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Mount Vernon Gazette

MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER

JANUARY 24, 2019

Day of Service Spreads to Mount Vernon Trail

The trail "Friends" group dressed for the frigid temperatures on Martin Luther King, Jr. Day.

BY MIKE SALMON
THE GAZETTE

Despite the freezing temperatures on Monday, Jan. 21, the Friends of the Mount Vernon Trail came out to celebrate Martin Luther King Jr. Day and pick up trash, filling 36 bags to help maintain this thoroughfare along the Potomac River.

"It's a day of service," said Judd Isbell, an Arlington resident that uses the trail regularly. "This is probably the best trail in the nation," he added, "we saw bald eagles today."

"It's all our trail," added Alexandria resident Erin Meter, who dug out her ski pants for the day which was windy with the temperatures in the teens before counting in the wind chill. Others had ski masks, gloves, hats and boots.

"We cycle in this weather all the time," added Dana Bres.

This Martin Luther King Jr. Day event was the second year in a row they cleaned the area, which started at Belle View Park and branched out from there. The



At the height of the event there was nearly 30 people to help out.

Alexandria resident Todd Weiser was happy to use his truck to haul out the 36 bags.



Friends group had put the word out and only had four members cancel because of the weather, but others joined at the last minute because their originally planned event was cancelled due to the weather or the Federal government furlough.

"We got people from other events," said Meter.

The bags filled the back of Todd Weiser's truck, an Alexandria resident who is part of the Friends group. The trash included the basics such as water bottles and fast food wrappers, but also "lot's of Styrofoam," said Collier Cook. "I found a quarter of a lime which I thought was weird," said Katie Lang.

Martin Luther King, Jr.'s birthday was made a Federal holiday in 1983, and in 1994 Congress designated the event as a national day of service.

Each year, on the third Monday in January, the MLK Day of Service is observed to "empower individuals, strengthen communities, bridge barriers, create solutions to social problems," according to the Corporation for National and Community Service.

PHOTOS BY MIKE SALMON/THE GAZETTE

County Looks To Use Drones

Emergency Management Office sets sights on unmanned aircraft systems.

BY MIKE SALMON
THE GAZETTE



The drones on display at the meeting were about 10 inches wide and could be loaded into a briefcase.

PHOTOS BY MIKE SALMON/THE GAZETTE

Big brother isn't watching you, even though Fairfax County is looking to use unmanned aircraft systems (UAS) to monitor emergency situations in the future.

According to Ray ShROUT, deputy coordinator for the Fairfax County Office of Emergency Management, "It's a tool in the toolbox," he said at the first of several public information meetings involving the possibility of using the UAS. The meeting on Wednesday, Jan. 16 in

SEE COUNTY LOOKS, PAGE 4

1/25/19
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OPEN SUN 1/27, 2-4

Alexandria | \$665,000

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www.KimFazio.com



OPEN SUN 1/27, 2-4

Riverside Estates | \$539,900

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Belle Haven | \$1,175,000

Just a mile from Old Town Alexandria is lovely Belle Haven and this gorgeous 20-year-old, 3,000-SF, 4-bedroom, 3.5-bath colonial with an open floor plan, 2 fireplaces, screened porch, stone-terraced rear garden, and 1-car garage. HayesWoodHomes.com
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Chris Hayes 703.944.7737

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Homeschool choir



The AME Choir

PHOTOS BY MARY PADEN

2019 MLK Celebration Inspired by Youth

The 2019 Martin Luther King Celebration at Bethlehem Baptist Church Saturday, Jan. 19, was especially inspiring because of the participation of area youth — both as speakers and choir members.

The winners of an essay contest entitled “What would the world be like if Dr. Martin Luther King had never lived?” read their work interspersed with performances by choirs — two of them youth choirs — and remarks by Rev. Abraham Smith, master of ceremony and pastor of First AME Church of Alexandria, and Joe Fay, Ventures in Community co-facilitator.

The event was sponsored by Ventures in Community, a 50-year-old faith-based group in Mount Vernon.

Rev. Dr. Darrell K. White, pastor of Bethlehem Baptist Church, gave an opening prayer. Mount Vernon District Supervisor Dan Storck and School Board chair Karen Corbett

Sanders attended.

The winning essay was by Obinna Ekeagwu, a Mount Vernon High School sophomore, who was unable to attend because of a family emergency, but sent a youtube video of himself reading his essay [<https://www.youtube.com/watch?v=XuSnKxojlOo>], but due to technical difficulties, the essay was read by a member of the AME choir. The second place winner was Jeremiah Finley a West Potomac High School senior, and third place went to Victoria Laffitte, a Mount Vernon High School sophomore. The contest, open to all high school students in Mount Vernon District, carried cash prizes.

The Bethlehem Baptist Church Women’s Choir opened the event but the show was stolen by two youth choirs, the First AME New Beginnings Choir and the Home School Chorus of Northern Virginia, which performed separately and then together as the combined



The choirs combined for the finale.

choirs and audience sang the civil rights anthem, “We Shall Overcome.”

Smith and Fay both remarked on the energy and inspiration that the

youth brought to the MLK celebration.

The ceremony closed with a benediction by Keith Davey, president of the Mount Vernon Stake,

the Church of Jesus Christ of Latter Day Saints. A collection was split between the youth groups of Bethlehem Baptist and the First AME Church.

If We Never Had a Dr. Martin Luther King?

‘Less Free, Less Inspired’

BY OBINNA EKEAGWU
MOUNT VERNON HIGH SCHOOL

What would our world look like if we never had a Dr. Martin Luther King?

Acceptance of integration was inevitable, but Dr. Martin Luther King Jr. eased the transition. He was a calming figure at a very volatile period in U.S. history. Dr. King’s legacy of organizing led to most of the activism we see today. Finally, MLK’s principles have inspired oppressed peoples across the globe. A world lacking Dr. King would be one with a bumper and

SEE ‘LESS FREE’, PAGE 13

‘Gave Us Courage’

BY JEREMIAH FINLEY
WEST POTOMAC HIGH SCHOOL

Dr. King changed the world and gave people hope, and he asked for nothing in return.

Without Dr. King, the world would not have seen our people beaten by police, fire hoses turned on them or heard the loud barks of dogs snarling for the flesh of people who only wanted equal rights. This was important because when people saw peaceful children treated

SEE ‘COURAGE’, PAGE 13

‘Different in the Worst Way’

BY VICTORIA LAFFITTE
MOUNT VERNON HIGH SCHOOL

What would our world be like if Martin Luther King never lived? There is an old saying that, “You can’t miss what you never had.” Yet, since we did have Rev. Dr. King, Jr., we know and understand that he was instrumental in fighting and trying to correct many of the injustices and inequalities that African Americans face in America. If we never had a Rev.

SEE ‘DIFFERENT’, PAGE 13

County Looks To Use Drones

FROM PAGE 1

Mount Vernon was one of six meetings the county conducted to discuss the use of this new technology to monitor things like fires and weather emergencies. With the new technology, Shrout asked, "Why not?"

"We started talking about what the police could use it for, what fire officials could use it for, and the whole litany of uses," Shrout said.

The UAS's or "drones," as they're more commonly referred to, can be X-shaped vehicles about a foot wide, with levitating propellers and a radio control. The UAS's have names like the "Mavic Pro," or the "Spark."

"These things are easy to control, there's not much to it," said Shrout.

Glenda Booth, president from Friends of Dyke Marsh, was at the meeting and wor-

ried about the drones and wildlife, particularly the bald eagle population. "If you have a rogue operator that wants to harass a bald eagle nest, that's a problem," she said.

In the county presentation, entitled "Fairfax County Public Safety Unmanned Aircraft Systems (UAS) Program Overview," the focus was the increased level of safety the UAS brings. "They can get into areas that a helicopter can't," added Shrout, "live streaming imaging to the incident command." They had pictures of building fires as an example.

In May 2018, the county emergency office brought these to the attention of the Board of Supervisors who wanted to wait for more outreach attempts before making a decision. A UAS task force was created with participation from George Mason University, the NAACP, ACLU, FAA, the Audubon

Society and others. The office of emergency management is heading the outreach. "We are going to present to the board in March," said Shrout.

There's always that possibility of rogue use, like the recent incident at Gatwick Airport in London where flights were cancelled because of rogue drone reports. The ACLU is more concerned with protest groups. "One of our biggest fears is that these devices could be used to spy on protesters legally exercising their constitutional rights," the website read.

The county emergency office is adhering to Virginia Code 19.2-60.1 which addresses the use of UAS's. "Everything we're doing follows this to the law," said Shrout. "What hobbyists do is considerably less restrictive than official capacity," added Christian Quinn, a Fairfax County Police officer at the meeting.

After the presentation, there were questions involving commercial use, sensors and the pirating by outside parties, but none about civil rights. Booth did bring up the birds at this point. "You'd be amazed at how many bald eagle nests there are in Fairfax County," she said.

The Mount Vernon meeting was the first of six meetings around the county. They are gathering comments and the comment period is from Jan. 7-Feb. 8. Comments can be submitted to uas@fairfaxcounty.gov.

OBITUARY

Veva Elizabeth Free

Veva Elizabeth Free (Beck) died on Jan. 12, 2019, surrounded by loved ones at Spring Hills Assisted Living.

Veva earned a BA from the University of Georgia, a Masters of Special Education from the University of North Alabama and enjoyed a successful 30-year career as a teacher in the Florence Public Schools specializing in deaf education and special education.

Friends know she was devoted to her family, a master gardener, gifted artist and musician, wonderful storyteller, and civic activist for many years in Florence.

In 2013 Veva moved to Alexandria, where she made many new friends at Saint Luke's Church, Paul Springs Retirement Community, and Spring Hills Assisted Living.

She is survived by daughters Delea Bowerfind (Tuck) of Alexandria, Va. and Anne Free of Corinth, Miss.; grandchildren Tiffany Joly (Matt Calise), George, Dorothy, and Elizabeth Bowerfind of Alexandria, Va.; Amber Dean (Bo) of Iuka, Miss.; Christopher Solis (Lucy) of Russellville, Ala.; great grandchildren Archer Calise; Jiraiyah and Sahara Dean; Renton, Dakotah, Rowen and Eryn Solis; siblings Donna Conte of Warren, Mich. and Charles Beck (Sue) of Windsor, Colo.; and many nieces and nephews.

BULLETIN BOARD

THROUGH THURSDAY/JAN. 24

Hurricane Florence Relief. 8 a.m.-3 p.m. (during school hours), Quander Road School, 6400 Quander Road. Personal Development Class Project, donating supplies/general items (face masks, first aid kits, hand sanitizer, kid snacks, deodorant, trash bags, etc.) to help support Hurricane Florence victims in Brunswick County, N.C. Gift Card donations also accepted. Call 703-718-2431 before dropping off.

THURSDAY/JAN. 24

Public Meeting. 7 p.m. in the banquet room of the Laurel Hill Golf Club, 8701 Laurel Crest

Drive, Lorton. Park Authority is hosting a public information meeting to provide an overview of the Fairfax County Resident Curator Program (RCP). Visit www.fairfaxcounty.gov/parks/rcp.

WEDNESDAY/JAN. 30

Lunch and Learn. Noon-1:30 p.m. at Inova Mount Vernon Hospital, 2501 Parkers Lane, 2nd Floor, Engh Conference Center. Join ACTIVE (Adult Community That Is Very Energetic) with Inova Mount Vernon Hospital's health coach Michelle Poling to learn some easy steps to maintain or improve health and wellness in the year ahead. Email Mstoots256@aol.com.



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CRIME

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

ROBBERY: 8600 block Village Way, Jan. 16, 12:30 a.m. The two victims met two men to sell them a phone. One of the suspects displayed a knife while the other threatened the victims with a gun. The suspects took the phone and ran away but were later found by officers and arrested. A 20-year-old man from Haymarket and an 18-year-old man from Springfield, were charged with robbery.

DESTRUCTION OF PROPERTY/RECKLESS DISCHARGE OF A FIRE-ARM: 3600 block of Buckman Road, Jan. 14, 5:08 p.m. A 33-year-old Alexandria man got into an argument with two unknown men in front of an apartment building. He retrieved his gun and fired several rounds striking the building. He was arrested and charged with destruction of property and reckless discharge.

JAN. 18 LARCENIES
2200 block of Huntington Avenue, purse from location
3100 block of Lockheed Boulevard, cash from business

JAN. 17 LARCENIES
11900 block of Grand Commons Avenue, cash from residence

JAN. 16 LARCENIES
8200 block of Russell Road, bicycle from residence
6300 block of South Kings Highway, beer from business

JAN. 15 LARCENIES
4300 block of Cedar Lake Court, cash from vehicle

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Directed by Emily "EJ" Jonas
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Saturday, February 2, 2019

7:45 a.m. - Exhibit Hall Open
9:30 a.m. - Noon - Speakers, Q&A's and Virtual Tour

Mount Vernon High School
8515 Old Mt Vernon Road,
Mount Vernon, VA 22309

Connect with TEAM MVD and your Mount Vernon neighbors at the 32nd Annual Town Meeting! #ConnectMVD

Join Supervisor Dan Storck for the 32nd Annual Town Meeting! Meet your Supervisor and many county, state and federal leaders. Have your questions answered, learn about issues important to you, connect with county agencies and service providers and mingle with your neighbors. The highlight of the morning will be taking a "virtual tour" of the District with your "pilot" Supervisor Storck.

Speakers: Board of Supervisors Chairman Sharon Bulova, County Executive Bryan Hill, Mount Vernon District School Board Member and Board Chair Karen Corbett Sanders, New Fort Belvoir Garrison Commander Col. Michael Greenberg and other community leaders.



For more information, call the Mount Vernon District Office at 703-780-7518, TTY 711, visit the office at 2511 Parkers Lane, or send your questions/comments to mtvernon@fairfaxcounty.gov.

To request reasonable ADA accommodations or language translation services, call the Mount Vernon District Office, 703-780-7518 or TTY 711 on or before 1/28/19.

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Alex/Riverside Estates \$589,900

8312 Cherry Valley Lane
Beautifully, renovated 4BR, 2.5BA home w/1 car garage-New Kitchen w/SS, and quartz counters, New baths, Interior freshly painted, Refinished hwd floors, new carpeting in LL and New windows throughout. Large deck w/no-maintenance composite decking can be accessed from Master Bedroom, Kitchen & Dining Rm. Family Rm w/FPL- Crown molding, 6 panel int. doors, recessed lighting. Great Location Minutes to Ft. Belvoir & GW Pkwy.



Stafford/Harris \$259,900

11 Shady Lane
Beautiful 3BR, 3BA Cape Cod, bursting with charm. This property contains two lots (for total .67 acres), with winter views of Aquia Creek. 2nd Lot may potentially be buildable (grandfathered). Expansive and open floor plan. Enjoy nature's beauty from the back screened porch or multiple decks. Large shed/hobby room w/electricity (conveys as is). Quiet and serene location. Close to Quantico!



Alex/Woodland Heights \$819,900

8608 Woodland Heights Ct.
Beautiful turnkey home: 4BR, 3.5BA center hall colonial in sought after Mt. Vernon neighborhood of Woodland Heights. 4,000 sq. ft. Stunning Sun Rm addition looks out over beautifully landscaped & terraced bkyd, complete w/in-ground irrigation system. Large & updated kitchen w/center isle, granite counters & ceramic tile. Gorgeous hardwood floors, 6 panel doors, double pane windows. Large Owner's suite w/vaulted ceiling & walk-in closets. Updated MBA has separate soaking tub & shower. Finished basement offers a Rec Rm w/bar, 3rd full bath & ample storage. GREAT LOCATION: 10 mins to Ft. Belvoir & 15 to Old Town & easy access to GW Pkwy.



Alex/Stratford \$574,900

2601 Culpeper Road
Price just reduced on this - Lovely 4BR, 3BA 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!!



Alex/Mt. Vernon Woods \$362,500

8102 Martha Washington
Precious 3BR, 1BA Rambler- Perfect Starter Home - Double pane windows & 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.



Alex/ Riverside Estates \$509,900

8323 Blowing Rock
Lovely 4BR, 2.5BA Split on a beautiful, .25 acre fenced lot! Become a member of coveted Riverside Estates for the great price of \$509,900. Upgraded kitchen w/12" ceramic tile floor, granite counter tops & SS appliances. Double pane windows & 6 panel doors throughout. Updated baths & hardwood floors covered by carpet on main & upper levels. Barbecue and entertain out back on a charming slate patio. This will go quickly - 10 mins to Ft. Belvoir, and 15 minutes to Old Town, Alex.



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.



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OPINION

Be Part of the Pet Gazette

The Pet Gazette, a twice-yearly special edition, will publish the last week of February, and photos and stories of your pets with you and your family should be submitted by Friday, Feb. 22.

We invite you to send stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to

adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a managing pet? Is your business about pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature,

identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

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— MARY KIMM

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Listening to Citizens

BY PAUL KRIZEK
STATE DELEGATE (D-44)

It has been a very busy first full week down here in Richmond in the General Assembly. Last week I was happy to see a few noteworthy pieces of legislation pass the Senate. Last Tuesday the Senate passed the ERA resolution SB 284, by a 26-14 vote with seven Republicans joining all 19 Democratic senators.

It was incredibly exciting to see the measure pass with bipartisan support and I was heartened to see my Republican colleague David Yancey give a stirring speech on Monday regarding his support for the measure. On Friday, the Senate voted 37-3 for a bill that repeals a Jim Crow era-law which legalized wage discrimination against African Americans. Last year I introduced this legislation along with Delegate Boysko. This is a very small step to rectify and acknowledge

Virginia's extremely troubling history relating to race. I am hopeful that my house colleagues will pass this bill so that Virginia can work on becoming a more equitable state. Although SB 1200, a bill that aimed to raise the minimum wage to \$15 an hour, died in the Senate, I remain enthusiastic about the possibility of passing a similar bill in the future. A lot of legislation focuses on incremental steps and we have to acknowledge the small victories we are allotted. The fact that SB 1200 passed full committee and made it to the Senate floor for consideration is a small step in the right direction and I am looking forward to revisiting this issue next General Assembly session.

Following the first week I was back in the district for two town halls, the first in Mount Vernon at Walt Whitman Middle School and the second in Lee district at Hayfield Elementary School. Both town halls were filled with great questions. A theme of both meetings was the need for increased access to affordable



Del. Paul Krizek (D-44) addresses the audience at a town hall meeting with Sen. Adam Ebbin (D-30) and Sen. Scott Surovell (D-36).

housing. With the arrival of Amazon it is critical that we ensure more affordable housing is built and that current tenants are not priced out of their lifelong homes. A key to combating this issue is the \$19 million allocated to

SEE LISTENING, PAGE 14

Busy Times in General Assembly

BY SCOTT SUROVELL
STATE SENATOR (D-36)

The second week of the General Assembly is now in the books. First, the Senate of Virginia passed a resolution ratifying the Equal Rights Amendment (ERA) for the sixth time by a vote of 26-14 which is the largest margin ever. Seven Republican senators joined all 19 Democratic senators to pass the resolution. The fight moves on to the House this week

which historically has refused to even hold a hearing.

This year is different. In 2018, the states of Nevada and Illinois ratified the ERA which leaves the amendment one state short from ratification. While the Supreme Court has not expressly upheld Congress' power to set a ratification deadline, lower courts have held that Congress can set the terms of ratification which also means that Congress can extend the deadline or accept ratifications after the deadline has run. Legislation is pending in Congress to do that and this is an opportunity to put Virginia on the right side of history for the first time in probably 200 years. Stay tuned.

The Senate also passed legislation to pro-

hibit discrimination against lesbian, gay, bisexual and transgendered (LGBT) Virginians in housing and prohibitions on discrimination in public employment. These bills will go on to the House where they have not passed in prior sessions.

We also passed legislation prohibiting public employers from inquiring about job applicants' criminal histories prior to granting an interview. These bills are called "Ban the Box" bills. They do not prohibit criminal background checks once an employer has decided to give someone a job. Many people just need a chance to prove themselves instead of getting screened out before they are even interviewed.

The legislation I am carrying for Governor Northam on coal ash was heard by the Senate Agriculture and Natural Resources Committee on Thursday. The bill prohibits Dominion's proposed "cap in place" proposal which would involve storing coal ash in existing, leaky ponds. It would require Dominion to either recycle the coal ash or place it into a modern lined landfill. It also requires local input, the use of local labor with decent benefits, and the minimization of truck traffic.

The bill was referred to the Finance Committee after a last minute request. Other coal ash bills are being vetted in other committees

and they will all probably converge on the Finance Committee just before the session midpoint. Billions of dollars are at stake.

Next week, my bills will start to be heard including nine bills alone on Monday. I am also looking forward to the seven students from West Potomac High School and Hayfield Secondary School who were selected to participate in this year's Puller Institute are visiting Sunday through Tuesday. Unfortunately, there has been no movement on conforming our tax system to the new federal definitions creates by last year's federal tax reform. That leaves the state currently unable to either publish or process tax returns. I am not sure why the media is not discussing the situation, but many Virginians will be unhappy to learn that they cannot file tax returns on Feb. 1.

The coming weeks will be extremely busy. Please come visit me in Richmond, email me your views about legislation at scott@scotturovell.org or stop by one of my town halls. Last week, I hosted town hall meetings in Mount Vernon, Lee District, and Montclair. This weekend, I am hosting town hall meetings in Woodbridge and Stafford on Sunday. You can find more information on my website or Facebook page.

It is an honor to serve as your state senator.

Mount Vernon Gazette

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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ENTERTAINMENT

'Three Sistahs' Returns to MetroStage

Set in 1969, play has “timeless themes, memorable characters, and unforgettable music.”

BY STEVE HIBBARD

For the fourth time, MetroStage in Alexandria is reprising the musical, “Three Sistahs,” from Jan. 24-Feb. 24. The show premiered in 2002 when it received the Helen Hayes nomination for Outstanding New Musical and it was brought back again in 2007 and 2014.

“Three Sistahs” exposes the souls of a trio of strong, independent women as they gather together in the family home one last time. They reflect on the past, present and their hope for the future with powerful music and insights about their lives and relationships. It mixes a tapestry of gospel, rhythm and blues, bebop and funk, with a score by William Hubbard and lyrics by Thomas W. Jones II. It is a family drama inspired by Chekhov’s masterpiece and set during the Civil Rights and anti-war movements in 1969.

According to Carolyn Griffin, producing artistic director at MetroStage: “There are timeless themes, memorable characters, and unforgettable music. Set in Washington, D.C., in 1969, these sisters are gathered in the family home after a funeral for their brother. Everyone can relate to the circumstances, to the sibling relationships and ultimately of their hopes and dreams for the future. The music supports them every step of the way, and the audience will never forget the evening spent with the Bradshaw sisters.”

She continued: “We premiered ‘Three Sistahs’ in 2002, and since then it has been a company favorite. It is the only show we have ever brought back for a fourth time and when you hear the music and get to know these three independent strong women you will understand why. Played by three remarkable actors, one actor, Roz White, who is familiar to our audiences, has been in all four productions. Also of note — the original music was all composed by Alexandria’s own William Hubbard.”



PHOTO BY CHRIS BANKS

From left: Ayana Reed, Roz White, and Kara-Tameika Watkins star in MetroStage’s “Three Sistahs.”

She added: “So when we call it MetroStage’s iconic musical we mean it! Since MetroStage premiered it here, and Alexandria is the composer’s hometown, then maybe we should be calling it ‘Alexandria’s iconic musical.’”

Roz White plays the role of Olive Bradshaw, the eldest of the sisters. “Olive is a college professor who has a chip on her shoulder after being the caregiver of her father through his illness and until his death. When we meet Olive, she is hurt and bitter because her sisters have not come to visit or stepped in to assist her with their father’s care,” she said. “She masks her bitterness under a cool, aloof exterior. The truth is, Olive is a control freak and at times

overbearing. Although the sisters love each other deeply, loss, grief, and unrealized dreams have made them edgy and unwilling to be understanding of each other’s need for a true sisterly connection, free of judgement and criticism that family can often dish out rather harshly.”

She added: “The most challenging thing about playing Olive is that I have previously played Marsha in past productions here at MetroStage. So, I am striving to create a different approach to Olive, that is not mixed in with Marsha’s rhythms and physicality. It’s a great exercise as an actor to have the opportunity to play two roles in the same piece, and so I welcome the challenge. I’m having a great time bonding with my

stage family. This will be a rewarding and moving experience for us as well as the audiences who will come to share with us at the theatre!”

Kara Watkins plays the role of Marsha, the middle sister in the Bradshaw family. “She currently lives with her husband, Carlton, in Ohio. The last time she came home was one year ago for her father’s funeral. As with her sisters, she has her own ghosts that she must confront in the house. There is unfinished work and things left unsaid that may need to be brought to light in order for her to feel content enough to continue on,” she said.

She continued: “Finding the moments where the emotions come bubbling to the surface and when they break through has been the biggest challenge for me. In a way it mirrors something about everyone in real life. We all think there are moments when it’s best to keep things in for the good of relationships or maybe even for our own peace of mind.”

“When is it better to speak your mind or to divulge a secret? How best to keep the peace? These are some of the questions that Marsha asks herself throughout the play. It is also my challenge to show Marsha’s levels, not keep her at one note throughout the play ... keep her relatable,” she said.

The story of “Three Sistahs” is by Janet Pryce, with book and lyrics by Thomas W. Jones II, and music by William Hubbard. Jones will direct and William Knowles will music direct and play the keyboard while conducting Greg Holloway on drums and Yusef Chisholm on bass.

MetroStage will present “Three Sistahs” from Jan. 24-Feb. 24. Show times are Thursdays and Fridays at 8 p.m.; Saturdays at 3 p.m. and 8 p.m.; and Sundays at 3 p.m. and 7 p.m. Tickets are \$55 with student and active military and group discounts available. Four or more tickets are \$50. For ticket reservations, call 703-548-9044 or go online to www.metrostage.org.

CALENDAR

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

ONGOING

George Washington’s Mount Vernon is Open. George Washington’s Mount Vernon, a private, non-profit organization that does not accept government funding, will remain open through the partial government shutdown. Mount Vernon visitors can tour the first president’s Mansion, explore the gardens and grounds, and visit Washington’s final resting place. The Donald W. Reynolds Museum and Education Center, Be Washington interactive theater, and the 4D Revolutionary War Theater offer visitors and immersive experience to learn about George Washington and

the Founding Era. Specialty tours are offered daily for an additional cost. Visit mountvernon.org.

Art Exhibit: “Lift Us Up, Don’t Push Us Out.” Through Feb. 3, gallery hours at The Art League Gallery in Studio 21, Torpedo Factory, 105 North Union St., Alexandria. Performing Statistics: a Project by ART180 and Legal Aid Justice Center – “Lift Us Up, Don’t Push Us Out” asks the question, how would criminal justice reform differ if it was led by incarcerated youth? Connecting incarcerated youth at the Richmond Juvenile Detention Center with artists, legal experts, and advocates to reimagine Virginia’s juvenile justice system, this exhibition provides the answer. Including virtual reality experiences, photography, murals, and interactive audio installations that use human touch to activate stories from youth

in the system, their media campaigns and mobile exhibits have connected the dreams, stories, and policy demands of youth in the juvenile justice system with tens of thousands across Virginia and beyond. Visit www.theartleague.org.

Beginner Square Dance Lessons.

Through March 27, 7:30-9 p.m. at the Lincolnia Senior Center, 4710 N. Chambliss St. Keep up with New Year’s resolutions and enjoy both mental and physical exercise with Square Dance Lessons. \$30 for each four-week session. Open to couples, singles and groups. Email boomerangs@wascaclubs.com or call 571-210-5480.

Still Life Alive. Through April 2, 2019, 9-5 p.m. at River Farm, 7931 East Boulevard Drive, Alexandria. Patricia Uchello One Woman Art Show, featuring 100 original oil paintings of flowers, fruit, landscapes and

seascapes. Uchello’s work has been collected by IBM, the International Monetary Fund and more. Email pmuchello@aol.com or visit www.patriciauchello.com.

Revolutionary War Medals.

Through March 2020 at George Washington’s Mount Vernon, 3200 Mount Vernon Highway, Mt. Vernon. Now on view in Mount Vernon’s Donald W. Reynolds Education Center is an exhibition featuring 30 rare medals from the American Revolution and the early republic. War and Peace in Miniature: Medals from the American Numismatic Society is an unparalleled collection that highlights the remarkable heroes and events from the Revolutionary War and the new nation’s diplomatic endeavors. Visit mountvernon.org/warandpeace.

Pick-Up Hockey. Ongoing, Wednesdays and Fridays 11:30 a.m.-

1 p.m. at Mount Vernon Ice Skating, 2017 Belle View Blvd. Play hockey with other hockey buffs, hitting slap shots and learning puck handling skills that the pros use. Players must have full equipment. 16 and older. Visit www.fairfaxcounty.gov/parks/rec/mtvernon/ or call 703-768-3224.

CLASSES & WORKSHOPS

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

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

ENTERTAINMENT

Vernon Ave. visit
www.TheDelRayArtisans.org for a
schedule.

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

THROUGH JAN. 27

**Alexandria Winter Restaurant
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restaurants will also offer lunch
menus at \$15 or \$22 per person in
addition to the dinner specials.
Brunch lovers can enjoy brunch
menus for \$15 or \$22 per person at
14 restaurants. Visit
www.AlexandriaRestaurantWeek.com.

THURSDAY/JAN. 24

Play "House Detective." 1-2 p.m. At
Historic Huntley, 6918 Harrison
Lane, Alexandria. Adults are invited
to come to Historic Huntley to
discover some of the clues that help
historians unravel the mystery
surrounding a property. What can
architectural details and styles tell
historians? Examine photographs,
artifacts and the buildings of Historic
Huntley to resolve some of its
unexplained past. \$5 per person. Call
703-768-2525 or visit
www.fairfaxcounty.gov/parks/

historic-huntley.


JAN. 24-FEB. 24

"Three Sistahs." At MetroStage, 1201
N. Royal St., Alexandria. "Three
Sistahs" is an intimate musical which
exposes the souls of three strong
independent women as they gather
together in the family home one last
time. They reflect on the past,
present and their hope for the future
with powerful music and insights
about their lives and relationships.
Performances will be Thursdays and
Fridays at 8 p.m., Saturdays at 3
p.m., and 8 p.m., Sundays at 3 p.m.
and 7 p.m., Jan 24- Feb 24, 2019.
Tickets are \$55 with student and
active military and group discounts
available. Four or more tickets are
\$50 each. Call the theatre at 703-
548-9044 or go online to
www.metrostage.org.

FRIDAY/JAN. 25

**Container Gardens for the
Yardless.** 1:30-2:30 p.m. At Green
Springs Gardens, 4603 Green Spring
Road, Alexandria. Just because you
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can't have a garden. Learn how to
brighten your home with plants and
flowers. Whether in flower pots,
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and annuals. Get information and
inspiration to design your own
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703-642-5173 or visit
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spring.

Family Splash Night. 6-9 p.m. At



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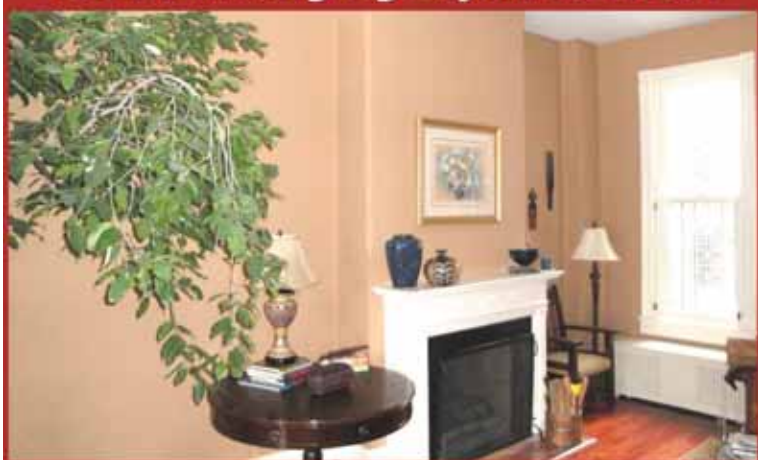


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ENTERTAINMENT

Off the Menu: What's New?

BY HOPE NELSON

A new year means new restaurants in Alexandria. From French fare to Mexican cuisine to a bar full of interesting beers, the city's flavors are vibrant amid the cold temperatures outside.

Bistro Sancerre Opens Near Carlyle

Old Town's new French bistro and steakhouse opened its doors over the weekend, tucked away in the King Street Station complex facing Duke Street. Sporting both an indoor main dining room and a patio for more seasonally appropriate socializing, the restaurant has plenty of space for both casual and business dining. Its dinner menu touts the likes of New York strip steak, braised lamb shank, pan-roasted rack of venison — and risotto for the non-carnivores at the table. 1725 Duke St.

APPETITE

Hops n Shine Ready for Business

Del Ray's newest addition switched over from "Coming Soon" to "Here Now" earlier this month, and it's jumping into the city's dining scene with both feet. With an extensive beer list and fun food offerings, Hops n Shine is aiming to become the neighborhood's go-to spot for a brew or two and a bite (and then some) to eat. The local region is well-represented on the restaurant's beer list — Port City, 3 Stars and Crooked Run are all in attendance — but the eatery also ventures past the Mid-Atlantic to Bell's, Sierra Nevada and more. Pair your brew of choice up with a loaded grilled cheese sandwich, chili cheese dog or loaded tater tots and let the fun begin. 3410 Mount Vernon Ave.

Urbano 116 Opens This Week

The new Mexican restaurant on lower King Street opened on Monday, infusing Old Town with a bit of Oaxacan flair. Chef Alam Mendez leads the kitchen, concocting the likes of almond mole and lamb tamal for hearty entrees and ceviche amarillo and guacamole to start things off. Looking for a taco or two? You'll be in good shape here; from lengua to carnitas to cauliflower, nearly every palate will be at home on the menu. Wash it all down with a specialty cocktail — the Mezcamule, featuring mezcal, muddled cucumber, candied ginger and ginger beer sounds enticing — and plot a calorie-burning walk along the waterfront after the fact. 116 King St.

Bombay Curry Company Closes

Bombay Curry Company, a Mount Vernon Avenue mainstay for decades, has closed its doors. In a statement posted on social media on Jan. 3, Nicky and Balraj Bhasin wrote in part, "This was not an easy decision to make and numerous factors led to this choice: staffing challenges, a need for Balraj to focus on his health, as well as some family matters that have been put on the back burner for quite some time. We were hoping to continue to provide you with your favorite Indian foods by passing over the torch to our Chef, but unfortunately that did not pan out." Though the restaurant has ceased to turn out food, the Bhasins say they're aiming to provide cooking classes and other activities throughout their newfound retirement.

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

CALENDAR

Chinquapin Park Rec Center and Aquatics Facility, 3210 King St., Alexandria. Featuring James K. Polk and William Ramsay Schools. Enjoy swimming, a floating obstacle course, games, relays, refreshments, music, diving for prizes and more. Different schools are featured at each event but all are welcome. Admission is \$4 per person upon entry. Visit www.alexandriava.gov/Recreation.

SUNDAY/JAN. 27

Wild Women of Washington. 1-3:30 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. From newspaperwomen and suffragettes to rebellious first ladies and socialites, the nation's capital has attracted many unladylike ladies over the years. Hear their stories as author

Canden Schwantes discusses her book, "Wild Women of Washington, D.C.: A History of Disorderly Conduct from the Ladies of the District." Reservations are required. \$42 for the program and tea; \$18 for the program only. To make reservations for tea, call 703-941-7987, or to learn more about the historic site, visit www.fairfaxcounty.gov/parks/green-spring.

MONDAY/JAN. 28

Bullying and Lockdowns: Perspectives on School Security. 7:15 p.m. At The Hermitage Auditorium, 5000 Fairbanks Ave., Alexandria. Part of the Agenda:Alexandria program, which falls on the fourth Monday of the month, begin at 7:15 p.m.

Programs are \$5 each or free with your \$35 membership, payable online at www.AgendaAlexandria.org/sign-up page or at the door by check or credit. All are invited to a pre-program dinner if desired. Dinner is 6:45-7:15 p.m., prices starting at \$32 with reservations by the Friday prior to the program. Visit www.Agenda:Alexandria.com.

FRIDAY/FEB. 1

Family Splash Night. 6-9 p.m. At Chinquapin Park Rec Center and Aquatics Facility, 3210 King St., Alexandria. Featuring Ferdinand T. Day and Samuel W. Tucker schools. Enjoy swimming, a floating obstacle course, games, relays, refreshments, music, diving for prizes and more. Different schools are featured at each

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ENTERTAINMENT

LTA Presents 'The Fantasticks'

Musical from 1960 is a tale of a boy, a girl, and meddling fathers.

BY STEVE HIBBARD

The Little Theatre of Alexandria (LTA) is presenting "The Fantasticks" from now through Feb. 2. This musical by Tom Jones is a tale of a boy, a girl, and their meddling fathers who nudge them toward marriage by pretending to keep them apart. With a nod toward Shakespeare's "Romeo and Juliet," this musical has been enchanting audiences with its universal themes and songs, including "Soon It's Gonna Rain" and "Try to Remember." The show is produced by Sharon Field and Rance Willis.

According to Director Eleanore Tapscott: "Apart from the gorgeous score and great songs, what really stands out to me about this play is its theatricality. We have echoes of various theatre styles — commedia, Shakespearean, vaudeville. Young lovers divided by feuding families sounds like a certain play set in fair Verona. The vegetation fixation of the parents hints at the Shakespeare's green world comedies. The wall makes us think of the rude mechanicals' production of 'Pyramus and Thisbe' in 'A Midsummer Night's Dream.' The play's primary source material is loosely based on 'Les Romanesques' ('The Romancers') by Edmond Rostand (yes, he who wrote 'Cyrano de Bergerac,' another popular play about a complicated romance). My goal with this production is to honor those theatrical styles."

Stephen P. Yednock is playing the role of Bellomy, who is Luisa's father. "He lives next door to Hucklebee, Matt's mother and his best friend. Bellomy and Hucklebee know that Matt and Luisa would be perfect for each other but kids being the way they are will resist the whims of their parents. So, in a clever ploy to bring them together, they build a wall between the houses and forbid their kids to see each other. This, of course, makes the two young adults defy their parents and see each other leading to a blossoming romance," he said.

He said Director Tapscott has incorporated the idea of using many old theatre conventions, especially commedia del arte within the show. "In her concept, each of the actors wears a mask at the beginning and end of the show to bring out the idea that each of us is a stylized actor from a traveling acting company who is then playing the part of 'Bellomy,' 'El Gallo,' 'Hucklebee,' etc. So, in a way I'm playing two parts in this show, 'Bellomy' and the commedia dell'arte actor who is playing Bellomy."

Rachel J. Hogan is playing the role of Luisa. "My character is an imaginative and fierce young lady who lives everyday as if she is the princess in her own fairytale. Through the course of the show, however, she discovers that life is not all flowers and rainbows, as she once hoped. Regardless, Luisa loves without apology and finds strength in her own convictions," she said.

She added: "Because Luisa is so entrenched in whimsical ideology, it has been a challenge for me to speak with truth, and not just

drama, when portraying her as a character. It was my initial decision to play a majority of her lines as big as possible, but I have since focused and decided that grounded energy is the best way to go for this particular role."

Fred Lash, who's been in the show four times, beginning in 1979, is playing the role of Henry. "I love this role, as it affords me the opportunity to mix Shakespeare, Laurel and Hardy, and Robin Williams all into one character," he said. "Obviously, this show, and its memorable musical score, has always been a favorite of mine since it opened in New York in 1960. As Henry, an aging actor who has performed so many years that he has worn down a bit, I find a lot of myself and my experiences. However, despite his age and years of acting, he is still able to 'dress the stage' quite well and project to the back row of the theatre."

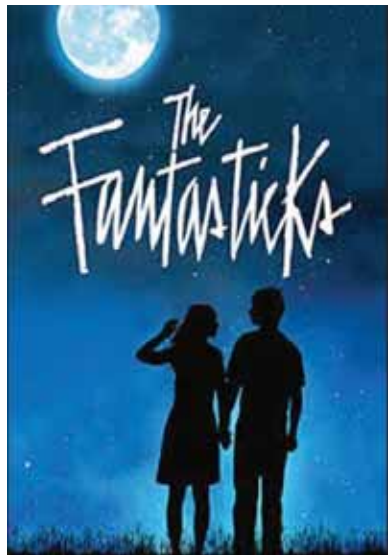
He added: "I want the audience to be uplifted and to recall those times in their various pasts when they experienced love for the first time; but to also realize that love and happiness do not come without pain, suffering, and a certain amount of sorrow. It is the ups and downs of life; the peaks and valleys of living; and the ebb and flow of happiness that the audience should see, hear, and embrace."

The Little Theatre of Alexandria is presenting "The Fantasticks" from now through Feb. 2. Show times are Wednesdays through Saturdays at 8 p.m.; Sundays at 3 p.m. Tickets are \$29 to \$34. The venue is located at 600 Wolfe St., Alexandria. Visit www.thelittletheatre.com.




PHOTO BY MICHAEL DEBLOIS

Luis "Matty" Montes (left) as Matt and Janice Zucker as Hucklebee.



Try to remember a time when your greatest adventure was the first romance of your life. This funny and sentimental musical enchants audiences with its universal themes and memorable songs.

SHOW DATES:
JAN. 12 - FEB. 2, 2019



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event but all are welcome. Admission is \$4 per person upon entry. Visit www.alexandriava.gov/Recreation.

“New Beginnings” Opening Reception. 7-9 p.m. At Del Ray Artisans Gallery, 2704 Mount Vernon Ave., Alexandria. See artwork created by reuse. These creations incorporate found objects, recycled materials or older works of art. The exhibit runs from Feb. 1-24. Exhibit details, plus information on four special workshops at DelRayArtisans.org/event/new-beginnings.

FEB. 1-MARCH 30

Art Exhibition: High School Students. At The Gallery at Convergence, 1801 N. Quaker Lane, Alexandria. The Alexandria All City High School Art Exhibition hosted by the Convergence Arts Initiative returns for its fourth year. This year's experience features more than 90 Alexandria high school students representing six high schools including public, private, and independent. Returning for 2019's collaborative event are students from Bishop Ireton, Episcopal High School, T.C. Williams, St. Stephen's and St. Agnes School, Commonwealth Academy, and The Howard Gardner School. Visit ourconvergence.org.

SATURDAY/FEB. 2

15th Annual Alexandria Warehouse Sale. 9 a.m.-4 p.m. At The Westin Alexandria, 400 Courthouse Square, Alexandria. Deemed the “Super Bowl of Shopping Events” (always occurring the Saturday of Super Bowl weekend), the winter deals event is free to enter and will include a variety of new boutiques and retailers not only

located in Alexandria, but throughout the Metro region. The event was the brainchild of Elizabeth Todd (co-founder of the Old Town Boutique District and owner of The Shoe Hive). Visit www.oldtownboutiquedistrict.com or www.AlexandriaWarehouseSale.com.

Story Time for Little Historians. 11 a.m. At The Black History Museum, 902 Wythe St., Alexandria. This month's topic: Presenting Henry's Freedom Box – A True Story from the Underground Railroad, which was written by Ellen Levine and illustrated by Kadir Nelson. Bring your little learners to the Alexandria Black History Museum for cultural stories and creative craft activities that introduce world history and folklore. Explore the museum exhibits afterward to learn about local black history. All ages are welcome, but most suitable for children 3-6 years old. \$3 per person. Visit www.alexandriava.gov.

Happy Birthday, John Carlyle: A 1770s Celebration. 12-4 p.m. at Carlyle House, 121 N. Fairfax St., Alexandria. Help wish a happy birthday to Alexandria town founder, Col. John Carlyle. Festivities will include 18th-century dancing, live music, and a birthday treat. Admission is free, but donations are welcome. Visit www.novaparks.com.

Locals' Alley Saturdays. 12:30-2:30 p.m. at The Old Town Shop, 105 S. Union St. at King Street. Meet the makers of local goods, featuring: Ester's Granola tasting. Call 703-684-4682 or visit www.TheOldTownShop.com.

Seed Exchange. 12:30-4 p.m. at Green Spring Gardens in Alexandria. These seed swaps are in-person and face-to-face. Bring extra seeds and swap them with other gardeners. Everyone

will leave with a bag full of seeds, new garden friends, and expert planting advice. \$20 per person. Register at WGSeedExchange-GSG.brownpapertickets.com.

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

SUNDAY/FEB. 3

Walking With Washington Tour. 2-4 p.m. at Ramsay House, Alexandria Visitor's Center, 221 King St., Alexandria. Explore important sites associated with George Washington in his hometown of Alexandria. This guided walking tour of historic Old Towne covers significant people and events in Washington's life and in American history, with stops at Ramsay House, Market Square, Carlyle House, Wise's Tavern, Duvall Tavern/Charles Lee House, Gadsby's Tavern, Washington's townhouse, The Lord Fairfax House, the “Light-Horse” Harry Lee house and Christ Church. Free. Visit washingtonbirthday.com.

Tell Me Your Name. 3:30 p.m. at Carlyle House Historic Park, 121 N. Fairfax St., Alexandria. A conversation about identifying enslaved individuals and their communities and putting that into a historical and genealogical context. In 2017 Carlyle House Historic Park undertook a new research project to improve its knowledge and interpretation of the site's enslaved population. \$10. Tickets available at apm.activecommunities.com/novaparks/Activity_Search/2516.

MONDAY/FEB. 4

School Holiday Camp. 9 a.m.-4 p.m. at Huntley Meadows Park, 3701 Lockheed Blvd., Alexandria. The country may have been in a depression, but kids were still finding ways to have fun in the 1930s. Today's kids will discover new ways to have old-fashioned fun in the “Play Like It's 1935” camp at Huntley Meadows Park. Children age 6-12 are invited to the park to play games like the Alcorn children did when they moved to Huntley during the Great Depression. Kids will make a simple toy to take home, too. It's a full day of fun while school's out. \$65. Call 703-768-2525 or visit www.fairfaxcounty.gov/parks/huntley-meadows.

Talk on Microgreens. 7-8:30 p.m. at Barrett Branch Library, 717 Queen St., Alexandria. Discussion on Microgreens: What Are They, Why Are They So Fabulous, and How to Grow Them. This class is offered by Extension Master Gardeners with the Virginia Cooperative Extension, Master Gardeners of Northern Virginia. Free. Advance registration requested at mgnv.org. Call 703-228-6414 or email mgaralex@gmail.com.

FEB. 6-MARCH 10

“Opposites Attract.” At Potomac Fiber Arts Gallery, Torpedo Factory Art Center, Studio 29, 105 North Union St., Alexandria. Show featuring everything Quiet and Loud, Large and Small, Smooth and Rough, Bright and Dull, Stiff and Flowing, Smiles and Frowns – the list goes on and the artists had a great time incorporating this theme into their work. Visit www.Potomacfiberartsgallery.com.

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ESSAYS

'Less Free'

FROM PAGE 3

longer path to black liberation, without civic engagement, and without the universal success of democratic ideals. The volatility of the country at the time made civil rights another polarizing issue. People exploited the anxiety to fear-monger whites and make them more resentful of groups seeking equality. King knew that many in the civil rights movement wanted to fight fire with fire, but his restraint was imperative to passing the Civil and Voting Rights Acts. There was a tug of war between the patient MLK wing of the civil rights movement and the militant Malcolm X wing; it kept a balance between restraint and forcefulness. Without MLK, the movement would have been very aggressive and boiled over, leading to the backlash of an disproportionate military response. This would have further enraged activists who would fight racism "by any means necessary." This violence would have turned public opinion against civil rights and prevented politicians from supporting landmark civil rights legislation. Dr. King's tact was vital for building support for black liberation.

Dr. King also built that support through grassroots organizing. Marches on Washington and Selma and the Poor People's Campaign were because of Dr. King's charisma and ability to build a coalition of those dedicated to justice. Lacking Dr. King, the civil rights movement wouldn't have successfully organized to bring light to their grievances, leav-

ing discrimination on the backburner. After Dr. King, there were many movements that shaped American society (women's rights, anti-Vietnam war, etc.). Dr. King's effectiveness guided them as they sought change. In the absence of Dr. King, civil rights and other American protest movements would not have gained much traction.

Dr. King's dream of equality didn't stop at America's borders. He gave people worldwide the hope that despite their conditions, they can overcome their oppressors and can reach the promised land of freedom. Movements like anti-apartheid in South Africa and anti-communism in Europe fought for MLK's ideals of freedom and justice. For example, Dr. King's non-violent approach and his resilience influenced Nelson Mandela, another black liberation icon. Dr. King's success serves as a precedent for oppressed peoples around the world. This is paramount when fighting an institutional enemy that has tormented groups for so long. The absence of Dr. King would have reduced the likelihood of other MLK-like figures leading their own people to freedom. Without Dr. King and his legacy, despots would sleep better at night. In conclusion, a world without MLK is a less free, less inspired, and less equal one. It would deprive movements at home and abroad of an example of how to fight for freedom and justice peacefully. It would also make the civil rights movement less civil, thus decreasing its public support. Without Dr. King's persistence, patience, and inspiration, black Americans would have walked a longer and bloodier road to equality.

'Courage'

FROM PAGE 3

like animals they could finally see there was a problem.

Without Dr. King, we wouldn't know people of different faiths and beliefs would come from all over the country to help a minister of a different faith or people they didn't know and who didn't look or sound like them.

[We wouldn't know] that a person of color could win the Nobel Peace Prize and be honored by the highest officials in other countries. People would not know that a white housewife or a young adult Negro and two white men would leave home to support Dr. King.

No one knew those young men would die side by side. Each listening to their friend get shot. Hearing their friends' bodies fall to the ground and knowing the next death would be theirs.

Kids, parents and grandparents, news people, preachers and teachers wanted change because Dr. King's life, words and actions touched hearts in every nation and every land.

Because of Dr. King, the struggles of black people could no longer be ignored. His voice told our stories and gave us cour-

age.

Dr. King taught people how to march on Washington for change. His actions made a path for a legally blind black man to be the governor of New York. He made the way for a little black girl to be a multi-billion-dollar talk show host, magazine owner, and movie star.

Before Dr. King, biracial child was called a lot of things but they would never be called the President of the United States.

People would have never thought a woman could be nominated for President of the United States. Or imagined that two native American women, a Muslim woman and other women of different races, religions and backgrounds would be sworn into Congress. Of course we can consider what our world would look like if we never had a Dr. Martin Luther King. But I believe God called Dr. Martin Luther King to be a preacher, teacher, leader and modern day Moses. God inspired Dr. King to see an America, where people are judged by the content of their character and not the color of their skin.

I believe Dr. King's words, actions and life made the world look like this because God is merciful. If we never had God's mercy the world would look like a place I don't want to be.

'Different'

FROM PAGE 3

Dr. King, Jr., our world would have been different in the worst way.

Rev. Dr. Martin Luther King Jr. made a huge impact in the world, especially to the black community in the United States. Before Dr. King, Blacks were treated as second class citizens. People used to think and some still think today that black people are wild animals and are not worth being treated fairly because of the color of their skin. The world has gotten better with race issues since Dr. Martin Luther King, Jr., but injustice, inequality and racism have not gone away fully.

Dr. Martin Luther King Jr. accomplished many things in the short time he was alive. For example, he led the Montgomery bus boycott, which was the beginning of the Civil Rights movement, and he was the youngest recipient of the Nobel Peace Prize. He won the prize for non-violent resistance to racial prejudice in the United States. He was behind African Americans obtaining basic civil rights and voting rights. Dr. Martin Luther King Jr. organized and led many marches for voting rights of Blacks, desegregation, labor rights and other basic civil rights. His movement influenced the case of Brown v. Board of Education in 1957, nine black students (Little Rock Nine) were going to school but, were denied in the "white classes," leading to the Supreme Court decision that separate but equal schools were unconstitutional. His efforts

led to the Civil Rights Act of 1964 and the 1965 voting rights act. Even though that was 62 years ago we still, to this day, have issues with race, segregation and unequal educational systems depending on where you live.

Today many types of racism have emerged. For example, in 2018 when a white Starbucks manager called the cops on two black men for not purchasing any products and waiting on another friend. Similarly, a white female called the cops on a black man for being in his own luxury apartment complex because she felt he did not belong there. Dr. Martin Luther King Jr. inspired and invoked a fire inside of minorities to believe that change is necessary. His philosophy of nonviolent resistance was not supported by all but proved to be effective. His philosophies and methods to obtain equality were, in the end, the best way for change.

A world without Dr. Martin Luther King Jr. is a world I'm glad I don't have to experience. It would be a world with slower or no change in race relations. There would be very few opportunities for a better education or jobs, we may still be sitting in the back of buses, drinking from a "Black Only" water fountain with no aspirations to run for President of the United States and maybe not even able to vote. We would not have half of the rights we have now. Dr. Martin Luther King Jr. courageously led the way, so that everyone could let Freedom Ring and be treated with the same respect.

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Poetry & Creative Writing Contest

Deadline. The Fairfax County Alumnae Chapter of Delta Sigma Theta Sorority, Inc. announces its 4th Annual Poetry Contest for Middle School Students and Creative Writing for High School Students. Visit www.fcacdst.org/creative-writing-contest for contest details and to

download the applications. Email artsandletters@fcacdst.org with questions.

SATURDAY/FEB. 2

Mount Vernon Town Meeting. 7:45 a.m.-noon at Mount Vernon High School, 8515 Old Mt. Vernon Road. Meet Mount Vernon District Supervisor Dan Storck and many county, state and federal leaders at

the 32nd Annual Mount Vernon Town Meeting. Have questions answered, learn about important issues important, connect with county agencies and service providers and mingle with neighbors. The highlight will be taking a "virtual tour" of the District with "pilot" Supervisor Storck. Visit www.fairfaxcounty.gov/mountvernon/32nd-annual-town-meeting-2019.



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Worried About What Awaits



By KENNETH B. LOURIE

Not that there's anything wrong with me – other than having cancer that is – but I've been going to see doctors – other than my oncologist – fairly regularly in the past few months: internal medicine, three times; otolaryngologist, two times.

The reason/symptoms vary, but in general, nearly 10 years into my “13 month to two-year” prognosis, I am finally erring on the side of taking a precaution and scheduling appointments with doctors as often as I see fit. Apparently, waiting isn't the hardest part after all, it's the dumbest part – if you have cancer.

So far, in all five instances, the various symptoms were not cancer-related, they were life-related. Meaning, they had nothing to do at all with my have cancer and/or its progression, and everything to do with living life outside of the bubble.

However, surviving life inside the cancer world for as long as I have has now made me a bit trigger happy, so to speak. At the drop of a hat or for most any other reason, I am scheduling an appointment with my primary care physician to confirm or debunk any medical suspicions that I might have.

Henceforth, I am going to let the professionals tell me what I need to know and what I need not worry about. It has become time for me to no longer fool around with my health presuming that whatever ails me is merely a blip when in fact it could be a sign of things potentially to follow.

Sort of like the oil warning light illuminating on your car's dashboard – it likely means the damage has already occurred. And the next steps you take might even be too little, too late.

As concerns my health, there is no warning light as such. Knowing there's only so much I can do to preempt (some of which I've been doing) what trouble possibly awaits, at the very least I shouldn't be stupid or stubborn anymore. Instead I have to be vigilant and proactive.

Since my life is at stake here, I can't worry too much about what the doctor might say when I show up at my appointment with less-than-life altering/cancer-connected symptoms. Until they tell me otherwise, which they haven't yet, I will continue to overreact to any symptoms I experience because for all I know about such matters, it just might matter.

And lately, when my exams have indicated there was nothing to matter, I've often felt the need to apologize for taking up the doctor's time. Time which I realize is very valuable. But they would hear none of it. Instead, they have encouraged me not to hesitate making future appointments should the need arise.

And I suppose that's the issue: ‘should the need arise.’

But how will I know when the need arises? How will I know if the need is genuine? How will I know if the need is cancer-related or merely life-related, and should I act differently depending on the answer? Or should I not care about any of these questions and simply schedule appointments as soon as possible because, as I was advised years ago when I was first diagnosed: “It's all about you now, Kenny.”

In thinking about where all this anxiety is coming from, I believe it has something to do with my switching to an immunotherapy drug – which we've been discussing for a few months, and being aware of the many possible side effects. Side effects which, should they manifest, I am to contact my oncologist immediately.

My concern is however, will I know and will I be too early or too late. Or maybe it won't matter, and that's what scares me. Moreover, I'm afraid we might not be able to stop what we've already started.

Granted, it's all speculation, and it's all premature.

Either the side effects prevent me from infusing the drug or it doesn't. And if I am able to be infused, the tumors, especially the “Adam's Apple” tumor, shrink in the process. And if I have to see multiple doctors during my treatment, so be it.

This is no time to wait and see. It's time to be seen without waiting.

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

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OPINION

Listening

FROM PAGE 6

the Virginia Housing Trust Fund in the Governor's budget. Another issue concerning attendees is the need for nonpartisan redistricting. This is the year we must first pass a constitutional amendment in time to affect the next census and the 2021 elections. With increased public pressure I am hopeful that we will be able pass a constitutional amendment this year and next, to then go to the voters as a referendum to amend the Constitution to make redistricting nonpartisan. Finally, I want to provide you with an update of how the bills I have introduced are faring in the General Assembly. So far six of my bills have received hearings. The other eight pieces of legislation are still awaiting their first rounds of votes. Below, I have listed the six bills and where they currently sit in the House calendar.

❖ HB 1710, which requires seat belts on school buses, was voted 6-4 in Committee on Education Subcommittee #2 and referred to full Committee on Education. Full Committee voted 13-8 on this bill, on Jan. 21, and further referred it to Committee on Appropriations.

❖ HB 1724, which introduces the Grow Your Own Teacher pilot program, was first voted 9-1 in Committee on Education Subcommittee #2 with amendments. It was then voted 19-3 in full Committee on Education and referred to Appropriations. I am coordinating with Appropriation committee members on these amendments but, as of right now, these amendments include two changes. These two changes are that all Virginia higher education institutions are to offer the Grow Your Own Teacher program and students completing the program are allowed to teach at any Title I school, not just the school he or she graduated from.

❖ HB 1752, a bill which will close all schools for students on Election Day in November, was initially referred to full Committee on Education and voted 18-3. This bill went through its second House reading on Jan. 21.

❖ HB 1937, which will allow localities to exempt disability income being counted towards eligibility for Property Tax relief, was referred to full Committee of Finance and voted unanimously, 22-0. It was then reported from Committee on Finance with an amendment. This amendment adjusted all income to specify disability income. On its third reading, the House voted 94-0 in favor.

❖ HB 1938, which amends the definition of “blind person,” was referred to full Committee on Health, Welfare, and Institutions and passed with a 20-0 vote. The bill went through its first House reading on Jan. 21.

❖ HB 2576, a bill that establishes a Sex Trafficking Response Coordinator, was referred to Courts of Justice Subcommittee #1 and passed unanimously with an 8-0 vote.

I look forward to the rest of the General Assembly and working on critical issues facing our Commonwealth like tax conformity and the budget. It is my honor and privilege to serve as your representative in the 44th District.

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\$69⁹⁵

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 1/31/19.

BRAKE SPECIAL

\$79⁹⁵

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 1/31/19.

**SIGHT LINE
WIPER BLADES**

\$10 OFF

Sight Line only.

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PURCHASE. VALID ONLY AT ALEXANDRIA
TOYOTA PARTS CENTER ONLY. GOOD THRU 1/31/19.

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

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AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 1/31/19.



ALEXANDRIA TOYOTA

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**FREE
BATTERY CHECK-UP**

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

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WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 1/31/19.

TRUESTART™ BATTERIES

\$99⁹⁵

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

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WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 1/31/19.

Check your windshield. Does your sticker say **12/18, 1/19,**
or **2/19**? If so, your VA Safety Inspection is now due
VIRGINIA STATE INSPECTION

FREE

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WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 1/31/19.

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



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

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COMING SOON



8826 Black Alder Dr

Long List Of Updates! | \$665,000

Incredible value for Classic Colonial style on established street adjacent to Mount Vernon Country Club. Many features include: 3 finished levels, 5 Bedrooms including main level master, 3.5 baths, open updated Kitchen to Family room, 2 fireplaces, oversize 2 car garage. Extensive list of recent updates. Turn key opportunity!

JUST LISTED!



9112 Volunteer Dr | \$655,000



8902 Beauchamp Dr. | \$550,000



8314 Wagon Wheel Dr

Private Dock! | \$665,000

3 level Colonial situated on serene elevated lot overlooking natural wonderland. Private dock for your canoe, kayak, or small motor boat! Home has huge potential & features: 4/5 Bedrooms, large room sizes, hardwood floors, fully finished lower level w/ outside entrance, sunroom overlooking creek. Won't find another one like it!



4021 Colonial Ave
\$1,130,000

Incredible brand new build in desirable Mount Vernon area. Almost 5,000 square feet on a flat level half acre lot. 5 Bedrooms and 4.5 Baths with long list of builder selections that set this home

apart from your average build. Rare opportunity for a brand new build in Mount Vernon!

CONTRACT!



9416 Old Mt Vernon Rd.
\$789,000

Incredible opportunity to own a brand new 5 Bed/5.5 Bath home on 4 finished levels! Economical Gas appliances include: fireplace, cook top, heat and hot water. Hardwoods on main level,

open kitchen to family room w/ large island & breakfast area, 4 BR's on upper level w/ 3 baths including luxurious master suite, finished basement w/ rec room, bedroom, & full bath. 10 year builder warranty

SOLD!



4417 Neptune Dr.
\$739,000

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!

SOLD!



3708 Carriage House Ct
\$810,000

Truly special property in prime location on gorgeous lot bordering Mt. Vernon Estate grounds. Fabulous home in pristine condition. Features include bright open floor plan, stunning glass

walled addition, updated expanded kitchen, gorgeous hardwood floors, 4 bedrooms including master suite with recently remodeled bath, & 2 car garage. Custom deck & brick patio overlook backyard & MV Estate

SOLD!



4401 Granada St.
\$549,000

Immaculate and spacious home on gorgeous flat lot. Features include: 4 Bedrooms, 3 fully updated Baths, top of the line updated Kitchen, refinished hardwoods on

main two levels, whole 3rd lower level just for storage, replacement windows and siding, New Roof (2013), garage and long additional list of updates. Great Value!

SOLD!



9411 Mount Vernon Circle
\$959,900

Incredible new price on one of Mount Vernon on the Potomac's most stately homes! Home has it all! 3 finished levels, high ceilings, estate room sizes, approx

6,500 sq ft of luxury at unheard of price. Community marina and brand new docks provide vacation vibe in convenient, close in location.

SOLD!

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