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Alexandria

Gazette Packet

WELLBEING

PAGE 18

25 CENTS

SERVING ALEXANDRIA FOR OVER 200 YEARS • A CONNECTION NEWSPAPER

SEPTEMBER 6, 2018

Pierrette Peters, principal of Francis C. Hammond Middle School, observes students moving between classes.

They're Back

Educational challenges ahead for students and the community.

BY DAN BRENDEL
GAZETTE PACKET

Alexandria City Public Schools (ACPS) recently kicked off the 2018-19 school year, which promises to be a busy year both for students and the larger community.

Nearly 16,000 students headed back to class on Tuesday, Sept. 4. It's time not only for them to pay attention in school, but for the whole community to pay attention to schools.

In several ways, this is a big year with much happening in public education here.

It's Superintendent of Schools Gregory Hutchings' first year at the helm. And in November voters will choose a new School Board, with four of nine incumbents not running for reelection.

Ferdinand T. Day Elementary School just opened. Because the new school is a converted office building rather than new construction, it went faster and cost less than other projects. Such

SEE COMMUNITY, PAGE 16

PHOTOS BY DAN BRENDEL/GAZETTE PACKET

ACPS Superintendent Greg Hutchings delivers a birthday fruit basket to Andrea Sparks-Brown and then addresses her ninth grade science class at T. C. Williams High School's Minnie Howard campus.

Density, Dollars, Or Displacement?

Commission approves housing affordability preservation strategy.

BY DAN BRENDEL
GAZETTE PACKET

Over neighborhood residents' objections, the Planning Commission unanimously approved an affordable housing plan for southern Old Town on Tuesday, Sept. 4.

The Route 1 South Housing Affordability Strategy — now redubbed the South Patrick Street Housing Affordability Strategy — seeks to preserve 215 units of affordable housing in Old Town's southwest quadrant neighborhood. Currently they are affordable to lower-income households thanks to HUD subsidies. But the contracts for those subsidies start expiring next year, after which the owners could sell or redevelop their properties, likely into townhomes. If that happens, the affordable units “will be permanently lost,” causing “the displacement of the existing 215 households,” according to the housing plan.

To encourage the owners to replace the existing affordable housing in an economically viable way, the proposed strategy would allow

SEE AFFORDABILITY, PAGE 25

Noteworthy Success

Harmonizers to celebrate 70 years.

BY JEANNE THEISMANN
GAZETTE PACKET

It was a rainy night in the winter of 1947 when Gene Burwell, the city's director of Parks and Recreation, was stranded at a bus stop along with his wife. By chance, an enthusiastic barbershop singer by the name of Dean Snyder rescued the couple and drove them safely home, but not before raising the idea that the city add barbershop harmony to its list of sponsored activities. The rest, as they say, is history.

Officially chartered in June of 1948 at what was then known as the Cameron Street Recreation Center (now the Durant Arts Center

SEE HARMONIZERS, PAGE 24

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Alexandria

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Public officials, including Gov. Ralph Northam and U.S. Rep. Don Beyer, break ground on The Bloom / Carpenter's Shelter.

'It Takes a Lot of Subsidy' Sources stretch to fund forthcoming homeless shelter, affordable housing.

BY DAN BRENDEN
GAZETTE PACKET

City, public officials broke ground on a combined affordable housing development and homeless shelter in Old Town on Aug. 29. While the event signaled broad public support, the project also illustrates the increasing difficulty of accommodating lower-income and struggling households in a high-

cost environment.

The development, known as The Bloom, will be located a few blocks northeast of the Braddock Road Metro station. It'll include Carpenter's Shelter, a nonprofit 60-bed shelter and human services provider. It'll also include 97 apartments owned by the Alexandria Housing Development Corporation (AHDC), a nonprofit developer. Eight-seven apartments, ranging from one- to three-bedrooms, will target households

earning 50-60 percent of the area median income (AMI) — between \$58,600 and \$70,300 for a household of four. Ten studios will target households earning 30-40 percent of the AMI — between \$28,200 and \$37,500 for a household of two. These will be reserved for former Carpenter's Shelter residents, who will continue to receive supportive services while transitioning into a permanent housing solution.

"As this area rapidly adds luxury rate

housing, The Bloom and Carpenter's Shelter will create space for lower-income households to continue to access the Braddock Road neighborhood's amenities — easy access to the Metro, convenient post office, health, and grocery resources, and community locations such as the Charles Houston Rec Center," according to AHDC.

A who's who of city, state and federal elected officials attended the

SEE 'SUBSIDY', PAGE 26

Sentences to be Heard Detention Center holds creative writing contest.

BY JEANNE THEISMANN
GAZETTE PACKET

Inmates at the William G. Truesdale Detention Center in Alexandria shared their gift of writing Aug. 16 at the first HEARD Creative Writing Contest, with Sheriff Dana Lawhorne presenting awards to the winning entrants.

"I know how much I struggle with putting what I see and hear into words," said Lawhorne at the awards ceremony. "I admire you all for your gift of writing."

HEARD describes itself as "an arts program for silent stories." It is a creative arts program for Alexandria and Arlington nonprofit program partners serving clients who are marginalized in some way. The program partnered with the Alexandria Sheriff's Office to offer the first creative writing contest for inmates.

"The staff here is always looking to implement productive and useful programs," Lawhorne said. "They are the ones who make these things happen."

Dozens of inmates submitted entries in fiction, non-fiction and poetry categories. Awards were announced for first, second and third place entries with some of the winners reading their works to those gathered at the ceremony.

Winners included Nelly Davila, who wrote of a trip to visit her grandparents when she

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Sheriff Dana Lawhorne, left, presents the third place poetry award to Daryl Torien at the Aug. 16 HEARDS Creative Writing Awards ceremony at the William G. Truesdale Detention Center. With Lawhorne and Torien are Gloria Wright, director of inmate services, and HEARD founder Jane Collins.

was 5 years old. The family never reached their destination. Instead, a car accident took the lives of her older sister, brother and

10-month-old sister.

"This was difficult to write," said Davila, who received first place for non-fiction writ-

For So Many Years

By Daryl Torien

For so many years I believed a lie
That men did not hurt nor did they cry,
I would always cover up what was wrong with me,

My concepts of thinking my morals had changed
They said men did not cry so I covered my pain
I would use anything whatever I could gather
Outside of myself just to feel better
I would try and dress good so people would say
Because of my appearance I must be okay
Now the pain is so strong
Just look at my tears
As they drip through my image
That I've carried for years
Like I was strong but truly I was weak
With the false perception that I saw suave and unique

Now for so many years I believed this lie
That men did not hurt nor did they cry
But I am here to report and to state my case
Just look at the tears as they flow down my face
Never hold back your tears. Cry if you should
Because there are so many men that wish that they could.

ing. "I still remember that trip. My brother had a premonition before the accident and gave me his toy doggy to remember him by. Believe it or not, I still have it."

Daryl Torien took third place in the poetry category and read his work titled "For So Many Years." Other awards included Isaura Garcia, first place fiction; Jacqueline McBride, second place fiction; and Robert


SEE SENTENCES, PAGE 17

ALEXANDRIA GAZETTE PACKET ♦ SEPTEMBER 6-12, 2018 ♦ 3

Come to Our Community Listening Sessions

Advancing the concept recommended by the 2018 Long Term Control Plan Update, RiverRenew will prevent millions of gallons of sewage mixed with rainwater from being discharged into Alexandria's waterways.

RiverRenew is hosting four events in September to discuss this program and receive your feedback on the routes and locations of the proposed tunnel system to remediate Alexandria's combined sewer system.



Please attend any or all. Learn more at www.riverrenew.com/community

Sept. 17 6:00 p.m.–8:00 p.m.*	Community Listening Session: Outfall 001 (Oronoco Bay)
United Way Mary M. Gates Learning Center	Room 101 701 N Fairfax Street
Sept. 20 7:30 a.m.–8:00 p.m.* (Come anytime)	Community Listening Session: Outfalls 003/004 (Duke St./Hooffs Run)
Residence Inn Alexandria Old Town	Prince Conference Room 1456 Duke Street
Sept. 24 6:30 p.m.–8:30 p.m.*	Community Listening Session: Outfall 002 (S Royal St./Hunting Creek)
St. Mary Catholic School	Multipurpose Room 400 Green Street
Sept. 25 6:00 p.m.–8:00 p.m.*	Scoping Meeting with National Park Service and Other Agencies
Alexandria Renew Enterprises Environmental Center	1800 Limerick Street

*Events are an Open House format. Come when you can and plan on staying approximately 30 minutes.

News

Tour To Benefit Hospital

The 77th Historic Alexandria Homes Tour is scheduled for Saturday, Sept. 22: An 18th century townhouse on Gentry Row with an historic past; a four-story rowhouse updated for the active lifestyle of a modern family; and a 167 year-old carriage house adapted for 21st century living.

The walking tour runs from 10 a.m. to 3 p.m. and is sponsored by The Twig, the Junior Auxiliary of Inova Alexandria Hospital. All proceeds benefit the hospital's Cardiovascular Intensive Care Unit.

This year's walking tour highlights Old Town Alexandria's continuing evolution as a vibrant, livable community which treasures and preserves its architectural heritage. "Living in Old Town means different things to different homeowners," said Candace Beane, co-chair of this year's tour. "Behind the historic facades are interiors representing a diverse mix of decorating styles."

Highlights of the tour include:

- General George Washington will greet guests at the former home of his life-long friend and personal physician, Dr. James Craik. The house was built circa 1786 and boasts the original heart of pine flooring as well as the original mantels and marble surrounds on five fireplaces.
- A brick Victorian townhouse built in 1884 features an extensive art collection on

the main floor, including a trove of African American art. A flounder-style addition provides views of a two-level walled garden.

A collection of French chandeliers and another of Chinese ethnic minority hats are displayed in a Federal townhouse built in 1803. This historic residence was home to Thomson Mason, Mayor of Alexandria from 1827-30.

A snug carriage house built in 1851 features 200-year-old wood beams and 150 year-old heart of pine floors. A secluded brick patio provides a spot for year round dining.

A frame rowhouse once used as an office by Dr. Elisha Cullen Dick, who treated George Washington during his final illness, has been renovated to accommodate the lifestyle of an active family. A glass-walled family room and freestanding guesthouse with separate kitchen, living room and spa bath are two of several interior changes made while maintaining the historic character of the home's exterior.

"We are grateful to the owners for opening their homes," said Co-Chair Jennifer Kilmer. "Their generosity, and that of our sponsors and patrons, has made it possible for The Twig to raise significant funds for Inova Alexandria Hospital."

Tickets for the tour are available now for \$40 online at www.thetwig.org and Ramsay

SEE TOUR TO BENEFIT, PAGE 19

INC. 5000 RANKED 17 ALEXANDRIA BUSINESSES AS THE FASTEST-GROWING PRIVATE COMPANIES IN THE COUNTRY.

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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.

VOLUNTEERS WANTED

AARP Foundation Tax-Aide is looking to expand its team of volunteers for the upcoming tax season. Tax-Aide, now in its 51st year, offers free in-person preparation and assistance to anyone, especially those 50 and older, who can't afford a tax preparation service. Volunteers make a difference in their communities by assisting many older, lower-income taxpayers, and their families, who might otherwise miss out on the tax credits and deductions they've earned. To learn about volunteer opportunities, visit aarpfoundation.org/taxaide or call 1-888-OUR-AARP (1-888-687-2277).

ONGOING

Library Cards Unlock Film Vaults. As of Aug. 6, Alexandria Library customers have free access to more than 30,000 films. Cardholders can access Kanopy and start streaming films instantly by visiting alexlib.kanopy.com. Films can be streamed from any computer, television, mobile device or platform by downloading the Kanopy app for iOS, Android, Apple TV, Chromecast or Roku. Kanopy is also accessible by hearing-impaired customers (with captions and transcripts) and visually-impaired individuals (compatible with technologies such as JAWS). First time users will need to create a new account with their library barcode number.

Film Festival Call for Entries. The Alexandria Film Festival kicks off its 12th year with its annual Call for Entries now open. Filmmakers can enter short and feature-length films of any genre on two digital platforms: Filmfreeway.com and Withoutabox.com. Festival judges will evaluate films before selecting the best to bring to the city, for the three-day event Nov. 9-11. The program will feature more than 50 free and ticketed films — including many premieres — to delight, entertain, and inform area film

enthusiasts. AMC Hoffman 22 Theater and Beatley Central Library will serve as venues for the festival.

THURSDAY/SEPT. 6

Capital Region Business Forum. 7:30-9:30 a.m. at Hilton McLean Tysons Corner, 7920 Jones Branch Drive, McLean. Virginia Gov. Ralph Northam, Maryland Gov. Larry Hogan and D.C. Mayor Muriel Bowser will discuss their plans to work cooperatively to bolster the regional economy. Visit www.bot.org/upcomingevents/dmnbizforum for more.

Alexandria Electoral Board. 9:30 a.m. at Voter Registration Office, 132 N. Royal St. Contact Anna Leider, 703-746-4050.

Garden Club Meeting. 10 a.m. at Mount Vernon Yacht Club, 4817 Tarpon Lane. The Yacht Haven Garden Club will meet. New members are welcome. Email pmuchello@aol.com.

Alexandria Community Services Board. 6:30 p.m. at Community Services Board, 720 N. St. Asaph St. Contact Erica Vasquez, erica.vasquez@alexandriava.gov, 703-746-3523.

Stormwater Utility Phase II Credit Policy Meeting. 7 p.m. at City Hall, Chet and Sabra Avery Conference Room 2000, 301 King St. Contact Rachael Moxley, stormwater@alexandriava.gov, 703-746-6499.

Housing Affordability Advisory Committee (AHAAC). 7 p.m. at City Hall, Room 3008, 301 King St. Contact Tamara Jovicic, tamara.jovicic@alexandriava.gov, 703-746-4990.

Community Input Wanted. 7-8:30 p.m. at City Hall, 301 King St., in Sister Cities Room 1101. The City of Alexandria's Department of Transportation & Environmental Services will host public meetings to get feedback on the Phase 2 recommended Credit Policy that will be going to City Council for consideration in October. City staff will also provide background and answer questions about the adopted Stormwater Utility Fee and the adopted Phase 1 Credit Policy. Contact the Stormwater Detention

SEE BULLETIN, PAGE 8



King's Jewelry

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Applying Hard-Earned Lessons about Education

Gwendolyn Hubbard Lewis provides “Reach and Rise for Excellence.”

BY SHIRLEY RUHE

When Gwendolyn Hubbard Lewis learned in 2009 that Alexandria had the highest dropout rate of any district in Northern Virginia she connected right away. “It is sad. I was one of those dropouts.”

Lewis attended Parker Gray High School but “I never thought I would live to graduate.” So she moved to Arlington to live with a relative there and “kids were so different, respectful and accepting of me.” But the different high school was “a nightmare for me,” so she quit to get a job. “It was the worst decision ever.” She married much too young (16), suffered abuse, and now had a child to raise and educate. She realized she should go back to school not for a “GED” but a regular diploma. After graduating from George Washington High School, she attended college. She was married 25 years to Melvyn Wayne Lewis. They raised four girls. Gwen has been widowed since 2003 and has seven wonderful grandchildren.

Now Lewis is executive director of Concerned Citizens Network of Alexandria (CCNA) and its after-school program “Reach and Rise for Excellence” (RARE), which she inspired several other Alexandria City residents to establish in 2009. CCNA through the RARE program mentors and tutors middle school children and works with parents to make sure they are engaged in their children’s education. The goal is to catch those students, who are at risk, early in their middle school development. This is a critical period before high school where caring adults can turn young lives around and improve their future opportunities for employment and productive lives.

RARE focuses on students at Hammond Middle School which was enthusiastic about trying the pilot program. Thirty-six children

receive after school instruction in math and reading as well as a number of enrichment activities. Lewis says when she initiated the idea of helping children overcome their obstacles — you are somebody, you can do it — she organized a group of local citizens which spent two years researching what would work, attending forums and developed a strategy using proven practice and evidence-based program methodology. Each afternoon RARE starts with a snack and then moves to a review of homework to make sure students understand what is required. After they complete the homework at home, Lewis says students have the regular school teacher initial the homework. The students then bring it back to RARE thus closing the loop on accountability with parents, teachers, students and the after-school program.

The teachers focus on math and reading “because you can’t do math or anything else if you can’t read.” Lewis says they have certified math teachers and have added a reading specialist for all grades. On Monday they have coding. They also receive information about things such as the importance of having good credit and how to write a check. “We cram in as much as we can in this program. We teach the ‘whole child.’”

There have been a number of challenges with the establishment of this new program including insufficient funding, community and Alexandria City Public School’s initial skepticism as well as a lack of parent participation. “We have done everything we can do in the last 8 years to let people know about us, but there are still people who have never heard about CCNA.” She says, “We had a huge vision, but it was really hard to

do. Everyone has his or her own fiefdom. We had to break the ice.”

She says it has been a struggle to get the parents to turn out. “We always feed the families and we offer parent workshops on how to discipline their children, that you don’t have to take a belt. We also focus on how to build relationships with them. “But poor parents may be working 2-3 jobs and they are tired or one may be on drugs or another in jail. And if it rains or snows, that’s a challenge.” She says this is a nation-wide issue for poor families, not just in Alexandria, “and we try to find the carrot to get them engaged.” The program is successful through networking with businesses, organizations and churches to provide resources and funding. For instance, Alfred Street Baptist Church, where Lewis is a member, provides backpacks full of school supplies and new shoes. The Alexandria City Public School gave RARE two buses to transport the children after school. A number of people donate time for the special programs such as Career Day when they come in and share their different careers and show the students how they too can have a career in the patent office, as a doctor or lawyer or



Gwendolyn Hubbard Lewis.

on Capitol Hill “because your existence is different now you can take responsibility for your own education. They love it; it is very eye opening.” Lewis says she would love to find funding to expand RARE to grades 5-9 and to all the middle schools and Minnie Howard. This year the City of Alexandria budget didn’t provide any funding for the program. “I was so disappointed but they did keep the partnership in place.”

Lewis wants to provide the same kind of inspiration she got when she returned to George Washington High School at night “because I wanted a diploma, not a GED.” She says she had a typing teacher who was so wonderful and kept working with her until “I passed” the typing test which allowed her to get a Federal job with the Army, then later the Environmental Protection Agency where she ran into another angel who always hired her back when she quit her job to go back to school full time.

After a BS and MS at the University of the District of Columbia (UDC) she ended up at the General Services Administration as a procurement instructor then at the Federal Acquisition Policy Office and later an Internal Revenue Service project manager. She retired from the Federal Government after more than 30 years of service.

Along the way she was elected to the Alexandria School Board twice and served one term as its vice chair where she changed the focus with her strong advocacy and strategy for middle school students. Recently she was appointed to the Child, Youth, and Family Collaborative Commission to advise city leaders on the effective integration of services for youth and their families. She now serves on the board of trustees for UDC.

Lewis says since 2011, “we’ve been there. We want the kids to know there is continuity and they can count on us.” She adds, “I pray God will make a way. Every time we think we’re going to have to shut down, something good happens.”

Living Legends: The Project

The mission of Living Legends of Alexandria is to identify, honor and chronicle the lives of individuals who have contributed to the community in an exemplary and lasting way that has significantly impacted the quality of life in Alexandria and

serves as an inspiration to others.

For information, to volunteer, become a sponsor or nominate a future Legend, visit www.AlexandriaLegends.org or contact AlexandriaLegends@outlook.com.

RunningBrooke Awards \$76,000 in Move2Learn Grants

Grant changes announced.

BY JEANNE THEISMANN
GAZETTE PACKET

RunningBrooke, a nonprofit dedicated to promoting physical activity in underserved communities, has awarded a second round of grants, including \$76,550 to benefit Alexandria City Schools and partner organizations working with children in before and after school programs.

“Almost three years have passed

since RunningBrooke made its initial partnership with ACPS,” said founder and CEO Brooke Sydnor Curran.

“Through our collaborations with both ACPS and our nonprofit partners, we have seen the value and impact of our collaboration increase.”

This round of grants is in addition to the \$108,749 already invested into the Alexandria community through RunningBrooke’s

SEE AWARDING, PAGE 13



RunningBrooke founder and CEO Brooke Sydnor Curran, second from left, announced grants totaling more than \$76,000 to Alexandria City School programs and nonprofit partners to promote physical activity during the school year. Curran is shown with a fifth grade class during a grant presentation in May.

PEOPLE



Ashley Suggs (right) and Cynthia Chin (left) have had a mentoring relationship through Space of Her Own (SOHO) for 11 years.



Isaiah Sitton (left) and Christina Huie (right) have had a mentoring relationship through Wright to Read for five years.

PHOTOS BY DAN BRENDDEL/GAZETTE PACKET

Commending Mentorship

Youths and adults connect through variety of programs.

BY DAN BRENDDEL
GAZETTE PACKET

More than 40 youth mentees and young adult mentees and their older mentors celebrated their relationships on a donated annual riverboat ride last Thursday, Aug. 30.

Ten organizations participating in the Alexandria Mentoring Partnership (AMP), a coalition begun in 2006, oversees the mentorship programs. AMP's mission: "To provide a quality mentor to every child in Alexandria who needs one" — particularly those considered at-risk. A survey at the time found at-risk youths suffering from "minimal connection to their schools and/or community, poor academic performance, emotional issues and the lack of any person who had the time or inclination to fo-

cus their attention on that youth," according to the city.

With staff support from Alexandria's juvenile Court Service Unit, AMP serves as a kind of administrative umbrella, helping to coordinate volunteer recruitment, screening and training.

Mentee Ashley Suggs and mentor Cynthia Chin have had a mentoring relationship through Space of Her Own (SOHO) since 2007, when Suggs was in fifth grade at Jefferson Houston. In partnership with the public school system, SOHO provides guidance and support for at-risk girls, especially through arts activities, and ultimately a bedroom makeover. Suggs is now 20 years old and works fulltime at a barbershop. She says was "really shy" at first, but 11 years later she still calls Chin for advice and to talk about her job.

Mentee Isaiah Sitton, an eighth grader at Francis Hammond, and mentor Christina Huie have been together through Wright to Read for five years. Wright to Read aims to improve literacy. Sitton said he especially liked reading a book about Bruce Lee. Huie said she loves reading and wanted to give back. She's also attended Sitton's basketball games and church Christmas play.

"His family is my family," she said.

Mentee Bryan Diaz, a rising high school senior, and mentor Jeff Ackerman know each other through Community Lodgings, a housing provider for homeless and low-income families. The mentorship program meets regularly for activities, including hearing from speakers and a variety of professionals to expose the youths to an array of vocations. Additionally, Diaz says Jeff has taken him to baseball games. Another adult mentor gave Diaz and other students a tour of the Pentagon. Diaz says he's probably headed to college next — a step his mentors can help him plan for.

Mentee Briana Jerez Bustillo, a rising high school freshman, and mentor Taryn Wilkinson have had a mentoring relation-



Briana Jerez Bustillo (right) and Taryn Wilkinson (left) have had a mentoring relationship through Space of Her Own (SOHO) for four years.

SEE MENTORSHIPS, PAGE 10

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OPINION

Do Something Join #CallTextLive Campaign.

BY WENDY GRADISON
CEO PRS

The news of Anthony Bourdain and Kate Spade as well as a number of our own community members whose lives were stopped short due to suicide underscores the challenges that exist in preventing suicide. These stories created considerable grief, and in fact, we saw a significant increase in calls and texts to our PRS CrisisLink hotline.

When losses like these occur, we have an opportunity to change the conversation about suicide from one of loss to one of empowerment and hope. To keep people talking, we are launching the #CallTextLive Campaign during September, Suicide Prevention Month.

Suicide is a serious issue locally and nationally, claiming the lives of nearly 45,000 people annually and is the 10th leading cause of death nationwide and the second leading cause of death for young people aged 15-24. But for every death, 278 people manage to move past thoughts of suicide and survive.

At PRS, a nonprofit running PRS CrisisLink, Northern Virginia's crisis hotline and textline, we know there is more we can do to bring awareness and tools to prevent future suicides. We are inviting the community to get involved in our 4th annual #CallTextLive Campaign.

Using the hashtag #CallTextLive, the campaign works to educate members of the community about resources available and actions they can take to bring awareness to suicide



Wendy Gradison



PRS call center, where volunteers provide the empathetic, trained voice that someone in crisis needs to reduce their pain and provide connections to care.

prevention and intervention. Campaign highlights include: an easy to use web-based interactive event calendar; great tips and resources to share via social media; a Facebook Live Q&A with experts; community training and tour of the PRS CrisisLink call center; a Selfie Day; a crowdsourcing fundraiser; t-shirts for purchase; and walk events. We will also explore special suicide prevention topics related to gun safety, veterans, older adults, LGBTQ, youth, and survivors.

It's time to challenge the stigma around issues contributing to suicide and provide each other the tools to get help. #CallTextLive uses social media, activities and events to drive community conversation. We want people to visit our website—www.prsinc.org—to find simple ways to spark change through the #CallTextLive Campaign. Do one or do them all...but we definitely want everyone to do something.

If we are successful, even more people will find their way to community resources, including the PRS CrisisLink program, which handled nearly 80,000 crisis calls and text messages from the Northern Virginia region last year. In fact, a simple call or text to the crisis hotline or textline — (800) 273-TALK [8255] and text "CONNECT" to 85511 — provides the empathetic, trained voice that someone in crisis needs to reduce their pain and provide connections to care. Most of these voices are volunteers from our community — neighbors and friends — who share the gift of listening to those who hope to be heard.

Help us make it okay for more people to seek help. Join the #CallTextLive Campaign to broaden the conversation. Small or big ... do something ... we are listening and others will too.

Wendy Gradison is CEO of PRS, a mental health nonprofit in Northern Virginia.

LETTERS TO THE EDITOR

Hidden in Plain Sight

To the Editor:

A suite of charts (notwithstanding what the caption calls "red" and "yellow", which surely looked red and yellow on your computer screen but turned out darker and lighter versions of the same shade of orange in print) illustrates how "Testing Shows Persistent Student Achievement Gaps" is, indeed, a knotty problem, but this investigative article, as sumptuous as a grand opera's scenery, tells a story of a perennial phenomenon without scratching beneath the surface enough to notice what is hidden in plain sight.

ACPS' test scores lag year-after-year, even as testing methodology changes. School officials and elected leaders recycle the same trite excuses, but no one has lately been voted out of office over the schools' obscene cost for such mediocre results compared to statewide and to our neighboring suburbs, except a small backlash when Jefferson-Houston lost its accreditation. The real story is why the public, which is spending \$7,000 per student more than the statewide average, is so insouciant about ACPS' mediocrity.

The answer lies in Alexandria's basic character: A decade ago, when Alexandria's city hall decided to welcome those lacking legal presence which Prince William County was making feel unwelcome, it invited many of the

challenges now it faces with some of the highest "free and reduced lunch" and "English language learner" populations around. Alexandria is a high per-capita income city, as former Superintendent Berg notes. So long as ACPS is providing for the children of those high-income households, e.g., "outstanding programs in music, art, and drama," city hall hardly cares about the many for whom it is providing so little.

Polite liberal remonstrances to the contrary notwithstanding, city hall tacitly understands that they are here primarily to provide the cheap construction, daycare, restaurant, etc. workers higher income folks rely upon for more affordable high-end services. Although the exceptional case where those workers' children do well academically is celebrated, most high-income Alexandrians couldn't care less whether or not those workers' children perform at grade level because the jobs for which high-income folks need such workers do not require much educational attainment.

It is, instead, the struggling middle-class, forced to pay the high taxes to sustain the \$7,000 above statewide per student average cost for ACPS' mediocre achievement, this "knotty problem" most troubles. While city hall answers more to the high-income folks who can afford the taxes and benefit from the cheap construction, daycare, restaurant, etc. workers whose children attend ACPS, the struggling middle-class, whom the tax-burden prices out,

SEE LETTERS, PAGE 10



PHOTO BY GERI BALDWIN

In Remembrance Of 9/11

The red, white and blue of Old Glory flying at The Heritage At Old Town reminds me to offer thanks to all our men and women in uniform including first responders — in remembrance of 9/11.

— GERI BALDWIN

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LETTERS

FROM PAGE 8
finds its voice is diminished.

Dino Drudi
Alexandria

Change Rec Center Policy

To the Editor:

Many residents/users of Alexandria's facilities may be shocked to know that under Administrative Regulation 7-21, children 4 years or over are not allowed to accompany their opposite sex parent into a restroom/change-room (Section III, paragraph 26).

As an expecting mom of three sons 5 and under, I recently learned this the hard way.

Recently, my 5-year-old son had to use the toilet at Chinquapin so I took him in with me. Since my husband is deployed, I am often the sole guardian/caregiver. While he washed his hands, a woman approached me,

naked and wet and told me he was not allowed to be there. I explained my husband was deployed and my son needed to potty. "Then use the family room," she snapped. In fact, Chinquapin has no family room with a toilet.

The solution according to city officials? Send my son by himself into the men's change rooms/restrooms and hope for the best. Even Alexandria City's own Child Supervision Guidelines state: children "8 years and

younger should ... never be left unsupervised" and national and international standards consistently emphasize the importance of ensuring the safety of the child above all other considerations (including the privacy concerns of some adults).

In the meantime, the city manager promised to ask Parks and Recreation to conduct a "study" of best practices and make recommendations. Sigh. We all know what that means in terms of response time. Public institutions no longer have the luxury of time to engage in protracted bureaucratic exercises when they maintain policies/procedures that place children at risk.

Paragraph 26 must be changed or suspended immediately in locations where no family facilities exist to show the city is taking all the actions it can take to ensure the safety of its users, particularly its most vulnerable users, children.

Danielle Roosa
Arlington

A Good Start

To the Editor:

Alexandrians for Better City Government (A4BCG) was formed by a non-partisan group of Democrats, Independents, and Republicans to promote real choice and constructive change through the ballot box in the June Democratic Primary election.

There are no Republican or Independent Council members and there was no Republican open primary, so this was the only election where such change could be achieved. We believed this City Council, in particular, needed a shock to their collective senses to better understand the level of citizen frustration with their poor performance, their disdain for residents' views, and their apparent air of entitlement.

While Mo Seifeldein was our only endorsed candidate who won, two incumbents lost this primary and one, Dak Hardwick, lost a shot at a seat all thought was his to win. In this primary, we got the change we wanted, but, certainly not the mayor we needed. Just as the city elected new Democratic candidates for council, it also

elected a mayor who finds himself in serious trouble explaining his actions informing citizens and other council members in the Potomac Yard Metro fiasco on the heels of his similar maneuvers to overcome the valid environmental concerns of residents and city staff in the Karig Estates debate.

Still, our hearty congratulations to all non-incumbents. We are especially pleased to see a majority of new Democratic leaders with new perspectives vying for City Council seats. Four new votes on council is a new block that could accomplish constructive changes sought by A4BCG and the many Alexandrians we represent.

And, congratulations to city voters. In total, 21,637 voted for a mayor candidate. It's a simple assumption to assume these same voters cast their six votes for council candidates. But, they didn't. Election data shows almost 20 percent chose to cast less than six votes and, instead, voted very selectively with no "throw away votes." In fact, as many as 4,233 votes were not cast for incumbents or others. This highly unusual outcome easily explains how incumbents lost, the "old boy" block was broken, and new council primary candidates were elected.

Our conclusion? Our efforts prompted change, educated voters on choices, and built a new coalition – it was well worth the effort. Passing out thousands of fliers, knocking hundreds of doors, and posting numerous ads was an excellent use of the donations from supporters across all parties, neighborhoods, and affiliations.

Alexandrians for Better City Government will not stand down. We remain committed to a better government for this city – one that is transparent, accountable, and responsive to all citizens and their concerns. Whether registering new voters, highlighting government issues, or connecting neighbors, we will continue to build our presence in all ways necessary to best represent those who feel they have no voice or power, particularly if our new mayor elect continues to operate in back rooms with his signature lack of transparency.

Only 21 percent of registered voters cast primary votes for council and mayor. We encourage the other 79 percent to be counted on this upcoming election day, certainly, but also and always when city government fails to meet its fundamental responsibilities to all Alexandrians.

Kathy Burns
Bob Wood
Hal Hardaway

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Mentorships

FROM PAGE 7

ship through SOHO for four years. Jerez Bustillo says she's enjoyed building a friendship. Wilkinson says she's helped Jerez Bustillo connect with college preparatory activities.

Organizations participating in AMP include Wright to Read; Community Lodgings; Space of Her Own; Higher Achievement; The Untouchables; Casa Chirilagua; BRYCE Project; Reach and Arise for Excellence (RARE); Alexandria Seaport Foundation; and Friends of Guesthouse. The Potomac Riverboat Company donated the boat ride.

For more information or to become a mentor, visit www.alexandriava.gov/Mentoring.

BULLETIN BOARD

FROM PAGE 5

Management Division at stormwater@alexandriava.gov or 703-746-6499. Visit www.alexandriava.gov/Stormwater to learn more.

FRIDAY/SEPT. 7

Thrift and Gift Shop Reopening. 10 a.m. at Thrift and Gift Shop, Church

SEE BULLETIN, PAGE 19

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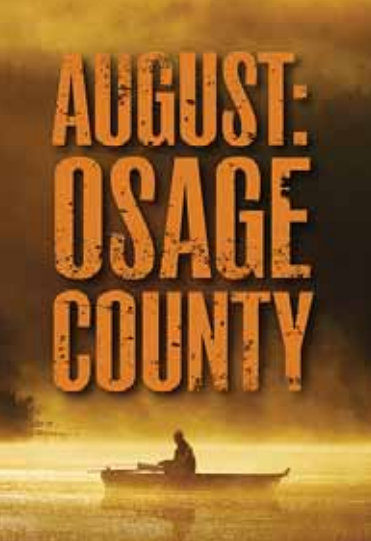
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Tom Greeson, board president, accepts the General Assembly Resolution presented to Neighborhood Health's Board of Directors by Del. Paul Krizek.

Honoring Neighborhood Health

State resolution cites organization's 20 years of service.

Del. Paul Krizek presented Neighborhood Health's board of directors with a resolution recognizing the organization for its 20 years of service in Northern Virginia.

Krizek was the primary sponsor on the resolution, which also had 21 co-sponsors from across the Commonwealth. It recognizes Neighborhood Health for providing access to high quality primary medical, dental, and behavioral health care to low-income families in Alexandria, Arlington and Fairfax County.

In presenting the resolution to Neighborhood Health's Board President Tom Greeson and Executive Director Dr. Basim Khan, Krizek expressed his appreciation to board members, staff, and volunteers for their work to advance health equity and expand access to primary care for low-income and uninsured individuals in Northern Virginia. During his presentation, Krizek read the General Assembly resolution and highlighted the following clause: "Over its two decades in operation, Neighborhood Health has remained committed to the idea that all people deserve access to quality health care; its talented doctors, nurses, and staff members have improved the quality of life for countless residents of Northern Virginia."

Khan expressed his appreciation to Krizek and to other General Assembly members who supported the resolution: "For more than two decades, our driving focus at Neighborhood Health has been to expand access to primary care for low-income and uninsured Northern Virginians. Underpinning this work is our belief that everyone in our community — regardless



Del. Paul Krizek with Dr. Basim Khan, executive director, and Board President Tom Greeson on the occasion of receiving the General Assembly Resolution.

of their income, background, or whether or not they have health insurance — should have access to health care."

Neighborhood Health's growth has spanned across all programs, including primary medical care as well as dental care, behavioral health, medication assistance, and HIV care. In the past 12 months, Neighborhood Health served more than 20,000 patients, including more than 10,000 without health insurance, in 12 clinics across the City of Alexandria, Arlington, and Fairfax County.

Khan added, "We are grateful to our state, county, and local public officials and to our supporters and community partners for supporting our mission. Our goal is to serve over 22,500 patients by 2019, a 60 percent increase from 2016. We look forward to the work that lies ahead."

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Awarding \$76,000 in Grants

FROM PAGE 6

Spring 2018 Move2Learn Grant Awards. An additional \$5,000 was also awarded to teachers in the newly initiated Mini-Grant Program.

Historically, RunningBrooke has awarded grants once per year, with the funds distributed in late January. Moving forward, grants will be awarded at the start of the academic year to provide maximum impact of RunningBrooke's Move2Learn program, which aims to increase activity levels of students specifically during the school day.

The 2018-2019 Move2Learn grants were awarded to 13 different programs across 10 ACPS schools and the LINK club at Brent Place Apartments, for a total of \$40,050 and eight nonprofit partners, the majority of whom work within ACPS, for a total of \$31,500.

RunningBrooke's 2018-2019 partners include the following ACPS classrooms and programs: ACPS Splash Program, Ferdinand T. Day Elementary (Imagination Playground, STEM Bikes, and Pedals and Pages), Jefferson Houston School (Kindergarten Math and Play), Minnie Howard Campus of T.C. Williams High School (Outdoor Giant Games), Matthew Maury Elementary (Equipment for outdoor movement and learning), Cora Kelly Elementary (Bikes in the Library), LINK Club After School Pro-

gram (PK Move, YoKid Yoga, All Starz Dance), and ACPS Move2Learn Brain Boost Book Pouches.

Nonprofit grant recipients include: Communities in Schools of NOVA, Friends of Huntley Meadows Park, Girls on the Run of NOVA, Jane Franklin Dance, Local Motion Project, QuinTango and YoKid.

In addition, ongoing teacher mini-grants will be awarded throughout 2018 and 2019. These are requests from teachers for \$500 or less that get youths moving during the school day. RunningBrooke anticipates awarding another \$10,000 via these initiatives during the 2018-2019 school year. To learn more and apply, visit runningbrooke.org.

"Many thanks to teachers, principals, administrators and nonprofit partners for their thoughtful proposals for getting kids active during the school day," Curran added.

"These are exciting partnerships that will enhance student learning."

RunningBrooke was founded in 2009 with the purpose of getting underserved kids physically active every day to spark happier, healthier and higher-performing students.

To date, RunningBrooke has invested nearly \$1.5 million into schools, nonprofit partners and the community.

See www.runningbrooke.org.

Abigail Downs Wacek for Alexandria School Board

I am announcing today my candidacy for Alexandria School Board, District B.

Alexandria is a wonderful place to live but the truth is our schools are under performing. As shown in the Virginia Department of Education School Quality Profiles, we lag far behind our neighbors in Fairfax and Arlington with regard to school accreditation and proficiency in reading, math, science, and social studies.


I went to grade school in Alexandria and graduated from TCW. I believe in this City and know that our students are capable of greatness, but only if we give them the right tools to succeed.

In order to set our students up for success, we must:

- Work with and listen to our teachers to ensure that decisions made about what works and what doesn't in our classrooms come from the people who know best.
- Develop robust and varied vocational programs to ensure that all students are given pathways to success.
- Ensure that those students who are college bound are given access to rigorous coursework so they are as well prepared as they can be.

I know that Alexandria can and should be a city where all parents are proud to send their children to school, and with your support I know we can get there.

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OBITUARY

Joan D'Orazio Potts

Joan D'Orazio Potts, 77, devoted mother and grandmother, died Sunday, Aug. 26, at her daughter's home in Springfield, Va. after a chronic illness.

Mrs. Potts lived in Old Town Alexandria more than 40 years.

She was born and raised in Youngstown, Ohio, the daughter of Rose Rosapepe and P. Arthur "Pat" D'Orazio, an architect. She graduated from Ursuline High School there in 1958 and from Penn Hall Junior College in Chambersburg, Pa. before earning a B.A. in sociology from Arizona State University in Tucson in 1965.

Joan D'Orazio joined the same sorority her mother belonged to, Alpha Omicron Pi. They were active alumni together in Youngstown.

After graduation, she worked at the D'Orazio Architectural office in Youngstown until moving to the Washington area in 1970, where she worked as a professional secretary for Previews International, a prominent real estate firm.

She was living in Crystal City, Arlington, in the mid-1970s when she met her future husband, George Potts, a government relations consultant, at the apartment complex pool. In September 1977 they were married in their home in Old Town. Mr. Potts, director of public affairs for the American Land Development Association in Washington, died of cancer in May 1982.

Mrs. Potts was passionately devoted raising her



daughter Hilary. She worked at local boutiques, including The Beehive on North Lee Street, so her schedule could accommodate her daughter's school, sports and other activities. She also worked in the cafeteria and after-school program at St. Mary Catholic School, where her daughter was a pupil.

Mrs. Potts made a big impression on her daughter's friends, Hilary Potts Parry recalls.

"Everyone who met her liked her and knew her name," Hilary Potts Parry said. "She always outdid herself and went above and beyond for everyone. Countless friends are telling me that some of their favorite childhood memories happened at our house with me and my mom. 'She was always so kind to me and made us all laugh' is a common comment I'm getting."

And she had an amazing holiday earring collection that is talked about to this day. She was known for her great style, and love for bright colors, madras and espadrilles."

Mrs. Potts' interests encompassed fashion, decorating, gardening and the arts, including painting and needlework.

In addition to her daughter Hilary Parry and her son-in-law Joe Parry of Springfield, she is survived by two grandsons, Eddie and George Parry; her twin brothers Jon D'Orazio of New York City and Joel D'Orazio (Alice Kresse) of Bethesda, Md., and her sister Jan D. Mennell (John) of Granville, Ohio.

The family requests memorial contributions be sent to the Pulmonary Hypertension Association, 801 Roeder Road, Suite 1000, Silver Spring, MD 20910, or make a memorial gift online at www.PHAssociation.org.

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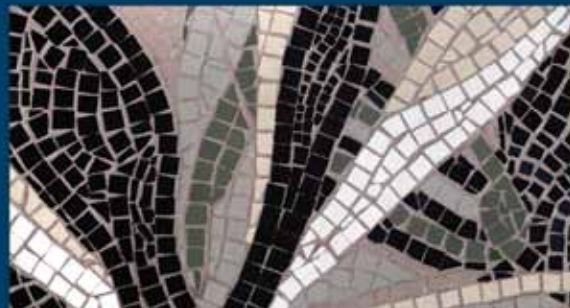
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PHOTO BY DAN BRENDL/GAZETTE PACKET

ACPS Superintendent Greg Hutchings addresses an eighth grade college and career readiness class, taught by Hazel Petty, at Francis C. Hammond Middle School. Students wearing green shirts participate in the Where Everyone Belongs (WEB) program. The green shirts signal to sixth graders, new to the school, that they can ask these older mentors for help.



PHOTO BY DAN BRENDL/GAZETTE PACKET

ACPS Superintendent Greg Hutchings greets Victoria Ignacio during her ninth grade social studies class at T. C. Williams High School's Minnie Howard campus.

Educational Challenges Ahead

FROM PAGE 1

a building conversion could offer a model for future projects as well, as ACPS faces a massive arc of capital expansion in a city where land is rare and expensive.

ACPS recently began a public planning process about expanding high school capacity. What the curriculum should look like and whether there'll be one or multiple high schools comprise one of the single most consequential political questions on the community's horizon.

Visiting a social studies class at Minnie Howard on Tuesday, Hutchings asked the new ninth graders what they thought. Some said they want a new and bigger second high school. Another added that he'd like to see more sporting options for freshmen.

"You have some good ideas," which a student focus group ought to discuss, Hutchings told the class.

Whether and how to expand ACPS's provision of preschool will also likely prove a hot topic in the coming budget season. ACPS currently provides pre-K in some elementary schools, and this year is also opening a new Early Childhood Center in the city's West End. Though its mandate from the state includes only K-12, the School Board has expressed a desire to expand early childhood education. For this, the City Council would likely have to provide more funding.

Some school principals also highlighted changes or initiatives at their level.

For example, the school division's adoption of new textbooks constitutes "a huge initiative" that will enable greater division-wide "consistency," said Victor Powell, principal of Matthew Maury Elementary School. He also noted certain important capital improvements made since last year.

For a couple years now, art students at Francis C. Hammond Middle School have been decorating hallways and panels throughout the building. Pierrette Peters,



PHOTO COURTESY ACPS

Students line up for their first day of classes Sept. 4 at Ferdinand T. Day Elementary. The newly opened school has a capacity of 650 and serves the city's West End.

Hammond's principal, showed off their work. She plans to keep the initiative going, as one way of ensuring the students have some ownership of the school's culture. She also plans to continue promoting college and career readiness.

Peter Balas, Minnie Howard's principal, said that his faculty have begun "teaming." Rather than participating in classes all around the building based on content, now students and teachers are assigned to one of eight smaller cohorts. Among other benefits, this new arrangement aims to improve teacher-to-student and peer-to-peer relationships, he said.



PHOTO COURTESY ACPS

Students at T.C. Williams High School celebrate the first day of classes Sept. 4 with a photo at the school's red carpet photo booth.



PHOTO COURTESY ACPS

Kindergarteners begin classes Sept. 4 at George Mason Elementary School.



PHOTOS BY JEANNE THEISSMANN/GAZETTE PACKET

HEARD founder Jane Collins welcomes attendees to the first Creative Writing Contest at the William G. Truesdale Detention Center on Aug. 16.

Sentences to be Heard

FROM PAGE 3

McCrickland, second place poetry.

HEARD was founded in 2017 by communications consultant Jane Collins, an Alexandria resident and retired Air Force colonel.

"We offer clients a safe and trust-based environment to express themselves," Collins said. "Our programs are designed to offer participants creative expression, an opportunity to be heard, recognized and honored, and to build an environment of trust and safety."

HEARD is a program of the Del Ray Community Partnership non-profit and is funded privately and through donations. For more information, contact Collins at

jahcollins@gmail.com, call or text 703-282-6738.

"These are incredible stories," Collins said. "These words need to be heard."



Nelly Davila holds her first place award for non-fiction writing at the Aug. 16 HEARD Creative Writing Awards ceremony at the William G. Truesdale Detention Center. Davila wrote of a family car accident that occurred when she was 5 years old and took the lives of an older sister, brother and 10-month-old sister.

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WELLBEING

Aiming for Long-Term Fitness

Study shows physical declines can be detected as early as age 50.

BY MARILYN CAMPBELL

I've been doing it since before I retired," said Rich White, a former accountant who lives in Alexandria. "It's easier to get up and get it out of the way so I don't miss it. Both of my parents died prematurely of heart attacks. That's when I decided to start running to get in shape. Eventually that turned into a habit of daily strength and aerobic exercise."

White's assumptions about preserving his physical health are underscored by a report from the Center for the Study of Aging and Human Development at Duke University School of Medicine which found that physical decline begins when people are in their 50s, much earlier than people might notice or expect.

The study looked at 775 adults ranging in age from 30 to 90 to assess changes in fitness abilities like endurance, balance, speed and strength. Researchers found that exercise efforts must begin before the age of 50 in order to help halt the decline and maintain mobility and independence longer in life.

"Our research reinforces a life-span approach to maintaining physical ability — don't wait until you are 80 years old and cannot get out of a chair," said lead author Katherine S. Hall, Ph.D. in releasing the study.

By having participants stand on one leg for 60 seconds to measure balance and sit and rise from a chair for 30 seconds to measure lower body strength, researchers were able to detect a decline beginning in

Emma Warner, 72, meets her trainer at a Montgomery County Recreation Center gym twice a week. Together they perform a combination of exercises aimed at improving her strength, balance, endurance and flexibility.

"We stretch and do yoga poses, sometimes we speed walk outside and I also do exercises with two or three pound dumbbells," she said. "But my mother is 98 and is in pretty good health, so I figure I have good genes. I just need to work on fitness to maintain."

As people age, change and decline is inevitable, but the rate and severity can vary based on genetics and the level of activity in one's lifestyle. Regular exercise can have a profound effect on the way in which one ages.

"People have their actual age, which they can't do anything about, and their biological age," said Martin.

"Someone could be 40 years old, live a very inactive lifestyle and not eat very well, which may cause them to be closer to 60 in terms of their biological age. And vice versa, someone who is 60 could be very active and eat a healthy diet and feel like they are much younger, perhaps a biological age closer to mid-40s."

Fitness instructor Amy Traum has clients who run the age gamut from college students to retirees, but her overarching advice to getting in shape is similar. "Everyone needs a well-rounded exercise program that includes stretching, balance exercises,

strength and cardio," she said. "I always begin and end classes with stretching and I try to add strength and balance elements like a weighted deadlift."

Those new or newly returning to exercise should start slowly and gradually, says Traum. "It sounds like common sense, but I can't tell you the number of people who come to my classes with no experience and try to work way above their fitness level

"Our research reinforces a life-span approach to maintaining physical ability — don't wait until you are 80 years old and cannot get out of a chair."

— Katherine S. Hall, Ph.D.

"Someone could be 40 years old, live a very inactive lifestyle and not eat very well, which may cause them to be closer to 60 in terms of their biological age. And vice versa, someone who is 60 could be very active and eat a healthy diet and feel like they are much younger, perhaps a biological age closer to mid-40s."

— Joel Martin, Ph.D., assistant professor of Kinesiology, George Mason University

one's 50s. The findings show the need to understand and preserve muscle strength.

"Most tissues in the body respond to stress placed on them by becoming stronger or adapting to handle the stimulus you place on them," said Joel Martin, Ph.D., assistant professor of Kinesiology at George Mason University. "If you lift weights, your muscles get bigger and stronger. If you don't do any sort of physical activity to stimulate your muscles then they get smaller and become weaker. Use it or lose it."

and either get injured or discouraged," she said. "There's nothing wrong with starting out slow, sticking with it and making gradual progress. Also make it fun, like walk or jog with a friends or take a dance or Zumba classes."

"Eating a healthy and nutritious diet is also important," added Martin. "The antioxidants in foods, especially fruits and vegetables, can help to preserve and protect tissues from damage that occurs as part of the natural aging process."

NEWS

City To Celebrate U.S. Constitution

Mayor Allison Silberberg will sign the official Proclamation commemorating Constitution Week, September 17 – 23, 2018, in Council Chambers at City Hall on Sept. 17 at 10 a.m. The signing marks the country's 231st birthday.

The U.S. Constitution provides the framework of the American government – its principles and structure. The document reflects the thinking of four Virginians: Thomas Jefferson, George Washington, James Madison, and George Mason.

Participating in the signing will be students from Mt. Vernon Community School, T. C. Williams High School, Samuel W. Tucker Public School and Lyles-Crouch Traditional Academy. Also attending will be Alexandria City Public School (ACPS) Superintendent Dr. Gregory C. Hutchings, Jr., school staff, council members and members of five local DAR chapters.

To commemorate the Constitution, ACPS students will sing a

medley of patriotic songs, under the direction of Debra Lindsay, music teacher, Samuel W. Tucker Elementary School.

The tradition of celebrating the U.S. Constitution began in 1956 after the Daughters of the American Revolution petitioned Congress to dedicate the week of Sept. 17-23 to commemorate the U.S. Constitution.

The aims of Constitution Week are to emphasize the citizens' responsibilities for protecting the Constitution, to educate people about the role of the Constitution and encourage the study of historical events leading to the drafting of the U.S. Constitution in September 1787.

The DAR has over 175,000 members with approximately 3,000 chapters in 50 states and 13 foreign countries. The DAR promotes patriotism through celebrations and activities for children and new immigrants. For more information about DAR programs, see www.johnalexandernsdar.org/.

Tour To Benefit Hospital

FROM PAGE 10

House Visitor Center, 221 King Street. Beginning Sept. 4, tickets may also be purchased at The Twig Thrift Shop, 106 North Columbus Street.

On the day of the tour, tickets will be available for \$45 at The Twig Thrift Shop; the Athenaeum, located at 201 Prince St.; and Ramsay House.

Now in its 85th year, The Twig is a 501(c)(3) organization dedicated to providing financial assistance and support to Inova Alex-

andria Hospital. The Twig has donated over \$4 million to the hospital for a wide range of initiatives, including The Twig Pavilion, a 16-bed telemetry unit, and The Twig Surgical Center, a 24-bed post-surgical unit. For the past 10 years, The Twig has also awarded scholarships to hospital staff who wish to advance in a nursing career. A current \$1 million pledge will help renovate the hospital's Cardiovascular Intensive Care Unit. For more information, visit The Twig at www.thetwig.org.

BULLETIN BOARD

FROM PAGE 8

of St. Clement, 1701 N. Quaker Lane. Shop for quality bargains in clothing for adults and children, jewelry, books, toys, housewares, collectibles, objet d'art, and more. Open Fridays and Saturdays from 10 a.m.-1 p.m. except Christmas and Easter. Donations accepted during open hours. Call 703 998-6166.

Commission on Aging - Communications Comm. Mtg. 10 a.m. at Nectar's Coffee Shop. Contact Debbie Ludington, 703-746-5692.

SATURDAY/SEPT. 8

Submission Deadline. Rising 7th, 8th or 9th grader may up to \$100 this summer just by writing a simple essay or poem. Enter the 4th Annual "For Love of Country" Essay & Poetry Contest. This year's theme is "You're Eighteen, and Your Friends Say They Don't Want to Vote. What Do You

Say?" Submit your essay at any Alexandria Library branch location. Email iwest@alexlibraryva.org for more.

Environmental Policy Commission Annual Retreat. 9 a.m. at T.C. Williams High - Minnie Howard Campus, 3801 W. Braddock Road. Contact Lisa Goldberg, lisa.goldberg@alexandriava.gov.

SUNDAY/SEPT. 9

"United in Faith for 186 Years." 11 a.m. and 3 p.m. at Roberts Memorial United Methodist Church, 606-A South Washington St. Celebrating Homecoming "United in Faith for 186 Years" with Rev. Dr. James G. Daniely and speaker Rev Charles Roberts of Leesburg, Va. Available parking at Damaine Funeral Home and Lyles Crouch School, located on St Asaph Street. Visit robertsumc.org or call 703-836-7332.

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ENTERTAINMENT

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

ONGOING

“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.

“The Painted Rocks at Revolver Creek” by Athol Fugard. Through Sept. 30 at MetroStage, 1201 N. Royal St., Alexandria. “The Painted Rocks at Revolver Creek” by Athol Fugard, directed by MetroStage Artistic Associate Thomas W. Jones II, will open the 2018-19 season at MetroStage. Visit www.metrostage.org.

Geometrics Kiln Club Show.

Through Sept. 30, at Scope Gallery, 105 North Union St., Studio 19, Torpedo Factory, Alexandria. Earthy Encore Spotlights Shapeshifting in Clay. Monday-Sunday, 10 a.m.-6 p.m., open Thursday, Sept. 13 until 9 p.m. and Friday, Sept. 14 until 10 p.m. Call Scope Gallery at 703-548-6288 or visit www.scopegallery.org.

Photography Exhibition: Michael Borek. Through Oct. 14, gallery hours at Multiple Exposures Gallery, 105 N. Union St., Alexandria. “Aimless Walk Reprise” presents 22 photographs taken by Michael Borek in his native Czech Republic. Over the last 10 years, Borek continued to return to photograph an old blue-collar neighborhood in Prague, where he grew up. Visit www.multipleexposuresgallery.com.

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 Saturdays. Call 703-780-4696 or visit www.washingtonfarmumc.org.

Mount Vernon Farmers Market. Wednesdays through Dec. 19, 8 a.m.-noon at Sherwood Hall Regional Library, 2501 Sherwood Hall Lane, Alexandria. Visit www.fairfaxcounty.gov/parks/farmersmarkets.

THURSDAY/SEPT. 6

Kayak Cleanups at Four Mile Run. 5-7:30 p.m. The event starts out at The Conservatory Center at Four Mile Run Park, 4109 Mt Vernon Ave., Alexandria. Parking details will be provided to those who RSVP. The Four Mile Run Conservatory Foundation will continue to deploy its fleet of kayaks to collect litter along the streambank of Four Mile Run this Fall, following the efforts over the summer 2018. Visit www.fourmilerun.org for more.



PHOTO CONTRIBUTED

Wings, Wheels & Food Fest

Alexandria resident Heather Penney, center, a veteran F-16 pilot known for her role escorting Air Force One’s return to Washington following the 9/11 attacks, will be offering bi-plane rides at the Wings, Wheels & Food Fest, Sept. 15 from 11 a.m.-6 p.m. at Maryland Airport 2W5, 3900 Livingston Road, Indian Head, Md. “Mango” Mike Anderson will be serving BBQ from Sweet Fire Donna’s Restaurant at the event, which is free and open to the public. Classic cars will be on display and plane rides, flying contests and live entertainment will be featured throughout the day. For more information call 301-283-6202.

First Thursday Del Ray. 6-9 p.m. Along Mount Vernon Ave., Alexandria. First Thursdays is a series of free outdoor street festivals along Mount Vernon Avenue. Every first Thursday of the month, the Del Ray Business Association features businesses along Mount Vernon Avenue, special events, food and music. Each month has a different theme with activities for children, live music and a festive atmosphere. Visit www.visitdelray.com for more.

THROUGH SEPT. 30

Diaper Drive. At Pilates ProWorks, 1103 Queen St., Alexandria. All of the diapers collected will be donated

to the Great D.C. Diaper Bank, an official partner of the National Diaper Bank Network. Pilates ProWorks’ diaper drive is a part of a larger brand-wide initiative, “Restore Your Core,” which emphasizes the importance of empowering mothers to practice self-care. Visit www.pilatesproworks.com.

SEPT. 6-OCT. 7

Exhibit: ‘Natural Reaction.’ Gallery hours at The Art League Gallery, 105 North Union St., Studio 21, Torpedo Factory, Alexandria. Sculptor and printmaker Brian Kirk courts chemical reactions to create ephemeral, phantom-like prints from rusting metal. A marriage of art and

science, Kirk’s rust prints bloom in hues of lush amber, ochre, and apricot. Born of rigid metal, from saw blades to steel wool, the prints that emerge are organic, almost cellular. Visit www.theartleague.org or 703-683-1780.

FRIDAY/SEPT. 7

Solo Painting Exhibition Opening Night. 5-8 p.m. at Gallery Underground, 2100 Crystal Drive, Arlington. Featuring work by Barry Barnett Keith, a graduate of T.C. Williams and The University of Delaware Art School. Call 301-518-9093.

Opening Reception: “Eat, Drink, and Be Merry.” 7-9 p.m. at Del Ray Artisans, 2704 Mt. Vernon Ave., Alexandria. A national ceramic show that celebrates dining and food with a regional art exhibit echoing these themes. Visit DelRayArtisans.org/event/eat-drink-be-merry.

SEPT. 7-30

Art Exhibit: “Eat, Drink, and Be Merry.” At Del Ray Artisans, 2704 Mt. Vernon Ave., Alexandria. A national ceramic show that celebrates dining and food with a regional art exhibit echoing these themes. Visit DelRayArtisans.org/event/eat-drink-be-merry.

SATURDAY/SEPT. 8

Craft and Family Fun Fair. 9 a.m.-2 p.m. at St. Luke’s Episcopal Church, 8009 Ft. Hunt Road, Alexandria. Featuring handmade arts and crafts, live piano music, baked goods prepared by parishioners, and children’s games like plinko and a moon-bounce. Nancy Mason, oldest

of nine children of Virginia statesman George Mason and portrayed by retired history teacher Janis Harless, will be in costume performing at 10:30 a.m. Visit www.saintlukeschurch.net.

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 per person. Visit www.gadsbystavern.org.

Chicken BBQ and Yard Sale. 10 a.m.-2 p.m. at Fairlington United Methodist Church, 3900 King St. The United Methodist Men will hold a chicken BBQ and yard sale. A half-chicken meal with beans, cole slaw, roll and drink for \$10; pint of beans or cole slaw for \$2. All profits will support local community charities. Call the church office, 703-671-8557.

T&ES Open House. 10 a.m.-1:30 p.m. at 2900 Business Center Drive, Alexandria. The City’s Department of Transportation & Environmental Services (T&ES) Open House will provide an up-close, hands-on look at the work of the department that oversees City refuse collection, street cleaning, sewer maintenance, recycling, water quality, traffic engineering, and transit services. This free, family-friendly event will allow residents and businesses to learn about important City services and meet staff who help keep Alexandria mobile, clean, safe and eco-friendly. Visit www.alexandriava.gov/TES for more.

Ceramics Workshop. 10 a.m.-4 p.m. at The Clay Queen Pottery, 2303 Mt. Vernon Ave., Alexandria. Ceramic artist Lisa York presents “Bowls and Plates with Nice Curves.” The demonstration explores curves and form, surface decorations, thrown and alteration techniques. Visit DelRayArtisans.org/event/bowls-and-pla

Celebrate Honey Bee Day. 10 a.m.-noon at Green Spring Gardens, 4603 Green Spring Road, Alexandria. Where would we be without the honey bee? Celebrate this wondrous insect with the Northern Virginia Beekeepers Association. Meet a beekeeper, see inside a beehive, learn a bee dance, do a bee scavenger hunt, learn how bees are important to our food supply and get tips on how to help honey bees. Free. Call 703-642-5173 or visit www.fairfaxcounty.gov/parks/green-spring.

Chakra Balancing On and Off the Mat & Chakra Mudras. 2-4 p.m. at 532 Yoga, 532 North Washington St., Alexandria. Learn about Chakras and how to move inert energy. Cost: \$15 before Sept. 1, \$20 thereafter. Visit www.532yoga.com.

Visual Arts Workshop: Seeing Beauty. 2-4 p.m. at Green Spring Gardens, 4603 Green Spring Road, Alexandria. Photography instructor Tuan Pham helps you seek artistic beauty, sharpen your perception of the natural world and learn how to capture that new vision for your photography or other visual arts. Lessons teach insightful observation by masters in arts, science, and mysticism, combined with the presenter’s own experience in nature photography and mindfulness practice. Cost is \$34/person. Register online at www.fairfaxcounty.gov/parks/parktakes using code 290 431 3701 or call 703-642-5173 or visit www.fairfaxcounty.gov/parks/green-spring.

Fall Lawn Care. 2:30 p.m. at Barrett Branch Library, 717 Queen St., Alexandria. Fall is the ideal time to



One of this year’s tour homes, located between two Old Town alleys, is a 167-year-old carriage house that was re-stored in 2008.

Historic Homes Tour

A walking tour featuring some of the beautiful homes in Old Town Alexandria, proceeds will benefit Inova Alexandria Hospital. Sponsored by The Twig, Junior Auxiliary of the hospital. Saturday, Sept. 22 10 a.m.-3 p.m. \$40 in advance; \$45 tour day. On tour day, tickets may be purchased at the Alexandria Visitor Center, at The Twig Thrift Shop at 106 N. Columbus St. or at The Athenaeum at 201 Price St. Call 703-338-0691 or visit www.thetwig.org/Homes-Tour.

ENTERTAINMENT

Diya Indian Cuisine Brings Flavor, Spice to Old Town

By HOPE NELSON

If you're not pulled in by the small sign out front of the Crilley Warehouse at 218 North Lee St., you'll soon be summoned by the wafting aromas of curry and Indian spices, making their way down the stairs from the second floor. Indeed, the block has a new neighbor in town: Diya Indian Cuisine.

The restaurant space won't be a new address for many locals: The famed La Bergerie took up residence for many years until its closure in 2016. And after a yearlong process to get up and running, Diya has fired up the range once more – with a totally different cuisine.

And a varied cuisine, at that. One look at Diya's menu and – well, you'll probably need another look. The offerings are vast and varied, from all manner of meats to an extensive vegetarian section. And – to make your decision even more taxing – there's also the little matter of the buffet, which sits in a room to itself, extending from wall to wall with a smattering of Indian favorites.

From butter chicken to saag paneer, it's all there at the lunch buffet, accompanied by fluffy basmati rice and naan. The offerings switch out, but the balance of meat and vegetable items remains standard from day to day. As does the array of flavors on display. Mild, spicy or somewhere in between: It's all there, just waiting to be cooled off – or enhanced – with some creamy raita.

Back to the menu, there are plenty of dishes just waiting to be tasted.

"We are famous for the samosa chat. ... Samosa chat, when you mix it with the chickpeas, it gives it nice flavors. We put tamarind, yogurt, the mint chutney, and it gives a nice tangy flavor for us," said assistant manager Phurba Sherpa.

Another Diya specialty is its array of biryani offerings, rice dishes that are teeming with a plethora of meat or vegetable options.

"Every biryani is good. We can't make it mild, but we're still trying," Sherpa said, smiling.

Though Diya has been open since Aug. 9, its official grand opening celebration will take place later this month on Sept. 28 from 5 to 10 p.m. A special dinner version of the buffet will be offered up for \$6.99, as well as a wine tasting and happy hour drink specials.

If You Go

DIYA INDIAN CUISINE, 218 N. Lee St.

Hours: 11 a.m.-10 p.m. daily.

Grand opening: Sept. 28, 5-10 p.m.

Try this: "Normally people like the pineapple butter chicken," said assistant manager Phurba Sherpa.

"We're preparing a lot of things" for the celebration, says General Manager Jose Delgado. Mayor Allison Silberberg will be on hand for the ribbon-cutting, and

then the party will get started.

"We're having a raffle going on – there's going to be a TV and a tablet and a surprise," Delgado said, chuckling, "I don't even know (what it is) because it's a surprise!"

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

CALENDAR

restore cool-season grass, the most common turf grass grown on lawns in our area. To register, visit mgnv.org.

Children's Latin Dance. 3 p.m. at Duncan Branch Library, 2501 Commonwealth Ave., Alexandria. In honor of Hispanic Heritage, Martha E. Garcia is leading a Latin dance class for children 8-12. A zest for learning dance is all that's required. Space is limited, call 703-746-1783 to register.

Platinum Moments. 4-6:30 p.m. at Rachael M. Schlesinger Concert Hall, 4915 E. Campus Drive, Alexandria. Alexandria's hometown barbershop chorus is celebrating its 70th anniversary by reprising memorable songs from past performances and by hosting world-class barbershop ensembles from Florida and Toronto, Canada. \$35. Visit www.harmonizers.org.

SEPT. 8-OCT. 21

Exhibition: 'Juxtaposed.' At Target Gallery at The Torpedo Factory, 105 N. Union St., Alexandria. New exhibition explores the Art of Contradiction and investigates opposing or conflicting themes through art. The exhibition features 25 artworks by 12 artists from all over the country. Juxtaposed was juried by Megan Rook-Koepsel, a D.C.-based independent curator.



Factory Seconds Brass Trio

Brass of Peace will host members of the Cleveland Orchestra that make up The Factory Seconds Brass Trio — Jack Sutte, Trumpet; Jesse McCormick, Horn; and Richard Stout, Trombone. Each musician occupies the Second Chair position in their respective section within The Cleveland Orchestra, and all are faculty members as well as Ensemble in Residence at Baldwin Wallace Conservatory. Sunday, Sept. 9, 7 p.m. at Peace Lutheran Church, 6362 Lincoln Road, Alexandria. Visit www.brassofpeace.org.

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ENTERTAINMENT

SUNDAY/SEPT. 9

George Washington Patriot Run. 8 a.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway, Mount Vernon. Admission: \$50 per runner if purchased prior to Sept. 3; \$60 per runner after Sept. 3; \$10 for spectator tickets at the finish line. A free Kids Run will be held near the finish line at Mount Vernon (registration required). All 10K and 5K runners will receive a T-shirt and a finisher medal. Call 703-780-2000 or visit www.MountVernon.org.

Apothecary Museum Geek Tours: American Sign Language. 11 a.m.-noon at The Stabler-Leadbeater Apothecary Museum, 105 S. Fairfax St., Alexandria. Learn about the muggle botanical science that inspired the potions and herbology of J.K. Rowling's Harry Potter series, and make a magical sleeping potion. This tour will be conducted exclusively in American Sign Language. Admission \$15. Call 703-746-3852 or visit www.alexandriava.gov.

Outlandish Fashion Show and Tea. 2 p.m. at 121 N. Fairfax St., Alexandria. Do you love the Outlander books and/or the television show? Then stop by for tea and a special fashion show on the Magnolia Terrace. Members of the Appin Regiment, an 18th century Scottish Living History group, will model the fashions from the time period when Jamie, Claire and John Carlyle lived. \$45 per adult, \$25 per child (5-12), children under 5 are free. Tickets available online. Everyone in party must be registered. Visit www.novaparks.com/parks/carlyle-house-historic-park.

Factory Seconds Brass Trio. 7 p.m. at Peace Lutheran Church, 6362 Lincolnia Road, Alexandria. Brass of Peace will host members of the Cleveland Orchestra that make up The Factory Seconds Brass Trio — Jack Sutte, Trumpet; Jesse McCormick, Horn; and Richard Stout, Trombone. Each musician occupies the Second Chair position in their respective section within The Cleveland Orchestra, and all are faculty members as well as Ensemble in Residence at Baldwin Wallace Conservatory. Visit www.brassofpeace.org.

MONDAY/SEPT. 10

Partners in Art. 2-4 p.m. at Del Ray Artisans gallery, 2704 Mt Vernon Ave. Join a collegial group of artists to share goals and get feedback on artwork. Monthly meetings include discussions on exhibit opportunities, the creative process and the local art scene. Artist can bring 1-3 works — complete or in progress — for feedback. All skill levels and media welcome. Donations (\$1-3) appreciated. Visit DelRayArtisans.org/partners-in-art.

Ballroom Dance Classes. In Alexandria, call for location. Dance instructor Gary Stephans teaches Fox Trot, Waltz, Tango, Swing, Salsa, Merengue, Rumba, Cha-Cha and Samba. Discover techniques that will help you become a relaxed and confident social dancer in these small, personalized dance classes. Beginners and experienced dancers welcomed—no partner needed. \$30 per person; \$55 per couple. Visit www.artofballroomdance.com, email garystephans@me.com or call 703-505-5998.

SEPT. 10-OCT. 29

Exhibit: 'Autumn Gold.' Featuring Nina Tisara's intricate mosaic art at Coldwell Banker Residential Brokerage, 310 King St., Alexandria. RSVP to ninat@ninatisara.com.

TUESDAY/SEPT. 11

Simpson Gardens Stroll. 11 a.m.-noon at Simpson Park Gardens, 420 E. Monroe St., by the YMCA, Alexandria. Extension Master Gardener volunteers will be in the Simpson Park demonstration gardens to answer questions and provide information on sustainable gardening. Early fall is one of the most colorful times at Simpson, which includes beds that feature waterwise gardening, scented plants, plants that attract pollinators, plants that prefer shade, and beds that illustrate the use of structure and texture in the garden. Come see the butterflies, birds, and other pollinators, and learn techniques for making your own gardens welcoming to wildlife. Free. Call 703-228-6414 or email mgaralex@gmail.com.

Ethiopian Film Festival. 2 p.m. at The Burke Branch Library, 4701 Seminary Road, Alexandria. Celebrate Enkutatash, the Ethiopian New Year, by joining in a film screening of three films. Ethiopian coffee and bread will be served. Screening of the following Ethiopian films: "Lamb" (2015); "Night Shift" (2015); and "The Father" (2000). Visit alexlibraryva.org for more.

TUESDAY-SUNDAY/SEPT. 11-16

Book Sale. At Beatley Central Library, 5005 Duke St., Alexandria. Thousands of books, CDs, DVDs and more will be available for sale. All proceeds benefit the Friends of Beatley Central Library. Visit alexlibraryva.org for more.

WEDNESDAY/SEPT. 12

Secrets of Nancy Drew. 1 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Join Cathy Noonan from the Martha Washington Library and learn about the people who created and influenced the girl sleuth in the original volumes of the 1930's. Reservations required. Call 703-765-4573; TTY: 711.

"Saving Spaces" Book Release. 7 p.m. at Lloyd House, 220 North Washington St., Alexandria. Featuring author John Sprinkle's new book, Saving Spaces: Historic Land Conservation in the United States. The book provides an overview of historic preservation in America and uses case studies, such as Alexandria's Lloyd House, to show the struggles and successful strategies for conserving the country's historic buildings and landscapes. A book signing and reception will follow the lecture. \$12 per person and \$10 for OHA Museum members. Tickets at Alexandriava.gov/Shop.

Nunu Wako Presents: Overshadowed. 7 p.m. at Duncan Branch Library, 2501 Commonwealth Ave., Alexandria. In a special screening for Enkutatash (Ethiopian New Year), local filmmaker Nunu Wako screens her documentary, "Overshadowed," about modern life in Ethiopia. Question and answer session to follow. Visit alexlibraryva.org for more.

How Native Plants Support Wildlife. 7:30 p.m. at Huntley Meadows Park Visitor Center, 3701 Lockheed Blvd., Alexandria. Join the Friends of Dyke Marsh to hear Dr. Desiree Narango speak about her research on how residential landscapes influence biodiversity. The talk will focus on her research comparing how well native and nonnative trees provide food for insect-eating Carolina chickadees. She will share results from her work that can help you choose trees and shrubs that will support habitat for birds and other backyard wildlife. Free. Visit www.fairfaxcounty.gov/



Janis Harless portraying Nancy Mason, oldest of nine children of Virginia statesman George Mason, at the St. Luke's Episcopal Craft and Family Fun Fair on Saturday, Sept. 8.

Craft and Family Fun Fair

Featuring handmade arts and crafts, live piano music, baked goods prepared by parishioners, and children's games like plinko and a moon-bounce. Nancy Mason, oldest of nine children of Virginia statesman George Mason and portrayed by retired history teacher Janis Harless, will be in costume performing at 10:30 a.m. Saturday, Sept. 8, 9 a.m.-2 p.m. at St. Luke's Episcopal Church, 8009 Ft. Hunt Road, Alexandria. Visit www.saintlukeschurch.net.

parks/historic-huntley.

WEDNESDAY-SUNDAY/SEPT. 12-16

Fall Book Sale. At Charles E. Beatley Central Library, 5005 Duke St., Alexandria. The Friends of the Beatley Central Library will hold their Fall Book Sale. Wednesday, Sept. 12, 10 a.m.-8:30 p.m.; Thursday, Sept. 13, 10 a.m.-8:30 p.m.; Friday, Sept. 14, 10 a.m.-5:30 p.m.; Saturday, Sept. 15, 10 p.m.-4:30 p.m. Sunday, Sept. 16, 1-4:30 p.m. Cost is \$3 or less, unless marked: hardbacks, paperbacks, children's books and audio-visual items. All genres. \$1 Day on Sunday, Sept. 16. Call 703-746-1702 or visit www.beatleyfriends.org.

THURSDAY/SEPT. 13

Young at Art Show Reception. 5:30-7:30 p.m. at Durant Arts Center, 1605 Cameron St., Old Town Alexandria. This annual exhibition, cosponsored by Senior Services of Alexandria and Goodwin House Foundation, is open to all metropolitan areas residents 55 and older. Artists must deliver their works of art to the Durant Center on Monday, Sept. 10, 10 a.m.-noon to be considered for the exhibition. The exhibition runs through Nov. 8. Visit Young at Art or www.alexandriava.gov or call 703-836-4414, ext. 110.

Opening Reception: 'Autumn Gold.' 5:30-7 p.m. at Coldwell Banker Residential Brokerage, 310 King St., Alexandria. Featuring Nina Tisara's intricate mosaic art. RSVP: ninat@ninatisara.com.

Opening Reception: 'Natural Reaction.' 6:30-8 p.m. at The Art League Gallery, 105 North Union St., Studio 21, Torpedo Factory, Alexandria. Sculptor and printmaker Brian Kirk courts chemical reactions to create ephemeral, phantom-like prints from rusting metal. Visit www.theartleague.org or 703-683-1780.

Book Talk. 7-9 p.m. Gregory May's book, "Jefferson's Treasure: How Albert Gallatin Saved the New Nation from Debt," is more than a biography. Via the long life of Gallatin, May gives an insightful account of the major political, economic, and financial problems the young U.S. faced from the Washington administration through the Mexican War. RSVP to admin@nvfaa.org.

FRIDAY/SEPT. 14

After the Flood. 6-8 p.m. at Lloyd House, 220 North Washington St., Alexandria. A "Newgrass"/folk Americana string band with soaring harmonies. After the Flood members John Linn, Laura Ettabbakh, and Alys Willman started singing together at Saint Stephen and the Incarnation Episcopal Church in Washington, D.C. in 2010. In 2015, percussionist Zack Gleiberman brought in the rhythm, and cellist Maxfield Wollam-Fisher and bassist Matt Wharton joined in 2016. Visit www.fsgw.org.

Public Reception: 'Juxtaposed.' 7-10 p.m. at Target Gallery at The Torpedo Factory, 105 N. Union St., Alexandria. New exhibition explores the Art of Contradiction and investigates opposing or conflicting

themes through art. The exhibition features 25 artworks by 12 artists from all over the country. Juxtaposed was juried by Megan Rook-Koepsel, a D.C.-based independent curator. Visit www.torpedofactory.org.

SATURDAY/SEPT. 15

Kayak Cleanups at Four Mile Run. 9 a.m.-noon. The event starts out at The Conservatory Center at Four Mile Run Park, 4109 Mt Vernon Ave., Alexandria. Parking details will be provided to those who RSVP. The Four Mile Run Conservatory Foundation will continue to deploy its fleet of kayaks to collect litter along the streambank of Four Mile Run this Fall, following the efforts over the summer 2018. Visit www.fourmilerun.org for more.

Firefighting History Walking Tour. 11 a.m.-12:30 p.m. at 107 South Alfred St., Alexandria. Come to the Friendship Firehouse Museum and explore Alexandria's firefighting history on the "Blazing a Trail: Alexandria's Firefighting History" tour. Participants will learn about volunteer firefighting in early Alexandria, three devastating fires, and the five volunteer fire companies. Beginning at the historic Friendship Firehouse, the tour proceeds east on Prince Street, and returns via King Street. Admission is \$6 for adults and \$4 ages 10-17. Reservations are required. Purchase tickets at www.alexandriava.gov/shop or by calling 703-746-4994 or 703-746-3891.

Civil War Shelter Program at Fort Ward. 11 a.m.-3 p.m. at Fort Ward Museum, 4301 W. Braddock Road, Alexandria. Can you tell a Sibley tent from a dog tent? How did Civil War soldiers stay warm in camp? This interpretive program will explore a variety of tents and shelter for Civil War soldiers. Reproductions of some major types of period tents will be set up and explained by Union Army interpreters, and Fort Ward's furnished Officers' Hut, a typical military structure in the Defenses of Washington, will be open to the public. Call 703-746-4848.

Catch a Critter. Noon-1:30 p.m. at Huntley Meadows Park, 3701 Lockheed Blvd., Alexandria. Grab a net and work with a park scientist to see, touch, and study wetland creatures up close and personal. Use magnifying lenses to study their unique characteristics and find out what these little animals can tell us about their home. This rare opportunity to dip-net in the wetland is possible through the guidance of park naturalists. \$9 per person. Call 703-768-2525 or visit www.fairfaxcounty.gov/parks/huntley-meadows.

Learn to Cha Cha. 3:30 p.m. at Duncan Branch Library, 2501 Commonwealth Ave., Alexandria. Martha E. Garcia will teach participants to Cha Cha. This event is great for beginners, and free to all. No partner necessary, but feel free to bring one. More lessons will follow as the library celebrates Hispanic Heritage Month in September and October. Visit alexlibraryva.org for more.

Alexandria Symphony 75th Anniversary. 4 p.m. at Virginia Theological Seminary, 3737 Seminary Road, Alexandria. The concert will feature ASO musicians, led by Maestro James Ross. Audiences will enjoy a mix of patriotic tunes, Broadway hits and light classical favorites. The one-hour format will suit families and novice symphony-goers with accessible music and an introductory performance by students from Sympatico, the ASO's before- and after-school music program at John Adams Elementary School. Lawn tickets are \$20 for adults and \$5 for

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ENTERTAINMENT



Solo Painting Exhibition

Featuring work by Barry Barnett Keith, a graduate of T.C. Williams and The University of Delaware Art School. Opening reception, Friday, Sept. 7, 5-8 p.m. at Gallery Underground, 2100 Crystal Drive, Arlington. Call 301-518-9093.

CALENDAR

youth (18 and under). Visit www.alexsym.org or call 703-548-0885.

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

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.

SATURDAY-SUNDAY/SEPT. 15-16

Ice Cream Bowl Fundraiser. 10 a.m.-4 p.m. Saturday; 11 a.m.-4 p.m. Sunday. at the King Street Art Festival, Market Square, corner of King and N. Fairfax streets. Purchase one of more than 1,400 handmade bowls created by the artists of The Art League's Ceramics Department and enjoy a scoop of ice cream. Proceeds benefit The Art League's Ceramics department. Participants in the Ice Cream Bowl Fundraiser may enter a free drawing to win ceramic artwork and an Art League gift certificate. \$15 per bowl. Visit www.theartleague.org for more.

Crafts at Carlyle. 12-4 p.m. at Carlyle House, 121 N. Fairfax St., Alexandria. Free to the public. To coincide with the King Street Art Festival, children will be able to create their own piece of art at Carlyle House to take home. Children will get the chance to paint their own version of a floorcloth, a popular 18th Century floor covering. Visit www.novaparks.com.

SATURDAY/SEPT 15-SUNDAY/SEPT 16

King Street Art Festival. Saturday, 10 a.m.-7 p.m.; Sunday, 10 a.m.-5

p.m. at King Street in Alexandria, from Washington Street to the waterfront. Free. The street is transformed into an outdoor art gallery with original fine artwork by more than 200 artists from around the country. Enjoy live music, and interactive art activities, as well as The Art League's Ice Cream Bowl Fund-raiser and the Torpedo Factory Art Center's Beer & Wine Torpedo Garden, 11 a.m.-4 p.m. both days. Visit www.VisitAlexandriaVA.com/artfest or call 703-746-3301, or www.ArtFestival.com.

Mount Vernon Colonial Market & Fair. 9 a.m.-5 p.m. at George Washington's Mount Vernon Estate, 3200 Mount Vernon Memorial Highway, Mount Vernon. Visit with colonial artisans who demonstrate and sell traditional wares such as baskets, wood carvings, tin and ironwork, leather-workings, weavings, furniture, and food. Watch 18th-century shows, including a puppet show, a fire-eating act and a balloon launch and listen to colonial music. Costumed interpreters will be demonstrating the 18th-century chocolate-making process using an authentic colonial recipe. Potomac River sightseeing cruises are available at half price. Included in general admission (\$20 adults; \$12 youth). Call 703-780-2000 or visit www.MountVernon.org.

SUNDAY/SEPT. 16

Constitution Day. 1 p.m. at Pohick Episcopal Church, 9301 Richmond Highway, Lorton. The George Washington Chapter, Virginia Society, Sons of the American Revolution, will be commemorating Constitution Day. The Rev. Tom Costa will be portraying Rev. Lee Massey, the colonial rector of Pohick Church, which was the parish church of George Washington and George Mason and is the final resting place of 15 Patriots of the American Revolution. Constitution Day commemorates the formation and signing of the U.S. Constitution by 39 brave men on Sept. 17, 1787.

9/11 Heroes Run. 2 p.m. at Sandburg Middle School. Race to honor the military and first responders and remember those who died on 9/11 and in the wars since. Registration and sponsorship info for the event is on the Travis Manion Foundation

Site: www.travismanion.org/community-engagement/911-heroes-run/2018-alexandria-va/.

Opening Reception: Michael

Borek. 2-4 p.m. at Multiple Exposures Gallery, 105 N. Union St., Alexandria. "Aimless Walk Reprise" presents 22 photographs taken by Michael Borek in his native Czech Republic. Over the last 10 years, Borek continued to return to photograph an old blue-collar neighborhood in Prague, where he grew up. Visit www.multipleexposuresgallery.com.

The Cabinet of Curiosities. 4-6 p.m. Opening Reception at The Athenaeum, 201 Prince St., Alexandria. The exhibition features works by specially-invited artists who have exhibited at the Athenaeum in the past, as well as works selected through an open call for submissions. This year's invitational asked artists to explore any aspect of Cabinets of Curiosities both literal and abstract. Visit www.nvfaa.org.

MONDAY/SEPT. 17

Virginia Room Genealogy. 7-8:30 p.m. at Martha Washington Public Library, 6614 Fort Hunt Road, Alexandria. Laura Wickstead, Librarian of the Virginia Room, City of Fairfax Regional Library, will discuss the numerous genealogical resources of the Virginia Room. Jointly sponsored by Martha Washington Library and Mount Vernon Genealogical Society. Free, open to public. Visit www.mvgenalogy.org.

Ballroom Dance Classes. 7-9 p.m. In Alexandria, call for location. Dance instructor Gary Stephans teaches Fox Trot, Waltz, Tango, Swing, Salsa, Merengue, Rumba, Cha-Cha and Samba. Discover techniques that will help you become a relaxed and confident social dancer in these small, personalized dance classes. Beginners and experienced dancers welcomed, no partner needed. \$30 per person; \$55 per couple. Visit www.artofballroomdance.com or call 703-505-5998.

Learn to Salsa. 7:30 p.m. at Duncan Branch Library, 2501 Commonwealth Ave., Alexandria. Martha E. Garcia will teach participants to Salsa. Great for beginners, and free to all. No partner necessary, but feel free to bring one. Visit alexlibraryva.org.

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ALEXANDRIA GAZETTE FILE PHOTO

The Alexandria Harmonizers pose for a photo prior to the Mid-Atlantic Barbershop Quartet contest in November of 1950. Seated in front, third from left, is a young Frank Mann, who would go on to serve three terms as mayor. In addition, he served on City Council and in the Virginia General Assembly.

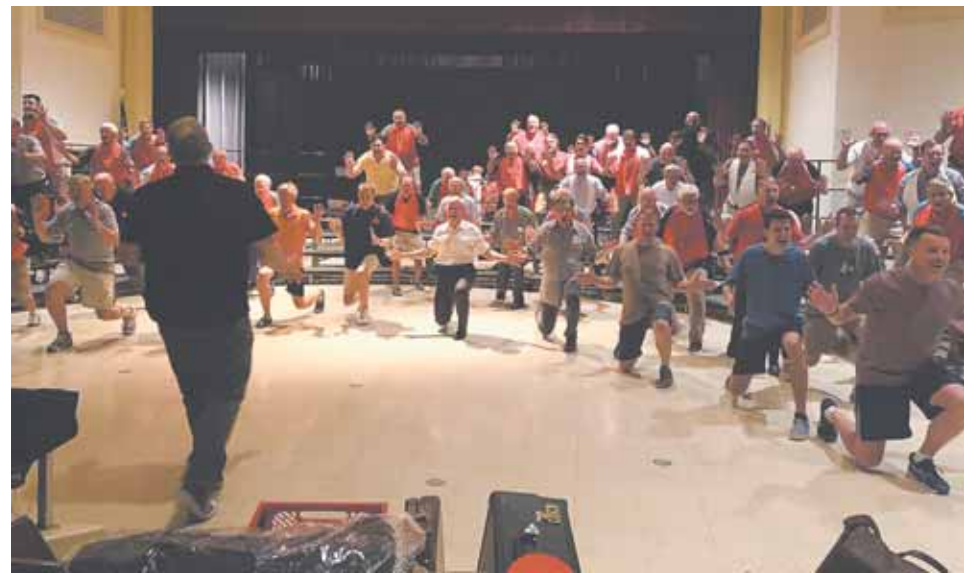


PHOTO BY JEANNE THEISMANN/GAZETTE PACKET

With Joe Cerutti directing, left foreground, The Alexandria Harmonizers rehearse Sept. 4 at the Scottish Rite in preparation for the 70th Anniversary concert Sept. 8 at the Rachel Schlesinger Concert Hall. The internationally acclaimed men's barbershop chorus will be joined by the Toronto Northern Lights Chorus and Florida's Signature Quartet

Alexandria Harmonizers To Celebrate 70 Years

FROM PAGE 1

ter), the original Alexandria Harmonizers has grown from 18 members to more than 200 who stay actively involved in the organization. Participants range in age from 13 to 85. On Saturday, Sept. 8, the internationally acclaimed men's chorus will celebrate its 70th anniversary with a special performance at Rachel Schlesinger Concert Hall.

"This will be an exciting show," said Jack Pitzer, who has been performing with the Harmonizers for 52 years and is the longest serving active member of the chorus. "We will have several VIP guests with us, including Marjorie Latzko, a Grammy-award winner for the song 'Mr. Sandman' in the '50s. Her husband Walter did some arrangements for us."

Director Joe Cerutti noted that Latzko is in the Grammy Hall of Fame and "is a living icon for harmony enthusiasts. We are honored that she will be with us."

The Harmonizers 70th anniversary show, titled Platinum Moments, will feature a selection of songs, including some that have won them international recognition over the years. Awards for the chorus include 26 Mid-Atlantic District Championships and 19 Barbershop Harmony Society International medals, four of which were first place championships.

Joining the Harmonizers on stage will be the Toronto Northern Lights Chorus and the Signature Quartet from Florida. The concert will take place Saturday, Sept. 8, at 4 p.m. at the Rachel Schlesinger Concert Hall on the Alexandria campus of Northern Virginia Community College.

But according to 25-year member Walt Page, it will be back to business as usual once the curtain comes down on Saturday's performance.

"As soon as this is done we begin rehearsing for our Christmas show on Dec. 8," Page said.

For more information on additional upcoming performances, visit www.harmonizers.org.



PHOTO CONTRIBUTED

On June 29, 1948, the Alexandria Harmonizers were officially launched at the Cameron Street Recreation Center, now known as The Durant Arts Center.

Members of the Alexandria Harmonizers perform in their first annual concert on May 19, 1951.



PHOTO CONTRIBUTED

Poise Under Pressure – Or Not



By KENNETH B. LOURIE

I don't want to self-indulge too much, but given the potentially life-changing seriousness of my upcoming Sept. 26 CT scan, I'm having a little trouble getting myself started in the morning – and throughout the day also, if you must know the truth? (I realize you all have your own lives to lead so that last sentence-ending question was more rhetorical than actual.)

Nevertheless, if you're still reading, you're still interested so I'll try to string together some "insightful commentary and thoughtful humor," (an original characterization of my columns) to keep you on the page. Although, given the subject of this week's column, it might be hard to tiptoe through the tulips.

The difficulty I'm having is being unable to ignore, "totally," (my mother loved to mimic the generation that popularized that word) the reality of my situation.

Typically, I've been able to maintain a relative calm and detached disposition as I go from one cancer-related thing to another. None of the tasks I must perform or the responsibilities I've assimilated into a routine (24-hour urine collection, pre-chemotherapy lab work, chemotherapy, quarterly CT scans, annual brain MRI, quarterly appointments with my oncologist, have changed who I like to think I am compared to who I was pre-cancer diagnosis, 2/27/09; despite having the weight of a "terminal" diagnosis/original "13 month to two year" prognosis on my shoulders/literally in my lungs.

To quote Popeye the Sailor Man: "I y'am who I y'am." (And I still don't like spinach, certainly not out of a can.)

And though I've done a pretty good job of flicking these flakes of pressure and anxiety off my shoulders like unwanted dandruff, the fact is – as with dandruff shampoo or any other personal hygiene product for that matter – unless one is diligent, vigilant and cognizant of its likely recurrence, nothing will change.

Unfortunately, cancer doesn't quite react that way. It will change and it can overwhelm even your best efforts and can cause harm not only internally but externally as well (emotionally). Fending off these emotional pressures is challenging and dare I say, presents as many problems as the growth and movement of one's tumors and the side effects of one's treatment does.

What makes my present situation feel different and a bit off-putting is that what has happened has happened after nearly five years of relative peace and quiet (I was never characterized as in "remission," by the way). It seems the possibility of having to go back, so to speak, and return to the scene of the crime – against my body/life expectancy; and moreover, having to restart the process, ratchets up the stress to previously unknown heights.

And part of me is wondering (worrying actually) if I'm up to the challenge again, emotionally and of course, physically as well; whether my body can sustain the damage its likely to experience if we have to reload.

I use the word 'reload' for a reason. Without invoking too many war metaphors, being diagnosed with cancer is like being drafted into the Army, except you have little training for the battles you're about to fight. And as much as fighting against cancer is a battle, it's more a war against attrition in which the bad guys (cancer) regularly defeat the good guys (people diagnosed with cancer). In general, the cancer experience is no picnic.

It reminds me of a long-ago M*A*S*H episode in which the doctors operated through a particularly difficult surgical session after which Henry (Lt. Col. Blake) and "Hawkeye" (Capt. Pierce) went outside the operating room/tent for some relief. "Hawkeye" clearly agitated over a patient he couldn't save; Henry tried to offer him some comfort with the following words: "There are certain rules about war. And rule number one is young men die. And rule number two is, doctors can't change rule number one."

What scares me about cancer is, it follows no rules and like war, leaves devastation in its wake. I just hope I'm not about to be another casualty.

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

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News

'Subsidy'

FROM PAGE 3

groundbreaking. They included several city councilors as well as state Sen. Adam Ebbin (D-30), state Del. Mark Levine (D-45), U.S. Rep. Don Beyer (D-8) and Gov. Ralph Northam (D).

"When a governor and a congressman are present, it sends a very special message," said Dale Wittie of the Virginia Housing Development Authority (VHDA).

Mayor Allison Silberberg said the project represents the community's solidarity with struggling households.

"Any of us can fall on hard times. Something can happen in the family: a medical crisis or any number of things. And so it's not just 'us' and 'the residents.' We are the residents, the residents are us, and we're there for them. This is a day to acknowledge and contribute to their courage to step forward and say that they want to make a change in their lives, and it's very hard to do so," she said.

A combination of federal, state and local subsidization makes the project possible.

"In high-cost areas like Alexandria ... it takes a lot of subsidy to get quality affordable housing," said Wittie. "It takes a lot of assistance to reach down that far" in the spectrum of household incomes. In large part, the reason is that land and construction, particularly of underground parking, cost a lot and must be financed. "Affordable" rents could not generate sufficient cash flow to cover market-rate debt service, unless aided by some combination of sub-market interest rates, grants, and intermixture with higher-rent units.

For its part, City Council committed in 2016 to loan up to \$7.1 million at low interest to the project. This comprises one layer of a multi-layered subsidized financing package. The \$50 million combined project will also utilize nearly \$23 million in equity from federal tax credits, which encourage private investment in affordable housing by enabling investors to reduce their tax liability; \$12 million in low-interest VHDA loans; and nearly \$2 million in state and federal grants.

But, due to decreasingly favorable market conditions, the deal isn't completely sealed. The city will likely have to kick in an additional \$1.7 million in order to keep housing portion of the project afloat.

Helen McIlvaine, the city government's housing director, said in an Aug. 29 memo: "Due to volatile construction pricing trends, including unprecedented increases in costs, labor shortages, and uncertainty regarding tariff policy which is driving the cost of some building materials sharply upward, the project construction budget has increased by more than 25 [percent] since AHDC's 2016 funding application. AHDC had been able to absorb several rounds of increases due to the cushion provided by its state and national housing grant award totaling \$1.6 million, increased VHDA loan funding and by deferring more of its developer fee, however, a gap projected to be up to \$1.7 million remains to be closed, and AHDC has requested that the city provide additional financial support now so the project can close and move forward in mid-September."

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