

**Hadeed**  
ORIENTAL RUG CLEANING  
AND IN-HOME SERVICES

**BACK TO SCHOOL SAVINGS!**

IN-PLANT RUG CLEANING  
**15% OFF!**

Valid on Our Signature Washing of Your Fine Rugs Or the Hadeed One Week Express Service for Rugs that Qualify! - A Trusted Resource Since 1929!

703-836-1111 | JoeHadeed.com | FREE PICKUP & DELIVERY!! Hurry Offer expires 9/9/18. Not valid w/any other offers. †Some restrictions apply.

PHOTO CONTRIBUTED

## Supporting Veterans

**John Atkins (right), director of American Legion Riders Chapter 10, presents Ed Moore, founder of Veterans Fishing Adventure, Inc. with a check for \$1,000 as “adventurers” Kade and Lynn Patterson look on. The boat, designed to ADA standards, specializes in providing veterans with physical limitations an opportunity, with their families, to participate in fishing and boating trips on the Potomac River and on the Occoquan River. Additionally, Legion Riders Chapter 10, part of Robert V. McMaugh Memorial American Legion Post 10, supports the American Legacy Scholarship Fund as well as provides family-oriented motorcycling activities with an emphasis on motorcycle safety programs. The group participates in “Rolling Thunder.”**

## Business Arises from Son’s Pain

### Mount Vernon entrepreneur makes desserts a piece of cake for those with allergies.

BY ASHLEY CLAIRE SIMPSON  
THE GAZETTE

There’s nothing like the simple joy that comes from digging into your favorite dessert – a piece of cool key lime pie on a summer evening or a gooey chocolate chip cookie just minutes out of the oven. For 12-year-old Mount Vernon resident Alex Catron, though, nothing about treats has ever been simple.

Alex, now a seventh grader at Sandburg Middle School, will always remember the acute gut pain he’d feel every time he ate so many of the most classic foods for youngsters.

“At school, I couldn’t have any of the food or treats they had at parties,” Alex said. “If I did eat them, I’d get a stabbing pain in my stomach. The best way I can describe how I felt is that it was like the sensation you get when you run and get that painful gas buildup in your stomach. And the feeling would last a long time after I finished eating. Even though no 8-year-old wants to eat vegetables while their friends

are eating things that taste so much better, I also knew how bad I would feel eating pizza, cupcakes or other things like that.”

It was perplexing for Alex’s mother, Laura Catron, who said that food sensitivities and intolerances were not on her radar in the beginning.

“Looking back on it, there were signs from when

SEE COOKING UP, PAGE 4

Laura Catron with son Alex.

## Helping To Make Produce Affordable

BY CARLYN KRANKING  
THE GAZETTE

### Farmers Market Season

*How long do the farmers markets remain open?*

**McCutcheon/Mount Vernon**  
Open through Dec. 19  
Wednesdays, 8 a.m. - Noon  
2501 Sherwood Hall Lane

**Kingstowne**  
Open through Oct. 26  
Fridays, 4 p.m. - 7 p.m.  
5870 Kingstowne Towne Center

**Lorton**  
Open through Nov. 18  
Sundays, 9 a.m. - 1 p.m.  
8990 Lorton Station Boulevard

At participating farmers markets, the value of SNAP dollars is doubled by the Virginia Fresh Match nutrition incentive program – for example, if a person spends \$20 in SNAP benefits at a farmers market, they will receive \$20 more to spend on fruits and vegetables.

With the grant money, this dollar-matching program will provide up to \$100,000 in added revenue

SEE PRODUCE, PAGE 8

BY CARLYN KRANKING/THE GAZETTE

**The \$50,000 USDA grant will help the Fairfax County Farmers Markets ensure that produce is affordable for SNAP recipients.**

8/7/18  
REQUESTED IN HOME  
MATERIAL  
TIME-SENSITIVE  
POSTMASTER:  
ATTENTION  
PERMIT #482  
ALEXANDRIA, VA  
PAID  
U.S. POSTAGE  
PSRT STD

COUNCIL  
VERIFICATION  
CIRCULATION



## A team built on reputation.

When John McEneaney opened for business, he had one simple goal in mind...attract the best real estate agents in the business to his firm so that McEneaney Associates could provide the highest level of service to our clients. For the past 37 years we have had the good fortune to see that wish come true. They are the reason so many clients trust McEneaney Associates. They are responsible for our enviable reputation. To put it simply...they are McEneaney Associates.



OPEN SUN 9/9, 2-4 PM



### Alexandria | \$869,500

New price for this dreamy home in a waterfront community. Classically updated, this beauty has everything you'd desire! Gleaming hardwoods, quartz, lighted sinks, heated bathroom floor, private screened porch (and a whole house generator), low HOA. 9350 Mt Vernon Cir  
Janet Caterson Price 703.622.5984  
www.janetpricehomes.com

OPEN SUN 9/9, 1-4 PM



### Alexandria | \$630,000

Light-filled townhouse in a fabulous location. 2 spacious master suites along with a 3<sup>rd</sup> bedroom. Generous room sizes, hardwood floors, 2 wood burning fireplaces and a patio. Easy access to commuter routes and the Mount Vernon Trail too! 6313 Golf Course Sq  
Mason Montague Bavin 703.338.6007  
www.masonbavin.com

OPEN SUN 9/9, 2-4 PM



### Alexandria | \$545,000

Beautifully appointed 2-bedroom, 1-bath Cape Cod with expansive, lush lot in New Alexandria! Short walk to shopping and bike path. Pristine, bright and charming. Two-car detached garage! 6401 Potomac Ave

Tracy Dunn 571.212.3658  
www.tracybdunn.com



### Alexandria | \$2,550,000

Simply fantastic indoors & out! Completely renovated in 2018. Exquisite custom kitchen opens to a 2-story great room with limestone fireplace and wall of windows looking to lushly-landscaped gardens. Main level master suite with library. Outdoor covered kitchen/patio with fireplace.  
Ann Nichols 703.624.9122  
www.anicholshomes.com



### Alexandria | \$1,199,000

Smashing Contemporary! With soaring ceilings in the great room and dual-sided fireplace into the family room, this house has that WOW factor! Chef's kitchen opens to formal dining room and spectacular Mahogany floored deck across the back!  
Kate Patterson 703.627.2166  
www.katepattersonhomes.com



### Alexandria | \$750,000

PRIME location on the 900 block of Duke Street. Off-street parking for up to 6 cars. First time on market in 58 years. Original pine floors, great potential for expansion and/or a renovation. Zoned commercial and residential. Walk to Metro, coffee, shops & restaurants.  
Kristen Jones 703.851.2556  
www.alexandriabykj.com

OPEN SUN 9/9, 1-4 PM



### Alexandria \$1,695,000

Luxurious 5-bedroom, 5.5-bath semi-detached townhouse offers an ideal floor plan for everyday living. Hardwood floors, handsome moldings and 2 gas fireplaces. Gourmet kitchen opens to the family room and patio. Fully finished lower level with rec room and au pair suite. Off-street parking.  
329 N Royal St

Babs Beckwith 703.627.5421  
www.oldtownalexandrialiving.com

OPEN SUN 9/9, 2-4 PM



### Alexandria \$660,000

Beautiful townhouse with two-car garage in highly desirable Stonegate. Freshly painted throughout, newer air conditioning, new dishwasher and sparkling hardwood floors on main level. 3-bedrooms, 3.5-baths. This property is conveniently located close to I-395, Pentagon and DC. 4637 Latrobe Pl

Josephine Erkiletian 703.862.6870  
www.mceneaney.com

OPEN SUN 9/9, 2-4 PM



### Alexandria \$575,000

All brick 3-bedroom, 2-bath semi-detached on a corner lot in Warwick Village. Updated large kitchen, living room leads out to the private landscaped fenced backyard. Finished lower level with rec room, new bathroom, extra storage and laundry. Walk to Del Ray. 81 Kennedy St

Jen Walker 703.675.1566  
www.jenwalker.com

Serving the Washington, DC Metro Area since 1980.  
703.549.9292 | 109 S. Pitt Street | Alexandria, VA 22314 | McEneaney.com





# Teen Sex Trafficking Hits Close to Home

How vulnerable teens are targeted.

BY WALLICIA GILL  
AND BRAD SWANSON

*This article first appeared in The Blue View  
www.blueview.org. It has been slightly edited.*

Local experts say that Northern Virginia is a teen sex trafficking hotspot, but most people know very little about this growing crime. A better understanding among the public will help to combat the problem, agree both police and victims advocates

## MORE THAN 100 LOCAL VICTIMS A YEAR

According to law enforcement records compiled by the Northern Virginia Human Trafficking Task Force, approximately 500 sex trafficking victims were “identified” – brought to the attention of law enforcement – in northern Virginia in the 4-year period from January 2013 to February 2017. That averages to about 125 sex trafficking victims identified in the area per year. Experts believe that only a small minority of trafficking victims are brought to light, but they don’t have good insight into what the fraction really is. The trend in identifying victims in the region is upward, and experts believe the practice is growing, but some part of the increase may also come from more awareness and better discovery. Of the approximately 140 sex trafficking victims identified in the year from January 2016 to February 2017, the latest data available, most were female, but a significant minority were not. Experts say boys and young men, especially from the LGBTQ community, are as vulnerable to trafficker recruiting as girls and young women – and less likely to come forward. The average age of sex trafficking victims in the USA is 12-to-15 years, but in this area the average appears to be somewhat higher, 15-18. Consequently, only about a third of



Kay Duffield



Teresa Hartnett

the total identified last year were technically juveniles, but the average age of the “adult” victims is not available. The ethnic backgrounds of sex trafficked women typically mirror that of the region, and this appears to be the case for this area as well. In broad socioeconomic terms, girls in poverty, dysfunctional families and neighborhoods with more crime appear more susceptible to becoming trafficking victims, although high income and stable family life are no barrier.

“Any victim I have personally met from Northern Virginia is upper income demographic,” said Teresa Hartnett, coordinator of the Trafficking Task Force, which brings together law enforcement agencies, government agencies and nongovernmental organizations in the fight against trafficking. Vulnerability is the key to understanding why girls and young women get trapped into sex trafficking, according to Kay Duffield, who serves both as co-chair of the Victims’ Services Committee of the Trafficking Task Force and executive director of the non-profit Northern Virginia Human Trafficking Initiative. Girls are not kidnapped off the street and bound in chains. The typical pattern is for a girl who is lonely, unhappy, rebellious, adventurous, or some combination, to meet a trafficker, who poses as a friend and over time gains influence through empathy, attention and acceptance. The initial meetings typically happen online or in shopping malls or other public places. The trafficker is patient, waiting for the payoff from a successful recruitment. After winning a girl’s trust, a typical tactic is for the trafficker to break her will by rap-

ing her, or staging a gang rape, sometimes filming the episode for blackmail, according to Hartnett. Drugs are another method of control. Also common is threatening harm to family members if the victim comes forward. But some victims are ensnared by emotional dependence, or fear, without strong-arm tactics being necessary. Often the victim keeps up a show of normality — going to school, spending time with her family — while she is being subjected in her unsupervised time to involuntary sex. The average period of being trafficked, is difficult to determine. In some cases, after a few instances, the victim is deemed unsuitable, or the trafficker is caught, or moves on. But in other cases trafficking is a one-way journey and its victims are unable to return.

## FORTY PERCENT OF VICTIMS RETURN TO TRAFFICKING

Of the approximately 500 northern Virginia victims identified by police in 2013-17, only about 300 were “recovered” — removed from the trade, reunited with families, or sent to live elsewhere. In other words, this data shows that 40 percent of those identified slipped back into sex trafficking.

The reasons differ in each case, but are often tied to the same factors that led to vulnerability in the first place. Being returned to live in a dysfunctional family and neighborhood doesn’t strengthen a girl’s will to resist the false affection and security of an experienced trafficker. The experience of being trafficked can destroy a young woman or teen’s self-esteem and dignity and skew her ability to function.

“Starting over is very hard,” said Hartnett. “It can get overwhelming, and some survivors lose hope. If they lose momentum going forward, they slip backwards into what’s familiar — and what they have come to think they deserve.” Trafficking victims who are able to recover often take many months or years of counseling and emotional support to regain their autonomy and self-confidence. Traffickers typically are not solo operators but rather are linked and have specialized functions, similar to street level drug distribution, according to Hartnett. Some are adept at recruiting, and then passing the victims to pimps who control one or two victims at a time. But not all trafficking is low-level. Networks operate across state lines moving victims both to take advantage of high demand in a different area and to isolate the victims from potential sources of help.

Gang-led trafficking varies in intensity across the country. In northern Virginia, gangs typically do not practice trafficking as an organized activity although some gang members traffick as individuals, says Duffield.

Not all trafficking is done by third parties. Family members, including drug-addicted parents, sometimes sell their own children to traffickers.

## Recent Cases

❖ A Washington, D.C. man was sentenced on Aug. 17, 2018 to 18 years in prison for forcibly sex trafficking a minor.

According to court documents from Eastern District of Virginia, Justin Shayne Robinson, 27, lured the 16-year-old victim to a motel in northern Virginia. Once the minor victim arrived, Robinson directed sexualized photos to be taken of the her, and created and posted online advertisements for commercial sex acts with the minor. Robinson and his co-conspirator, Markus Jakeem Plummer, 27, of Woodbridge, then trafficked the minor over a period of roughly a week. Robinson and Plummer took all the proceeds of the minor’s commercial sex acts for their own benefit. Robinson and Plummer used force and surveillance to ensure that the minor continued to see clients and was unable to escape the motel. Robinson used violence to force the victim to continue working for him, including choking her and leaving medically documented bruising on her leg and neck. Co-Conspirator Markus Plummer is scheduled for sentencing on Sept. 28.

❖ On July 20, 2018, a Virginia man was sentenced to 186 months in prison and 10 years of supervised release for multiple crimes related to the prostitution and exploitation of a 15-year-old minor. Abdul Karim Bangura Jr. aka “AJ”, 22, of Triangle, Va. pleaded guilty in August 2017 to all counts of an indictment charging him with sex trafficking of a minor, conspiracy to engage in sex trafficking of a minor, interstate transportation of a minor for the purposes of prostitution, and production of child pornography.

According to admissions made in connection with his plea in the Eastern District of Virginia, Bangura and his co-defendant Christian Hood conspired to recruit a 15-year-old girl to work as a prostitute and to advertise her prostitution services on backpage.com. Bangura also transported the minor to hotels in Virginia, Maryland, and Washington, D.C. for prostitution dates, and he took a portion of the money she made from commercial sex customers. Bangura also used a phone to record a video of himself having sex with the minor. In August 2017, a year ago, Hood was convicted at trial of sex trafficking and conspiracy to engage in sex trafficking of this same minor.

These unrelated cases were brought as part of Project Safe Childhood, a nationwide initiative launched in May 2006 by the Department of Justice to combat the growing epidemic of child sexual exploitation and abuse.

## GROWING PROBLEM IN NORTHERN VIRGINIA

From anecdotal evidence, sex trafficking appears to be growing in the region, say experts. They point to two factors. First, the typical buyer of teenaged sex is married, male, with children, and money to spend. That’s a common profile in affluent northern Virginia. Forced sex is sold in a market, and responds to buying pressure like any other. “We need to do something on the demand side,” said Duffield. “Traffickers are going to create that product until demand is gone.”

The second factor explains why areas like Springfield, Dumfries and Tysons are trafficking hotspots: trafficking follows the highways. Traffickers, whether local or interstate, like mobility and the anonymity of travel nodes, as do buyers. Converging highways make for easy contact, fast access to motels, and quick exits. The tangle of major roads in northern Virginia draws in sex trafficking like a neon sign. If someone knows a victim of trafficking, call the National Human Trafficking Hotline at 1-888-373 7888. If danger is imminent, call 911.

## New Law To Keep Traffickers in Jail

On June 25, 2018, Gov. Ralph Northam signed human trafficking legislation that adds offenses related to human trafficking to the list of crimes for which bail can be denied, keeping traffickers in jail and better protecting trafficking victims. Locally, Kathleen Murphy (D-34) and Kathy Tran (D-42) were cosponsors.

“Human trafficking is a threat to public safety here in Virginia and across the United States,” said Northam. “This legislation will help us prevent these crimes by making it more difficult for human traffickers to post bail and leave jail to intimidate witnesses or continue their criminal activity.”

“Human trafficking is a dehumanizing crime that robs its victims of their dignity, their identity, and their freedom,” said Attorney General Mark Herring.

While prosecuting traffickers, local law enforcement found that traffickers would pay their own bail and bail out their victims continuing the cycle of abuse and trafficking. This legislation will keep traffickers in jail.

This legislation adds the following offenses that are attributable to human trafficking to the list of crimes for which there is a rebuttable presumption against admission to bail: Taking or detaining a person for the purposes of prostitution or unlawful sexual intercourse; receiving money from procuring or placing a person in a house of prostitution or forced labor; receiving money from the earnings of a prostitute, and commercial sex trafficking, where the alleged victim is a family or household member.



## Cooking Up a Business

FROM PAGE 1

Alex was tiny," Catron said. "He never liked bread or milk. Then, as he got older, he frequently had stomach pains. At the same time, stomach aches are common complaints for any child. Most tests he had at the doctor's office consistently came back with normal results. Now I realize it was because medical professionals weren't thinking outside of the box and looking for the right thing."

Finally, four years ago, it was determined that his body couldn't effectively process the proteins found in the "the eight major allergens," which are gluten, dairy, eggs, soy, peanuts, tree nuts, fish and shellfish. Yet, even with this mystery solved, Catron was faced with finding culinary solutions.

"We are an Air Force family and were at the time living in Norway, where food was very simple," she said. "That meant there weren't many, if any, ready-made food options at the grocery stores. I have always baked a lot, though. When I was a kid, we used to make mug cakes – these cakes that would fit into a coffee mug. When I'd make them for my own kids, the original recipe precluded Alex from eating them. One day, my oldest daughter said, 'Figure out how to make one for Alex.' So I did."

She soldiered through countless kitchen experiments to ultimately craft a concoction, Buddy Cakes – small cakes without any of those eight major allergens. And, not only could Alex – nicknamed Buddy – eat his namesake cakes without pain, but he actually couldn't resist them. The minicakes became so popular within the entire Catron circle that, in 2016, she launched her own business, Buddy's Allergen Free.

Buddy's Allergen Free offers single serving mixes that turn into ready-to-eat cakes after one minute in the microwave. The icing on the cake: Each mix also comes with a serving of frosting.

"My kids' friends kept asking for them whenever they'd come over," Catron said. "Also, whenever I met a mom who was struggling with a child who had food allergies, I would share my treats with them. Then, those moms would always follow up to ask for more. I realized how much I could help people, because, dealing with food

issues is such a different world."

Varying flavors of Buddy Cake mixes can be purchased through the Buddy's Allergen Free official website, which also features a host of allergen free recipes for one's own making.

Food rules lives in ways most don't realize, so life is far from a piece of cake when there are so many off-limits ingredients.

"We don't realize how much of childhood involves food," she said, "There are birthday parties, sleepovers, school treats, amusement parks, and grabbing 'junk' on road trips or in airports. Now, instead of feeling abnormal, Alex feels cool because his mom owns a business named after him. The cakes are so delicious and fun that his friends absolutely love them."

Chances are, many people could benefit from having

Buddy's Cake mixes in their pantries.

"I did a lot of research and found out that American food producers genetically process so much out of wheat," Catron said in reference to gluten intolerances. "What's done to so much food in this country messes with a lot of people's bodies. I can say with certainty that it affected Alex's psyche, too. Now that I'm immersed in this, I know there just so many people with food issues."

Buddy's Allergen Free has bonded the Catron family of five and has simultaneously given meaning to Alex's suffering.

"I just talked to my mom two days ago about this," Alex said. "If I'd never had these problems, then we wouldn't have this company, and none of this would be happening. It's nice, because, I know there was a purpose: this awesome company. I love when my mom gets a lot of orders and it's awesome to see how happy she is going to festivals and other events and selling these cakes all over."

Business has begun to boom all around the country for this one-woman show both on and offline. Two Illinois grocery stores, for example, will soon stock Buddy Cake mixes.

"Sometimes I get four hours of sleep a night and I still love it," she said. "It's both so fun and so rewarding. I'm always trying to come up with new things. My own

SEE ALLERGIES, PAGE 8

WWW.CONNECTIONNEWSPAPERS.COM

## SHOP LOCAL FIRST

MOUNT VERNON ★ LEE

Chamber  
OF COMMERCE

Connecting Business and Community

Find local businesses at  
[www.MtVernon-LeeChamber.org](http://www.MtVernon-LeeChamber.org)  
703-360-6925

Monthly Networking  
Second Thursday Business Breakfast  
2nd Thursday of each month  
8:00 am to 9:30 am  
Belle Haven Country Club

MOUNT VERNON-LEE CHAMBER OF COMMERCE  
6821 Richmond Highway / Alexandria, VA 22306

## JOIN THE FIGHT FOR ALZHEIMER'S FIRST SURVIVOR.

At the Alzheimer's Association Walk to End Alzheimer's®, people carry flowers representing their connection to Alzheimer's — a disease that currently has no cure. But what if one day there was a flower for Alzheimer's first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world's largest fundraiser to fight the disease.

Register today at [alz.org/walk](http://alz.org/walk).

Walk to End Alzheimer's  
in Northern Virginia  
Reston Town Center  
September 23 | 2:00 pm

Additional Walks available.  
Find one near you at [alz.org/walk](http://alz.org/walk)  
or call 703.359.4440.



2018 NATIONAL PRESENTING SPONSOR

Edward Jones





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

SEE HONORING, PAGE 16

# Welcome Home

Whether you enjoy the order of a well-organized day, complete with a vibrant social calendar or living at your own tempo, you'll always feel at home.

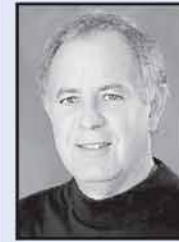
Ranked "Highest in Customer Satisfaction Among Senior Living Communities" by J.D. Power.

Visit [RetireFairfax.com/Connections](http://RetireFairfax.com/Connections) or call 703-799-1200 to learn more about our current promotional pricing.

**The Fairfax**  
A SUNRISE SENIOR LIVING COMMUNITY  
Developed for the Anne Retirement Business Foundation Program

Sunrise Senior Living received the highest numerical score in the J.D. Power 2018 Senior Living Satisfaction Study, based on 25,532 total responses among 7 senior living communities measuring responsiveness and perceptions of residents/family members/friends, released October/December 2017. Your experiences may vary. Award applicable to United States only. Visit [jdpower.com](http://jdpower.com)

© 2018 Sunrise Senior Living



**Rex Reiley**  
**RE/MAX Allegiance**  
**703-768-7730**  
[rex.reiley@rmxtalk.com](mailto:rex.reiley@rmxtalk.com)

COMING SOON



**Stratford Landing**  
**2601 Culpeper Road**  
Lovely 4 Bedroom, 3 Bath home with carport in popular Stratford on the Potomac. Situated in sought after Stratford Elementary school district. Well maintained home. Replacement windows. Freshly painted interior with refinished hardwood floors. Beautiful landscaping. Updated baths. Family Room with gas fireplace. You'll love it!!

COMING SOON



**Alex/Mt. Vernon Woods**  
**8102 Martha Washington**  
Precious 3BR, 1BA Rambler – Perfect Starter Home – Double pane windows and updated bath plus wood burning fireplace– Large deck overlooks the beautifully landscaped, deep, fenced backyard– Perfect for the grill. Roof 2016, A/C Compressor 2017, HWH 2018 – 10 minutes to Ft. Belvoir, 17 mins to Old town, Alex.

SOLD



**Alex/Wessynton** \$639,000

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

SOLD



**Alex/Potomac Valley** \$529,900

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

SOLD



**Alex/Stratford Landing** \$564,900

**2620 Culpeper Road**  
Lovely 4BR, 3.5BA home in Stratford Landing. 2 master suites (w/ their own baths) – one up, one down. Beautiful 1/3 acre lot: fenced backyard. Deck off of the kitchen. Cathedral ceiling in Living rm & Dining rm. New carpeting in lower level. Wood Shingle exterior w/ front columns. Family rm FPL with high-end wood stove insert. Fenced play area.

UNDER CONTRACT



**Alex/Engleside** \$1,300,000

**8734 Lukens Lane**  
4.128 acres zones R-2 for sale. There are 2 lots: 4/0 acres w/house (Tax Map 1101 01 0043) and .128 acre vacant land (1101 01 0043A). House on Property sold "AS IS" and NO ACCESS given or allowed. Land Value only. Water, sewer, gas, electricity available. This land is adjacent to the houses on Halley Farm Ct. which were built in the 2010-2011 time frame



For more information: [www.RexReiley.com](http://www.RexReiley.com)

Each Office Independently Owned and Operated





# OPINION

## Labor Day 2018 Virginia has a long way to go.

BY SCOTT SUROVELL  
STATE SENATOR (D-36)

**L**abor Day this past Monday was a fitting reminder for us to work harder to not only honor working people in the United States and Virginia, but to strengthen our economy and supports for employees. Virginia has a long way to go.

Last week Oxfam America released a study that found that Virginia ranked #51 out of 51 as the best state to be an employee – yes, dead last. This included rankings of #48 in worker protections, #49 in the right to organize, and #51 in wage policies. This is troubling news.

Virginia has done nothing to raise the minimum wage since 2009, when Congress increased it to \$7.25 per hour or about \$15,000 per year without time off. In Northern Virginia,

anyone earning \$7.25 per hour has to be either supported by someone else or on government assistance.

Only 13 states, including Virginia, still adhere to the paltry \$7.25/hr federal minimum wage. This means 37 states have increased their minimum wage beyond the federal and Virginia rate.

Numerous studies have shown that raising the minimum wage does not adversely affect jobs. In fact, I have spoken to many constituents who actually commute to Washington, D.C., to earn \$14.20 per hour. If minimum wage in Virginia was higher, they would probably take jobs closer to home.

Some Virginia's leaders tout our state's "Best State to Do Business" rankings by CNBC, which rose to back to #4 in 2018 after declining during the McDonnell Administration. This year, we were beaten by Washington State, ranked #2 with a minimum wage at \$11.50, slated to rise to \$13.20 by 2020. We barely squeaked

by Minnesota and Colorado with minimum wages at \$10.20 and \$9.65. A higher minimum wage seems to be a very minor part of being a "best state to do business" in the eyes of CNBC.

Virginia's hostility to unions is also not good for working people. A recent Stanford University study found that children whose non-college educated fathers were union members earn 28 percent more over their lifetimes than children of non-union member fathers. Additionally, every 10 percent increase in union density correlates with a 4.5 percent increase in children's income and other studies have found that strong union membership in communities raises wages for all workers – even non-union workers. In other words, unions increase economic mobility and opportunity for everyone.

A recent Harvard University study found that between 1973 and 2007 the decline of labor unions explains up to one-third of the decline

SEE WORKING PEOPLE, PAGE 9

## Non-Partisan Redistricting Needed

BY PAUL KRIZEK  
STATE DELEGATE (D-44)

**L**ast week I was down in Richmond for a special session on redistricting called by Governor Northam to finally fix the map that the Republican-controlled General Assembly drew in 2011 crafted to disadvantage

Democrats by concentrating large numbers of African-American voters into fewer districts thus diluting their strength in the surrounding, mostly Republican drawn, districts. Back in June, the

court opined that the current map in 11 specific districts in the Tidewater and Richmond regions was unconstitutional and directed the General Assembly to redraw the districts by the end of October. Judge Barbara Milano Kennan of the U.S District Court for the Eastern District of Virginia wrote of the 11 delegate districts "Overwhelming evidence in this case shows that, contrary to ... constitutional mandate, the state has sorted voters into districts based on the color of their skin." The Republicans appealed the court decision asking for a stay of the order and all map drawing progress was halted, until last week's session. The ses-

sion lasted one day and we could not come to an agreement but the clock is ticking. We are at an impasse. With no agreement in sight, in all likelihood it will be up to the court to draw a new map that could give the Democrats the majority in next year's elections.

This impasse is not for lack of trying to come up with a bipartisan map. Prior to the convening of the special session, Democratic leader Toscano sent letters to our Republican colleagues in July, and again in August, in the hopes of creating a bipartisan plan which has been met with little to no response. During last

SEE REDISTRICTING, PAGE 18

### LETTER

## Change Music Approach

To the Editor:

I am writing to you about a proposed change in the way band, orchestra, and choir rehearsals are done in Fairfax County Elementary schools.

Currently, students signed up for band, orchestra, or choir will be taken out of class to go to their rehearsal, usually one hour per week. This results in a relatively small amount of skill growth over the years spent at elementary school. However, in middle school, class time is increased to around 3 hours and 45 minutes per week. This results in a much higher growth rate compared to elementary school.

Therefore, I propose that students in elementary school who request to be in band, orchestra, or choir should have their general music class replaced with band, orchestra, or choir, resulting in more skilled musicians going into middle school. This would make Fairfax county much more of a musical district in Virginia.

**Ryan Payne**  
Alexandria

The writer is a ninth grader at Thomas Jefferson High School for Science and Technology.



## Ready for Tag Day

**This Saturday, Sept. 8, 200 West Potomac High School arts students will raise funds door-to-door. Teams from band, chorus, guitar, orchestra and theater will be handing out a "tag" inviting the community to this year's performances, and asking for donations to support WPHS's programs. If not home when they come by, donate by clicking on the "Tag Day Donation" button at [www.wolverineband.com](http://www.wolverineband.com). All proceeds from Tag Day are split between the five groups. Above, from left, are Alexandra Shaul from orchestra, Ephraim Takyi from theater, Kent May from band, Elena Perkins from chorus, and Adriana De Lima from guitar.**

## Mount Vernon Gazette

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

@MtVernonGazette

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by  
**Local Media Connection LLC**

**1606 King Street  
Alexandria, Virginia 22314**

Free digital edition delivered to your email box. Go to  
[connectionnewspapers.com/subscribe](http://connectionnewspapers.com/subscribe)

**NEWS DEPARTMENT:**  
[gazette@connectionnewspapers.com](mailto:gazette@connectionnewspapers.com)

**Steven Mauren**  
Editor, 703-778-9415  
[smauren@connectionnewspapers.com](mailto:smauren@connectionnewspapers.com)

**Jean Card**  
Production Editor  
[jcard@connectionnewspapers.com](mailto:jcard@connectionnewspapers.com)

**Andrea Worker**  
Contributing Writer  
[aworker@connectionnewspapers.com](mailto:aworker@connectionnewspapers.com)

**Jeanne Theismann**  
[jtheismann@connectionnewspapers.com](mailto:jtheismann@connectionnewspapers.com)  
[@TheismannMedia](https://www.instagram.com/TheismannMedia)

**ADVERTISING:**  
For advertising information  
[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)  
703-778-9431

**Debbie Funk**  
Display Advertising/National Sales  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

**Julie Ferrill**  
Real Estate, 703-927-1364  
[jferrill@connectionnewspapers.com](mailto:jferrill@connectionnewspapers.com)

**Helen Walutes**  
Display Advertising, 703-778-9410  
[hwalutes@connectionnewspapers.com](mailto:hwalutes@connectionnewspapers.com)

**David Griffin**  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

**Classified & Employment Advertising**  
703-778-9431

**Publisher**  
Jerry Vernon  
703-549-0004  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor & Publisher**  
Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
[@MaryKimm](https://www.instagram.com/MaryKimm)

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

**CIRCULATION**  
**Circulation Manager:**  
Ann Oliver  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)

A Connection Newspaper







*Brandywine resident since 2013*

## BRANDYWINE LIVING...

*because getting your hands dirty is still fun*



**BRANDYWINE LIVING**  
*at Alexandria*

*Life is Beautiful*



**NOW  
OPEN!**

**Call Samantha or Susan at 703.940.3300 to schedule your tour!**  
**5550 Cardinal Place (next to Cameron Station) Alexandria, VA 22304**

*Our new Alexandria community is Brandywine Living's 29th luxury, active aging community  
with licensed Assisted Living and Memory-Care, visit us at [www.Brandycare.com](http://www.Brandycare.com)*



# Allergies

FROM PAGE 4

kids and neighborhood kids are my taste testers, so, when I have six different kids with six different tastes saying, 'This is perfect,' then I know I've got a new flavor of cake or icing down. I already have another line of sweets in production that I hope to launch in 2020."

While her initial goal with this venture was to establish a sense of dietary normalcy for Alex, she now sets out to grow Buddy's Allergen Free as a vessel for boosting the morale of all the food-challenged families she can reach.

"I've always wanted to start my own business, but I never knew what exactly I could provide," Catron, a former attorney, said. "Now I frequently tell Alex, 'I'm sorry for all your suffering early on, but, maybe it was a blessing in disguise, because now I have this business that we can use it to help all these other people.' I know how hard it is to find foods like this that kids actually like."

Alex, whose favorite Buddy Cake flavor is the chocolate fudge, doesn't even think the blessing is disguised. Rather, he sees it as a very distinct silver lining.

"Now I have something that I look forward to eating," he said. "I can have these cakes, and friends love them, too, whether or not they have food intolerances like I do. This whole experience has convinced me that it's important to stay positive. If you have these intolerances, know it will get better. There is definitely something out there that can help you."

For more information on Buddy's Allergen Free, visit [www.buddysaf.com](http://www.buddysaf.com).

# Produce

FROM PAGE 1

to local farms as SNAP recipients purchase their products at markets. In this way, the local economy also benefits from the grant. "Small farms are dying out," said Assistant Market Manager Sue Wolinsky. "A lot of the land is being given over to development. So, anything we can do to support family farms is in the plus column."

## BULLETIN BOARD

### MONDAY/SEPT. 8

**Office Hours.** Mount Vernon District Supervisor Dan Storck will host Saturday office hours. Email [mtvernon@fairfaxcounty.gov](mailto:mtvernon@fairfaxcounty.gov).  
❖ 9-11:30 a.m. at Lorton Library, 9520 Richmond Highway, Lorton.  
❖ 12:30-3 p.m. at the Mount Vernon district office, 2511 Parkers Lane, Mount Vernon.

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

**Tech Painting's got you covered**



**inside and out!**



Serving: VA, DC, MD, OBX

**703-684-7702**  
[www.techpainting.com](http://www.techpainting.com)

**WINTER IS COMING! ASK ABOUT OUR 2018-19 INTERIOR DISCOUNT!**

**HADEED** SINCE 1935  
Oriental Rug Cleaning & In-Home Services

**FREE PICKUP & DELIVERY!**  
Includes: Furniture Moving & Rolling & Laying the Rugs! †

**Now Offering a More Affordable Menu of Cleaning Services!**

<b>That Are Faster!</b>	<b>Will Save You Money!</b>	<b>Same Quality!</b>	<b>Same VIP Treatment!</b>
-------------------------	-----------------------------	----------------------	----------------------------

The Same Deep Down Professional Clean you Expect from Joe Hadeed

<b>NEW EXPRESS SERVICE*</b>			<b>HADEED SIGNATURE SERVICE!</b>
Handmade Tufted Rugs	Machine Made Synthetic Rugs	Machine Made Wool Rugs	Handmade Wool Rugs

\*FOR RUGS THAT QUALIFY.

<b>In-Plant Rug Cleaning</b> Express or Signature Services. Expires 9/9/18. Not valid w/any other offers.	<b>15% Off*</b>
<b>In-Plant Rug Restoration</b> Expires 9/9/18. Not valid w/any other offers.	<b>10% Off*</b>
<b>Wall-to-Wall Carpet Steam Cleaning or Hardwood Floor Cleaning &amp; Polishing</b> Expires 9/9/18. Not valid w/any other offers.	<b>20% Off*</b>

**BACK SCHOOL SAVINGS!**

535 W. Maple Avenue Vienna, VA	4918 Wisconsin Ave. DC/MD	3206 Duke Street Alexandria, VA	6628 Electronic Dr. Springfield VA	3116 W. Moore Street Richmond VA
-----------------------------------	------------------------------	------------------------------------	---------------------------------------	-------------------------------------

**703-836-1111 | JoeHadeed.com**

†Available in MD, DC, & VA. Min. order required, some restrictions apply. Doesn't include breakables. Call for details.

**ENRICHING LIFE'S JOURNEY**

Quiet, comfortable living minutes from the beltway and our nation's capital. Hermitage Northern Virginia offers rooftop views of Washington, D.C. surrounded by seven acres of beautifully landscaped gardens. Free yourself from the hassles of home ownership, and spend time exploring your passions or finding new ones. At Pinnacle Living, our team works closely with residents, families and loved ones to fulfill our mission of Enriching Life's Journey. We are here for those who seek independence, combined with a secure plan for the future.

**HERMITAGE**  
NORTHERN VIRGINIA  
PINNACLE LIVING

5000 FAIRBANKS AVENUE  
ALEXANDRIA, VA 22311  
P: 703 797 3800  
[HERMITAGENOVA.ORG](http://HERMITAGENOVA.ORG)  
facebook: HERMITAGENOVA





INDEPENDENT LIVING  
ASSISTED LIVING  
HEALTH CARE  
SHORT-TERM RESPITE



## OPINION

# Working People and Virginia

FROM PAGE 6

in male wage inequality in America. As we debate the economic dislocation and labor disruption around the United States, including areas like, such as Southside and Southwest Virginia, we should explore whether Virginia's ongoing imbalance in bargaining power plays a role.

Virginia's last place ranking as a state to be an employee was a function of over a dozen factors. Virginians have no right to accommodations for pregnant workers, no protections for workplace breastfeeding, no provisions for paid family or sick leave, no prohibitions on pay secrecy practices, no collective bargaining for teachers, police officers, firefighters and other public employees, and no provisions for project labor agreements to ensure fair wages on public contracts.

As a practicing attorney who receives many requests from people who feel they were wrongly fired, I rarely have good news for them. There is minimal recourse. Virginia's workers have few rights – especially compared to other states.

While having a competitive business environment is important for job growth, we also must have an economy that is fair. Today's Virginia economy is clearly out of balance with the United States if we come in at the bottom, number 51 out of 51.

If we want a Virginia that produces fair

wages, good jobs and economic opportunity for everyone, we have a long way to go.

A rising tide lifts all boats and providing basic protections and higher wages for all Virginians will help everyone, especially the working families of our state.

### BULLETIN BOARD

#### MONDAY/SEPT. 8

**Community Health Fair.** 10 a.m.-2 p.m. at Bethlehem Baptist Church, 7836 Fordson Road. The Health Ministry of Bethlehem Baptist Church is hosting a Community Health Fair with free health screenings, "Ask the Doctor/Dentist," Mental and Heart Health sessions, Zumba, children's activities, healthy snacks, free prizes, and more. All are welcome. Visit [www.bethlehemofalexandria.org](http://www.bethlehemofalexandria.org) for more.

#### SUNDAY/SEPT. 9

**George Washington Patriot Run Registration Now Open.** The race course (5K or 10K), certified by USA Track & Field, takes runners up and down the scenic George Washington Memorial Parkway and traces Washington's footsteps through the historic grounds at Mount Vernon. Registration is \$50 until Sept. 2, then \$60. Visit [mountvernon.org/patriotrun](http://mountvernon.org/patriotrun) to register.

**MVDDC Ice Cream Social.** 2-4 p.m. at the home of Joseph Tompkins and family, 8146 Wellington Road. Sen. Tim Kaine and U.S. Rep. Don Beyer will kick off campaign season on Sunday, Sept. 9 at the 41st Annual Mount Vernon District Democratic Committee (MVDDC) Ice Cream Social. General admission is free, but donations are welcome and sponsorships are available. Visit [www.mvdemocrats.com](http://www.mvdemocrats.com) for more.



## King's Jewelry

*Blue Sapphire is the birthstone for September.*  
The ancients believed sapphires influenced spirits, made peace between enemies and represented truth, sincerity and consistency.  
King's has an incredible selection of sapphires in rings, pendants and earrings. Come take a look!

**Open Thurs 10am-8pm  
Mon-Sat 10am-6pm  
Closed Sundays**

**KingsJewelry.NET  
609 King Street  
Old Town Alexandria  
703-549-0011**

*Family owned and operated for over 60 years.*



## PARTNERS IN REAL ESTATE

Licensed Brokers in DC, VA & MD

**David W. Spires**  
703-765-3500 • Cell: 703-850-4256

**Marjorie J. Spires**  
703-660-6789 • Cell: 703-472-7713

### OPEN SUNDAY, SEPTEMBER 9, 1-4 PM

Dir: GW Pkwy. S. from Old Town, R on Tulane & follow Partners Signs.

#### 1310 Gatewood Drive Alexandria, VA 22307

**\$898,000**

**NEW REDUCED PRICE \*All-Brick, Two-Level Colonial in Villamay \*Custom Designed with Unique Floorplan \*Five Bedrooms-All on Upper Level \*Eat-in Kitchen Remodeled in 2013 \*New & Refinished Hardwoods throughout \*Efficient, Two-Zone Heating & Cooling \*New Roof and Interior Painted in 2017 \*Lovely Bathrooms Remodeled in 2018 \*Slate Patio and Expansive Rear Landscape**

#### 7300 Burtonwood Drive Alexandria, VA 22307

**\$1,049,000**

**REDUCED PRICE \*Custom, All-Brick Split Level in Villamay \*Corner Lot w/ Striking Curb Appeal \*Meticulously Manicured Landscape & Hardscape \*One-of-a-Kind Floorplan Design with Exceptional Layout for Entertaining \*4 BRs \*3.5 Baths \*Rec Room Wet Bar \*3 Masonry Fireplaces \*Hardwoods on 3 Levels \*Marvelous Sun Room & Rear Patio \*Totally Remodeled Granite Kitchen \*Walk-in Pantry \*Much More!**

#### 7112 Marine Drive Alexandria, VA 22307

**\$689,000**

**One Level Living in Marlan Forest \*All-Brick Rambler \*Large Lot with Slate Patio \*Great Curb Appeal \*Two Car Garage \*New Roof \*Full, Finished Basement with Exit to Rear Yard \*Great Lower Level features AuPair or Guest Suite and Kitchenette in addition to Huge Recreation Room \*Main Level Hardwoods \*Two Masonry Fireplaces \*Ready for your Creativity and Personal Touch**

#### 5163 Brawner Place, Alexandria, VA 22304

**\$880,000**

**Finest Finishes \*Bright, Four-Level Beauty backs to Trees/Common Area \*Approx. 3200 square feet of pure luxury to include 2-Gas Fireplaces - One is See-through connecting Master Bedroom/Bath Suite \*Entry Level Media/Recreation Room \*Walls of Windows \*9' + Ceilings \*Rich Hardwood Floors and Staircase \*Extensive Marble and Granite \*Exquisite Mouldings \*4th Level Exercise/Office/Bedroom with Full Bath \*Stone/Brick Exterior**

#### 7406 Admiral Drive Alexandria, VA 22307

**\$880,000**

**Villamay All-Brick Colonial \*Unique Contemporary See-through Fireplace \*Hardwoods Throughout \*4 Bedrooms \*3 Full Remodeled Baths \*2-Car Garage with Storage Area \*Screened Sunroom at rear**  
*Our First Open House will be held Sunday, September 23rd, 1:00 to 4:00 p.m.*



See More Photos & Floor Plans at [www.partnersinrealestate.com](http://www.partnersinrealestate.com)



# SEPTEMBER IS SUICIDE PREVENTION MONTH



**Ask.**  
**Keep Them Safe.**  
**Be There.**

#CallTextLive is PRR CrisisLink's social media campaign for National Suicide Prevention Month, which helps spread the word about actions we can all take to prevent suicide. Join us in changing the conversation from suicide to suicide prevention, promoting healing, helping and giving hope.

**1-800-273-TALK**  
prsinc.org/calltextlive

## THE CONNECTION Newspapers & Online

### SENIOR LIVING

This special focus will include stories focusing on enhanced lifestyle for seniors among Connection readers and their families, including spiritual, physical, mental and financial well-being. Target the neighborhoods of the top suburban communities with the highest home values, incomes and spending power with many mature adults exploring their many opportunities. Showcase your products and services in this special focus section with the award-winning Connection Newspapers print and digital media.

Publishes:

**October 3, 2018**

**Advertising Closes:  
September 27, 2018**

Your ads in Connection Newspapers' 15 demographically segmented markets appear in print and digital editions on our Web sites, reaching affluent viewers and readers.



call: **703.778.9431** or  
email: **sales@connectionnewspapers.com**

#### Perfect Marketing Opportunity for:

Retirement Homes | Assisted Living | Real Estate | Home Remodeling | Home Cleaning & Staging | Home Health Care | Doctors | Dentists | Cosmetic Surgery | Vision Services | Counselors | Physical Therapy | Spas | Hearing Aids | Medical Equipment | Travel | Education | Second Career Planning | Trusts

## 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."



# YOU DESERVE THE BEST.



**Alexandria** | 4/3.5 | \$2,000,000  
500 Duke Street  
**Donnan C. Wintermute** (703) 608-6868  
<http://bit.ly/2pILSKx>



**LORTON** | 4/3 | \$1,699,000  
**PRICE REDUCED!** 6061 River Drive  
**Susan Gray & Alexandra Attiliis** (703) 203-9900  
<https://bit.ly/JmDtfp>



**WASHINGTON DC** | 4/3.5 | \$1,595,000  
4526 Foxhall Crescent NW  
**Ricardo Ramos** (240) 354-4370  
<https://bit.ly/2Oda4nB>



**Alexandria** | 4/4.5 | \$1,095,000  
2125 Rampart Drive  
**The York Group** (703) 409-3377  
<https://bit.ly/2BBkRGa>



**YOU'RE INVITED TO AN  
EXHIBITION FEATURING  
MOSAICS BY NINA TISARA.**  
**EXHIBITION DATES: SEPT 10 – OCT 29**  
**OPENING RECEPTION:**  
**SEPT 13, 5:30-7:00 PM**  
**COLDWELL BANKER**  
**RESIDENTIAL BROKERAGE**  
**310 KING STREET, ALEXANDRIA**  
**RSVP: NINAT@NINATISARA.COM**



**Alexandria** | 3/3 | \$1,100,000  
**\*3 Bedrooms organized around 2 Master Suites**  
**JUST LISTED! Open Sun 2-4** 512 N Overlook Drive  
**Michelle Zelsman** (202) 390-8714  
<https://bit.ly/2wlcPFN>



**Alexandria** | 3/2.5 | \$799,900  
**Open Sun 2-4** 215 Oronoco Street  
**Jolee Rubin** (703) 548-0697  
<https://bit.ly/2LgrAtx>



**Alexandria** | 5/4 | \$559,900  
**PRICE REDUCED!** 7004 Richmond Highway  
**Tracy Vitali** (904) 505-1874  
<https://bit.ly/2N7VRuq>



**Alexandria** | 2/2 | \$512,000  
**PRICE REDUCED** 880 N Pollard St #405  
**Cailin Ramsey** (703) 254-3141  
<https://bit.ly/2M1Pc57>



**Alexandria** | 1/1 | \$410,000  
**PRICE REDUCED!** 115 N. Lee Street #BH211  
**Bonnie Rivkin** (703) 598-7788  
<https://bit.ly/2veXaQC>



**Alexandria** | 4/2.5 | \$405,000  
**JUST LISTED!** 7831 Mt Woodley Place  
**Tracy Vitali** (904) 505-1874  
<https://bit.ly/2C40DoD>

**COLDWELLBANKERHOMES.COM**

**Alexandria** 310 King St. | Alexandria, VA 22314 | 703.518.8300

The property information herein is derived from various sources that may include, but not be limited to, county records and the Multiple Listing Service, and it may include approximations. Although the information is believed to be accurate, it is not warranted and you should not rely upon it without personal verification. Real estate agents affiliated with Coldwell Banker Residential Brokerage are independent contractor agents and are not employees of the Company.





# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://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](http://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](http://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](http://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](http://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](http://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](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.fairfaxcounty.gov/parks/parktakes) using code 290 431 3701 or call 703-642-5173 or visit [www.fairfaxcounty.gov/parks/green-spring](http://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](http://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](http://www.kitchenrecessionista.com). Email her any time at [hope@kitchenrecessionista.com](mailto:hope@kitchenrecessionista.com).*

## CALENDAR

restore cool-season grass, the most common turf grass grown on lawns in our area. To register, visit [mgnv.org](http://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](http://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](http://www.brassofpeace.org).

# KING STREET ART FESTIVAL

**KING STREET IN OLD TOWN ALEXANDRIA, VA**

**SATURDAY,**  
**SEPTEMBER 15**  
**10AM-7PM**

**SUNDAY,**  
**SEPTEMBER 16**  
**10AM-5PM**

**FREE ADMISSION | [VisitAlexandriaVA.com/ArtFestival](http://VisitAlexandriaVA.com/ArtFestival)**

**Art festival.com**  
A Howard Alan Event

Information: (561) 746-6615

ROBINSON LANDING  
DISTINCTIVE WATERFRONT LIVING

kimpton LORIE  
hotel & spa  
Alexandria Gazette Packet

McEneaney ASSOCIATES  
REALTORS

Gutter Helmet  
NEVER CLEAN YOUR GUTTERS AGAIN  
Alexandria LIVING



# 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](http://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](http://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](http://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](http://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](http://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](http://www.artofballroomdance.com), email [garystephans@me.com](mailto: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](mailto: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](mailto: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](http://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](http://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](http://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](http://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/](http://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](http://www.saintlukeschurch.net).

[parks/historic-huntley](http://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](http://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](http://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](mailto: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](http://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](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



# 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](http://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](http://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](http://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](http://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](http://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](http://www.VisitAlexandriaVA.com/artfest) or call 703-746-3301, or [www.ArtFestival.com](http://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](http://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/](http://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](http://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](http://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.mvgenealogy.org](http://www.mvgenealogy.org).

**Ballroom Dance Classes.** 7-9 p.m. In Alexandria, call for location. Dance instructor Gary Stephens 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](http://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](http://alexlibraryva.org).

## Mount Vernon Travel 2018

### Friends and Family Weekend Trips

#### Atlantic City Beach Trip

**Saturday, September 29 • Cost: \$35 Per Person**

Price includes: Round Trip Bus Transportation to Atlantic City Boardwalk and shopping. Bus departs from the Mount Vernon VA area at 8:00 AM and returns at 10:00 PM. Must be at least 21 years of age.

#### Lancaster Day Trip

**Saturday November 17 • Cost: \$120 Per Person**

Price Includes: Round Trip Bus Transportation to Lancaster PA., Kitchen Kettle Village Shopping Home for the Holidays Show at American Music Theatre at 3:00 PM, Dinner at Hershey Farm Restaurant. Bus Departs from the Mount Vernon VA area at 8:00 AM and returns at 10:00 PM

#### New York City Day Trip

**Saturday December 8**

**Cost:\$165.00 Per Person (Includes Show Tickets) • Bus Only: \$75**

Price includes: Round Trip Bus Transportation to New York City and Admission to the Radio City Christmas Spectacular show at 11:30 AM (Seating in the 3rd Mezzanine) Bus departs from the Mount Vernon VA area at 5:00 AM and returns at 10:00 PM.

**Call now to reserve your seats!**

703-799-9400 • 8601 Richmond Hwy, Alexandria, VA 22309

## AUGUST: OSAGE COUNTY



This powerful Pulitzer prize winning drama examines a family as it returns to Oklahoma to care for their afflicted, manipulative mother who reigns over the home as family secrets unfold. (Mature themes and language)

**SHOW DATES:  
SEPTEMBER 8-23, 2018**



Little Theatre of Alexandria  
600 Wolfe Street • 703-683-0496  
[www.thelittletheatre.com](http://www.thelittletheatre.com)

A Community Favorite

## Since 1904



Since 1904, The Royal has been Old Town's Favorite neighborhood restaurant. Award-winning menu includes prime rib, fresh seafood, roast chicken best burgers hand-carved roast turkey and salad bar.

Serving Breakfast - Lunch - Dinner

Full Buffet with  
Omelette Station  
Saturday and  
Sunday Brunch  
7am-2pm

## Save 50%

On second dinner entree  
of equal or lesser value  
when you mention this ad.  
Offer expires 9/30/18.

734 North St. Asaph Street, Alexandria, VA 22314

**Royal Restaurant**  
ALEXANDRIA'S NEIGHBORHOOD RESTAURANT • SINCE 1904

**703-548-1616**

[RoyalRestaurantVA.com](http://RoyalRestaurantVA.com)



## NEWS

# Honoring Neighborhood Health

FROM PAGE 5

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 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."



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

**Getting Fit has NEVER been so REWARDING...**

**360 START SMART PROGRAM:** Give your fitness a kick-start with our exclusive 360 Start Smart Program. Specifically designed for you to begin your workout routine safely with expert help and guidance!

**Join Now and Receive:**

- 2 FREE appointments with a Trainer
- A complimentary nutrition workshop
- 1 complimentary 1/2 hour massage

**(703) 382-1011 | www.mtvac.net**

**Alexandria's Favorite Place for Tennis, Fitness & Fun**

**TELL US WHAT YOU THINK**

**SUBMIT YOUR LETTER TO THE EDITOR HERE**

[www.ConnectionNewspapers.com/contact/letter](http://www.ConnectionNewspapers.com/contact/letter)

**Save the Date**

**Taste for Giving**

TO BENEFIT ALEXANDRIA CHARITIES

**Friday, October 19, 2018**

7:00 - 10:00 P.M.

**US Patent & Trademark Office**

600 Dulany Street, Alexandria, Virginia

Sample fine food & drink *and* bid on unique items *in the* silent auction.



ALEXANDRIA ROTARY FOUNDATION

Tickets are limited and available for \$75

[rotaryclubofalexandria.net/taste-for-giving-2018](http://rotaryclubofalexandria.net/taste-for-giving-2018)

**CELEBRATING AMERICA'S ARMY**

AN EVENING WITH HEROES AND VOICES

A SPECIAL PATRIOTIC LIVE SHOW PERFORMED IN THE TRADITION OF A MILITARY CONCERT SHOWCASING THE ARMY'S CONTRIBUTIONS TO THE BUILDING OF THE NATION.

**FREE AND OPEN TO THE PUBLIC**

RESERVE TICKETS AT [WWW.HEROESANDVOICES.COM](http://WWW.HEROESANDVOICES.COM)

**WHERE**

PERFORMANCES AT CONMY HALL ON JOINT BASE MYER-HENDERSON HALL, ARLINGTON, VIRGINIA

**SAVE THE DATE**

FRIDAY, SEPTEMBER 7 AT 7:30PM  
SATURDAY, SEPTEMBER 8 AT 3PM  
SATURDAY, SEPTEMBER 8 AT 7:30PM  
SUNDAY, SEPTEMBER 9 AT 3PM

@MDW\_USARMY @MDW\_USARMY @MDWUSARMY





PHOTO BY RICHARD MAPLE

West Potomac quarterback JT Mayo reaches the ball over the goal line for one of his three rushing touchdowns against Lake Braddock on Aug. 31.

## Playing Well in Defeat

QB accounts for 4 touchdowns against Lake Braddock.

BY JON ROETMAN  
THE GAZETTE

Down 15 points and facing fourth and goal from the 1-yard line, West Potomac quarterback JT Mayo received a reason to panic in the form of a shotgun snap sailing over his head.

But rather than lose his composure, the junior signal caller turned around, scooped up the ball, headed to his right and strolled into the end zone for a second quarter touchdown against Lake Braddock.

Mayo gave West Potomac fans a glimpse of his playmaking abilities during an otherwise rough weekend for the Wolverines, accounting for four touchdowns during a 50-28 loss to the Bruins in Burke.

The game between former Patriot District foes started on Friday, Aug. 31, but lightning suspended the contest with Lake Braddock leading by 36-21 with 4:11 remaining in the third quarter.

Play resumed the following morning, and the Bruins took control on the first play with an 18-yard touchdown pass from Billy Edwards to Ben Dizon on fourth and goal.

After opening the season with a win over Briar Woods, West Potomac stumbled against Lake Braddock, turning the ball over four times and allowing 50 points in a game for the first time since surrendering 53 to South County on Oct. 30, 2015, according to maxpreps.com.

"We've got to learn to make plays," West Potomac head coach Jeremiah Ross said. "We're a young team. ... We've got to learn from it."

Mayo was a bright spot for West Potomac. The first-year varsity starter passed for 255 yards and a touchdown and rushed for 129 yards and three more scores, including a 90-yard touchdown run that cut the Lake Braddock lead to 22-21 with 4:02 remaining in the second quarter.

"He's a stud," Ross said. "He's a competitor. He's

the heartbeat of our team. ... He's definitely a leader."

Mayo, part of a West Potomac offense that includes 11 new starters, experienced a few rough patches, as well, throwing a pair of interceptions and losing a fumble.

Ross hinted that standout Lake Braddock linebacker Josh Ahern, who is committed to the University of Virginia, might have had something to do with Mayo's struggles.

"He's still young, he's still learning," Ross said. "He missed a few throws. When it comes down to it, we've got to be better up front. We've got to protect him better; the guys know that. ... When you can't set your feet, it's a lot harder. When you've got a UVa commit basically spying you the whole time and he's [a] 6 foot 3, 6 foot 4, 215-pound dude that's trying to take your head off, I [wouldn't] really want to do that."

Mayo's family moved from Hawaii to Virginia prior to his sophomore year of high school. He was a member of the West Potomac junior varsity team in 2017.

His father, Neal Mayo, is a lieutenant colonel in the U.S. Army. Along with Hawaii and Virginia, Mayo has lived in Tennessee, Georgia, Texas, New York, Kansas and North Carolina.

"[As a] military child," Mayo said, "I'm used to moving." Mayo connected with Gabe Tose seven times for 89 yards against Lake Braddock. Justin Bassett caught four passes for 34 yards and a touchdown. Quaronde Bennett had four receptions for 43 yards.

Ross also praised the performance of junior lineman Keyshawn Suber.

"He makes tons of plays on defense, he's a dynamic kid on defense and a heck of a lineman with great feet," Ross said. "He's coming along. ... He's figuring it out and starting to become that kind of leader."

Next up for West Potomac is a trip to Vienna on Sept. 7 to take on Madison. Kickoff is scheduled for 7 p.m.

"Lake Braddock, they had a good team," Mayo said. "We're definitely better than we showed today. We'll fix it up, come back next week and be ready for Madison."

**CLASSIFIED**  
WWW.CONNECTIONNEWSPAPERS.COM  
TO ADVERTISE IN THIS PAPER. CALL BY MONDAY 11:00 AM 703-778-9411

### Announcements

**We pay top \$ for STERLING,**  
MEN'S WATCHES,  
JEWELRY, COSTUME JEWELRY,  
FURNITURE, PAINTINGS AND CLOCKS.

**Schefer Antiques**

703-241-0790

theschefers@cox.net

**Find us on Facebook  
and become a fan!**

[www.Facebook.com/  
connectionnewspapers](http://www.Facebook.com/connectionnewspapers)

**THE CONNECTION**

Newspapers & Online  
The Connection to Your Community  
[www.connectionnewspapers.com](http://www.connectionnewspapers.com)

### Employment

**Forget Daily  
Commuting**

Print and digital media  
sales consultant for area's  
most popular and trusted  
local news source

Manage your own hours from home

Enjoy flexible schedule

plus no daily commute

Help local businesses grow

Unique opportunity to be a

voice in your community

Competitive compensation

Call Jerry Vernon

**703-549-0004**

Connection Newspapers & Digital Media  
Trusted Connection to Local Communities

### Legals

### Legals

## Mount Vernon House

Location of Property:

8199 Tis Well Drive, Alexandria, VA 22306

Rental Office located at:

8199 Tis Well Drive, Alexandria, VA 22306

703-780-1300

Effective immediately **Mount Vernon House** will no longer be accepting rental applications for the waiting list. At the current rate of turnover our current waiting list exceeds **3 years**. At this time the waiting list will be closed for 1 year and may re-open on **Sept. 1, 2019**.



**Sign up for  
FREE DIGITAL  
SUBSCRIPTION**  
to any or all of our 15 papers  
[WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE](http://WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE)



## 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.

## BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

<b>LANDSCAPING</b> <b>A&amp;S CONSTRUCTION</b> SOD, Mulch, Clean-Up Leaf Removal Hauling. <b>703-863-7465</b>		Good is not good, where better is expected. -Thomas Fuller	
<b>ELECTRICAL</b> <b>K &amp; D ELECTRIC</b> COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc... Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com		<b>LANDSCAPING</b> <b>Patios &amp; Drainage</b> Your neighborhood company since 1987 <b>703-772-0500</b> <b>J.E.S. Services</b> Free Estimates - Fully Licensed & Insured • Planting & Landscaping Design • Drainage & Water Problems • Concrete Driveways, Replacement or New • Patios and Walks • Masonry Work or Dry Laid • Paver, Flagstone, Brick, any style you choose • Retaining walls of all types All work Guaranteed	
<b>GUTTER</b> <b>GUTTER CLEANING</b> Gutters and Downspouts Cleaned Small Repairs • Gutter Guards <b>PINNACLE SERVICES</b> Lic/ins 703-802-0483 free est. email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!		<b>TILE / MARBLE</b> <b>Quality Tree Service &amp; Landscaping</b> Reasonable prices. Licensed & insured. <b>Fall Cleanup...</b> Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience – Free estimates <b>703-868-5358</b> <b>24 Hour Emergency Tree Service</b>	
<b>IMPROVEMENTS</b> <b>Power Washing</b> Go from green to clean, do you have mold on your siding rotten wood that's a hoia voilation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing. Licensed & Insured • Free Estimates email: jnave@comcast.net <b>703-987-5096</b> 10% Senior Discount		<b>PAVING</b> <b>GOLDY BRICK CONSTRUCTION</b> Walkways, Patios, Driveways, Flagstone, Concrete FREE ESTIMATES Licensed, Insured, Bonded <b>703-250-6231</b>	
<b>A&amp;S Landscaping</b> • All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing <b>703-863-7465</b> LICENSED Serving All of N. Virginia		<b>MASONRY</b> <b>Alfredo's Construction Company, Inc.</b> • Concrete Driveways • Patios • Sidewalks • Stone • Brick Phone: <b>VA: (703) 698-0060 • MD: (301) 316-1603</b> www.alfredosconstructioncompany.com	
<b>RN. CONTRACTORS, INC.</b> Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic Phone: 703-887-3827 E-mail: rncontractorsinc@gmail.com www.rncontractors.com		You can read any of this week's 15 papers digital editions here: www.ConnectionNewspapers.com/PDFs	
Find us on Facebook and become a fan! www.Facebook.com/connectionnewspapers <b>THE CONNECTION</b> Newspapers & Online The Connection to Your Community www.connectionnewspapers.com		An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. -Werner Heisenberg	

## OPINION

# Redistricting

FROM PAGE 6

week's special session, the Democratic caucus introduced a map that complied with all constitutional requirements. The potential map would affect 29 total districts. (It will not affect the 44th District.) Instead of working jointly on a potential new map, Republicans spent most of the day criticizing the Democratic map in the Privileges and Election Committee without introducing any map of their own. Their strategy seems to depend on delaying the redrawing in the hopes of the court's decision being reversed by the Supreme Court. However, just after the special session adjourned last Thursday, the district court denied the House Republicans' request for a stay of the June 26 court order, meaning a new map will have to be drawn in the near future. House Republicans also voted against a floor amendment requiring the house to meet again on Sept. 12 to address the issue and against a motion in committee to hold public hearings on Sept. 8 followed by another meeting on the 12th.

Then there is 2021. That will be the next year when we have elections in newly drawn state legislative districts, beyond what may happen next year, because every 10 years state legislatures redraw district lines based on data collected from the Federal census. The Constitution of Virginia gives the General Assembly great flexibility to define the boundaries for election districts, requiring only that "Every electoral district shall be composed of contiguous and compact territory and shall be so constituted as to give, as nearly as practicable, representation in proportion to the population of the district."

This rebalancing happens every 10 years to ensure communities have proper representation in accordance with population changes. The best practice should always be to update these districts without political bias, keeping communities of interest together, and in a way that ensures voters receive fair and just representation.

Gerrymandering is not a Republican or Democratic idea. The term dubiously honors Elbridge Gerry, who after the 1810 census arranged for an election district boundary in Massachusetts with an unusual shape that supposedly resembled a salamander, and hence the name, "gerrymander." Both parties have used the practice for their own advantage. This practice needs to stop. This is why the Democrats have introduced numerous proposals to take the power away from legislators and end gerrymandering. Since 2002, Democrats have introduced 87 bills to fight partisan gerrymandering while Republicans have only introduced three. I cosponsored legislation in 2016 and 2017 which would amend the Constitution to create nonpartisan redistricting commissions. All of these bills were defeated in the House. I remain steadfastly committed to creating non-partisan redistricting in Virginia. We saw what can happen last year when our two parties worked together for the betterment of Virginia with the expansion of Medicaid. We need that same attitude now to ensure a fair electoral process.



# SPECIAL SAVINGS FOR YOUR TOYOTA



**WELCOME TO ALEXANDRIA TOYOTA'S  
PERSONALIZED CAR CARE EXPERIENCE**

**BUY 3  
TIRES  
AND  
GET  
THE  
4TH FOR**



**\$1**

**See Service  
Advisor for details.**

**GOT TIRES?**

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

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA  
VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME  
OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND  
SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/18.

**CHECK ENGINE  
LIGHT DIAGNOSIS**

**NO  
CHARGE**

INITIAL DIAGNOSIS

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



NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA  
VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME  
OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND  
SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/18.

*Jack Taylor's*  
**ALEXANDRIA  
TOYOTA**

3750 Jefferson Davis Hwy • Alexandria, VA 22305



**SERVICE & PARTS DEPT HOURS:**

Monday - Friday, 7:00am to 7:00pm  
Saturday, 8:00am to 5:00pm

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



**ToyotaCare  
Customers**

**Don't Forget Your FREE Service.**  
5,000 • 10,000 • 15,000 • 20,000 • 25,000



**Mile Services**

Call your ASM for details

**ToyotaCare Plus \$329<sup>00</sup>**

Covers up to 4 years/45,000 miles

**OIL & FILTER CHANGE**

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

NON-SYNTHETIC

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

SYNTHETIC

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF  
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/18.

**BRAKE SPECIAL**

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

Includes: Install Genuine Toyota front brake pads,  
inspect front & rear rotors & drums, check tire  
condition and inspect all hardware. Pads only.

**MACHINE ROTORS ADDITIONAL**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF  
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/18.

**SIGHT LINE  
WIPER BLADES**

**\$10 OFF**

Sight Line only.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF  
PURCHASE. VALID ONLY AT ALEXANDRIA  
TOYOTA PARTS CENTER ONLY (3000 THIRD BROSSE)

**VARIABLE DISCOUNT**

**\$15.00 OFF** when you spend \$100.00 - \$199.99

**\$30.00 OFF** when you spend \$200.00 - \$299.99

**\$45.00 OFF** when you spend \$300.00 - \$399.99

**\$50.00 OFF** when you spend \$400.00 or more

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED  
AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/18.

**FREE**

**BATTERY CHECK-UP**

Check cold cranking amps and visual inspection of  
battery condition. Includes battery condition print out.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME  
OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/18.

**TRUESTART™ BATTERIES**



**\$99<sup>95</sup>**

INCLUDES BATTERY INSTALLATION

Includes: 84 month warranty, 24 month free replacement,  
24 month free roadside assistance.  
Does not apply to hybrid batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME  
OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/18.

**ALIGNMENT SPECIAL**

**\$69<sup>95</sup>**

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON  
MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.  
TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/18.



**ALEXANDRIA TOYOTA**

Check your windshield. Does your sticker say 8/18, 9/18,  
or 10/18? If so, your VA Safety Inspection is now due

**VIRGINIA STATE INSPECTION**

**FREE**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF  
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/18.

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





# CHRIS WHITE

*54 Homes SOLD in 2018 so far!*

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

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

LONG & FOSTER  
REAL ESTATE

CHRISTIE'S  
INTERNATIONAL REAL ESTATE



**4417 Neptune Dr**  
**\$775,000**



**Huge Property with  
a Pool!**

Exceptionally unique and spacious Colonial on private .72 acre lot. Special features include: updated kitchen, updated baths, family room with gas fireplace opens to patio overlooking serene pool scene, detached two car garage, extra parking area for RV/ Boat. Short walk to Mount Vernon Yacht Club and riverfront area! So much house and property for the money!



**3615 Old Vernon Ct**  
**\$895,000**



**Well updated,  
backs to open  
space!**

Expansive updated colonial on large private lot backing to open space! Updated Chef's Kitchen flows into family room with stone fireplace & custom built ins. Views of private rear grounds and large slate patio from sunroom off Kitchen. Huge finished basement with rec room, updated bath, guest room, & walk out stairs. Large master suite with luxurious bath. This house offers it all!

**SUNDAY OPEN HOUSES 1-4PM!**



**4324 Tarpon Ln**  
**\$599,500**



**Pristine in Yacht  
Haven Estates!**

Stunning Yacht Haven Property! Updated home with bright, open floor plan enhanced by high ceilings and skylights. Special features include: Expanded and updated kitchen, gorgeous hardwood floors and three finished levels including finished walk out lower level with full bath. French doors open to oversized deck overlooking spectacular fully fenced half acre grounds. Walk to Mt. Vernon Yacht Club!



**3032 Battersea Ln**  
**\$559,500**



**At home  
resort living!**

Vacation at home! Spacious 4 Bed, 3 full Bath home with many impressive amenities including: refinished hardwoods, updated Kitchen, updated baths, replacement windows, large family room with fireplace, & 2 car garage. Resort like atmosphere highlighted by large deck overlooking gorgeous pool & grounds. Exceptionally attractive price makes it a super value!

LONG & FOSTER  
REAL ESTATE

CHRISTIE'S  
INTERNATIONAL REAL ESTATE

**CHRIS WHITE 703.283.9028**

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

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

Alexandria/Old Town Historic - 400 King Street, Alexandria, VA 22314

**BEST** 2015  
2016  
WASHINGTONIAN 2017