that we all reflect on that.

IN MEMORIAM

FROM PAGE 5
National Opera.

Almost 25 years ago I wrote a simple rhyming poem for her (Mom liked her poetry to rhyme) that she tacked on her wall. I would like to share it with you here.

"My Mom's Hand"

I haven't always been so tall or had a stride so long,
I haven't always fed myself or sung myself a song,
And once I saw the rainbows only through my mother's eyes,

And when she picked me up, then I was just about her size.
I once depended on her feet to take me to the yard,
Her arms to reassure me that this life is not so hard.
And now, though I am walking on my own, I understand,
I still would slip and stumble were it not for my mom's hand."

Her remains were interred alongside my father's at Arlington National Cemetery in May. Anyone wishing to honor Gene Ives' memory is invited to make a contribution to the American Heart Association in her name, and to remember her with love.

BULLETIN BOARD

THURSDAY/AUG. 16

Community Meeting. 6:30-8:30 p.m.
at South County Government Center,
(Rooms 221A & B), 8350 Richmond
Highway, Alexandria. Community
meeting on Woodlawn Cultural
Landscape National Register
Nomination. Visit
[www.fairfaxcounty.gov/
mountvernon/](http://www.fairfaxcounty.gov/mountvernon/) for more.

Public Information Meeting. 7 p.m.
at Mount Vernon Governmental

Center, 2511 Parkers Lane, Mount
Vernon. Each year, deer management
is conducted in select Fairfax County
parks by the Fairfax County Police
Department with the Fairfax County
Park Authority and NOVA Parks.
Public meetings will be held to
provide an overview of the Deer
Management Program and answer
questions. Visit
[www.fairfaxcounty.gov/
mountvernon/deer-management-
program-public-information-meeting](http://www.fairfaxcounty.gov/mountvernon/deer-management-program-public-information-meeting).

THURSDAY/AUG. 23

Drinks and Deals. 5:30-7 p.m. at
Cedar Knoll Restaurant, 9030 Lucia
Lane. Networking with gorgeous
views of the Potomac River at Cedar
Knoll Restaurant. See this renovated
colonial inn and taste appetizers
from the award winning cuisine. Free
for Chamber members and their
guests; \$25 others. Visit
www.mtvernon-leechamber.org/ to
register.

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LETTER

Best for This Neighborhood

To the Editor:

I'm an HOA board member of one of the many communities surrounding 8800 Richmond Highway who are wholeheartedly in favor of the proposed residential development at that property. I represent Clusters at Woodlawn HOA. We're located about a quarter-mile from 8800.

I had a good chuckle at Ms. Betsy Martin's testimony before the Planning Commission and her letter to the editor in this newspaper on Aug. 9. How easy it is to daydream of all the lovely possible uses for this property — wide open green space, a canoe livery, a restaurant. If Ms. Martin has any of these developers lined up, then I wish she would place them in contact with the Sitnik family who owns this property.

Please keep in mind that Fairfax County has done absolutely nothing with Pole Road Park, which includes 17 acres donated to the county by the Sitniks; nor does the county even want to purchase these eight acres in question.

The Sitniks, who have more than 60 years of roots in our community, have done the right thing by cleaning up the property after deciding not to renew leases with their commercial tenants. Now opponents of the proposed development expect them to sit and wait for halcyon offers to be delivered on unicorns so we can all live happily ever after. Perhaps these opponents are willing to pay for the property taxes while we wait patiently for these offers to pour in?

Ms. Martin wonders why townhomes at 8800 would revitalize the community. Simple — there isn't an upscale townhome community on the west side of Richmond Highway within three miles. There are no recent townhome communities on Pole Road, as Ms. Martin claimed, but others along Sacramento Drive and Jeff Todd Way have improved my neighborhood. We need more communities like these to draw in higher-end retail and dining to a neighborhood — in and around the Woodlawn CBC — ready to really pop in a good way, with Arcadia's farms and forthcoming plans for Woodlawn Plantation, the National Museum of the U.S. Army, and more.

I live in this neighborhood. The 8800 property is my neighbor. This is, perhaps, the last chance we will have to see it improved.

If the opponents — who don't even live in this neighborhood — prevail, the owners will be forced to take in commercial tenants again, a great opportunity for environmental clean-up will be lost, and Mount Vernon's southwestern portion of Richmond Highway will continue to limp along with its shabby appearance. My neighbors and I are all hoping the Planning Commission and Board of Supervisors will do what is best for this neighborhood and approve this development.

Brian Leclair
Director,
Clusters at Woodlawn HOA

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Progressing, But So Am I



By KENNETH B. LOURIE

"Slow progression" does not mean we are now progressing slowly. Quite the opposite in fact. During this past Monday's "Phoning It In" appointment when the three semi-amigos — me, my wife Dina, and my oncologist — discussed/assessed my most recent CT scan results, a decision was made to fight potential cancer fire with treatment fire.

In effect, we are doubling down, decreasing my present every-seven-week infusion schedule back down to every three weeks and likewise reducing my three-month CT scan interval to two months. All of which changes my "manageable" life to one more cancer centric. Not all appealing but as the South Korean woman driving the white Cadillac told "Hawkeye" in a long-ago M*A*S*H episode: "That's where the water is."

And so we are returning to the scene of the crime (three week intervals) so to speak, and hoping we can nip this tumor growth in the bud thereby enabling yours truly to live longer and hopefully prosper (and live long enough as well to see the new Star Trek series with Patrick Stewart returning as Jean Luc Picard).

I don't want to be totally naive and presume that since the same medication has worked for five years, there's no reason to think, with a little tweaking, it can't continue to work for another five years. However, my oncologist did say he's had patients where a similar approach worked to slow/stop the growth (after an unspecified period of stability like me) so to quote my late father: "The idea has merit."

Ergo, the honeymoon is over. Now the hard part begins, again. One week not feeling well, two weeks feeling pretty well. Then waiting for scan results as if my life depended on it (duh!).

It's nothing my family and I haven't experienced off and on going on nine and half years since my diagnosis/prognosis. Still, after the last five years of relative calm (since I was hospitalized and began the "miracle" drug alimta), life has been normal-ish with infusion intervals widening and scan results indicating some initial shrinkage ("like a frightened turtle"), followed by nearly five years of "stable" CT scans.

But so what else is new in the cancer-patient world? (That's a rhetorical question.)

Cancer returning with or without a vengeance to patients who perhaps had expected otherwise. Cancer is not exactly a disease you forget you had or one that you presume you'll never see or worry about again. Nothing could be further from the truth. The truth being: you are scarred for life — sort of. You become a life-long member of the biggest club in the world. A club, as Groucho Marx might joke, you'd rather not join, especially if they'd have you as a member.

"Cancer Sucks" as a meme is the most insincere form of flattery — for a reason: people die. Cancer leaves a wake and in its path devastation and destruction. Its swath cuts across generations, cultures, demographics, ethnic backgrounds and gender identifications.

If there's any fear we share collectively it is a diagnosis of cancer. Living with it and trying not to die from it has been the bane of my existence — and millions more, many of whom have already succumbed to its ravages. Continuing research into the cause and effect has given me years my oncologist told me I probably didn't have. ("13 months to two years" was my original prognosis.)

How lucky am I. (Not a rhetorical question.)

Now I face another hurdle. Or rather, more of the same hurdle I've managed to jump over for nine-plus years. Whether the 10 percent-ish tumor growth is the real deal or merely just a blip on the cancer radar, only time and treatment will tell. This is the uncertainty all of us cancer patients endure. It's not ideal, but ideal left the building on Feb. 27, 2009.

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



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Southwood!



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