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## Sports Tourism May Be Next for Northern Virginia

Area sports facilities looked at for tournaments, tax revenue and expansion.

BY MIKE SALMON  
THE GAZETTE

Creating an indoor ski slope out of the Lorton Landfill mountain of trash is just one idea that is part of a larger proposal involving “sports tourism,” that Supervisor Pat Herrity (R-Springfield) supports so Fairfax County can take advantage of this possible financial gold mine.

“We could have ski teams in our schools,” Herrity said, looking at the bigger question surrounding this notion of sports tourism. “Why haven’t we looked at this before?” he asked.

Herrity noted that there are 60 indoor ski facilities in the world, but none in North America, so the Lorton Landfill site would be the first if it happens. “It’s got a significant vertical drop already,” he added.

Herrity is leading a task force to look at the whole sports tourism idea which also includes mountain biking at the Fountainhead Mountain Bike Trails, more sports fields at Baron Cameron Park in Reston, more baseball diamonds at Patriot Park North and a Field House/Hard Court/Indoor Track facility, aquatic sports, ESports and more. The idea is to leverage private dollars in public-private partnerships to get these facilities built and then used for



Fountainhead’s mountain bike trail is in the top 10 across Virginia. See more about the Sports Tourism Task Force at [www.fairfaxcounty.gov/springfield/sports-tourism-task-force](http://www.fairfaxcounty.gov/springfield/sports-tourism-task-force)

tournaments and other larger-scale events where people will come from all over the country, stay in area hotels, eat in local restaurants and feed the retail and tax base.

The task force was formed to better understand the potential economic impact of the \$10 billion and growing sports tourism mar-

ket and how the county could take advantage of this market to diversify its tax base and develop facilities for county residents paid for in whole or part by sports tourism generated revenue, according to its interim report.

“It makes sense,” Herrity said.

The first step for the indoor ski facility is “to work towards a negotiated P3 agreement and investigate ways to run the P3 negotiation concurrently with the zoning process,” the report read.

### ON THE TASK FORCE

The task force – which consists of representatives from the parks, schools, Visit Fairfax, George Mason University and private developers – is looking at the value of potential sports/athletics tourism opportunities and partnerships and outline what investments the county may be expected to make to achieve these goals, the docu-

ment states.

In South County, there are four of the top 10 mountain bike courses in Virginia, said Paul Gilbert, director of Nova Regional Parks. He is working on the mountain bike part of the plan, which would use several of the areas top-rated trails in combination with other existing facilities. Instead of a race on one trail, he’s picturing “more outdoor adventure sports,” type of competition. The regional park at Occoquan could be linked to Fountainhead, and then to the track at Wakefield park via the Cross-County Trail. Some of this

connections may need the approval of private landowners and “we’re seeing if we can get that connection,” he said.

The Mountain Bike subcommittee consists of Ernest Rodriguez, president of MORE (Mid-Atlantic Off-Road Enthusiast) Chapter of the International Mountain Biking Association; Steve DonTigny, executive director, MORE; and Christine Morin, chief of staff for Mount Vernon Supervisor Dan Storck. The River Rock bike event in Richmond “is a good example,” of this type of activity, said Gilbert.

River Rock is sponsored by Dominion Energy that incorporates kayaking, climbing, arts, mountain biking and other extreme-type sports that Gilbert mentioned as well. The MoCoEpic is a similar event that Rodriguez is involved with, and is part of his vision for the Fairfax County mountain biking effort. Another example Rodriguez noted is the Patapsco Trail Fest in Maryland.

### SEEKING SPONSORSHIP

Sponsorship is one element that is needed for funding, and the task force is reaching out to various organizations. The off-road bike magazine “Dirt Rag,” was mentioned as one possibility for the biking aspect. “We’re looking to find a long-term or medium-term sponsor,” said Gilbert. “Any company that wants to have a positive outdoor image would be ideal,” he added.

Any parent that has children in school sports knows that transportation can be a problem when shuttling to various events, so the “Task Force recommends that where possible sports facilities be clustered.” In Lorton for example, SEE SPORTS TOURISM. PAGE 11



The trail at Fountainhead will be part of a bigger ride.

3/8/19

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# Changes Discussed for Grist Mill Park

Park Authority forum looks at parking, mulch pile and barn.

BY MIKE SALMON  
THE GAZETTE

**A**t the Grist Mill Park Master Plan Revision meeting on Monday, March 4, there were two features currently at the park that drew a lot of attention from the attendees: the barn and the mulch pile.

Both are prominently displayed upon entry to the park and there were many suggestions for the barn, but, as for the mulch pile, just make it go away. The barn is a traditional red barn with silo and among limited number of barns remaining in Fairfax County where 100 years ago they were common when it was largely a farming area.

"The barn is useful and should be preserved," said Glen Fastinger, who suggested using it for storage for the gardeners in the county garden plots next to the barn or renting spaces for kayaks and canoes.

Jim Carmalt suggested a dinner theater, while Tom Girard suggested a teen center.

This was the first meeting in a series of steps to determine what the community wants to do with the park to keep it a viable part of the area off Mount Vernon Highway.

"This is the first meeting in a relatively long process," said Judy Pedersen, the public information officer at the Fairfax County Park Authority. Supervisor Dan Storck (D-Mount Vernon) reiterated that feeling. "This is our opportunity," he said. "How else can we better utilize the space that's there?"

Parking was another issue that many were concerned about and during a popular Saturday, there were cars on the grass, roadside and wherever they could squeeze in. Patricia Wheeler lives right across the street and sees that "it gets crazy," she said. "If we're downstairs watching TV, we catch

every set of headlights," she said.

Jim Hurley read the ad for the meeting and was concerned about the "dynamic park" wording that was placed in the description. He didn't want any features that could make it like a noisy amusement park. "Keep it as green as possible," he said.

Lighting was another improvement element, but some were worried about that as well. With Richmond Highway a mile down the road, the area was already drenched in light. Ted Thompson asked how "it will impact our already not-dark sky," he said, and then cited work with the International Dark Skies Association.

According to the schedule that was on one of the slides, the final decision on the park improvements will go to the Park Authority board in the winter of 2019 and then will be put into action "as funding becomes available," said Andy Galusha, the FCPA project manager.

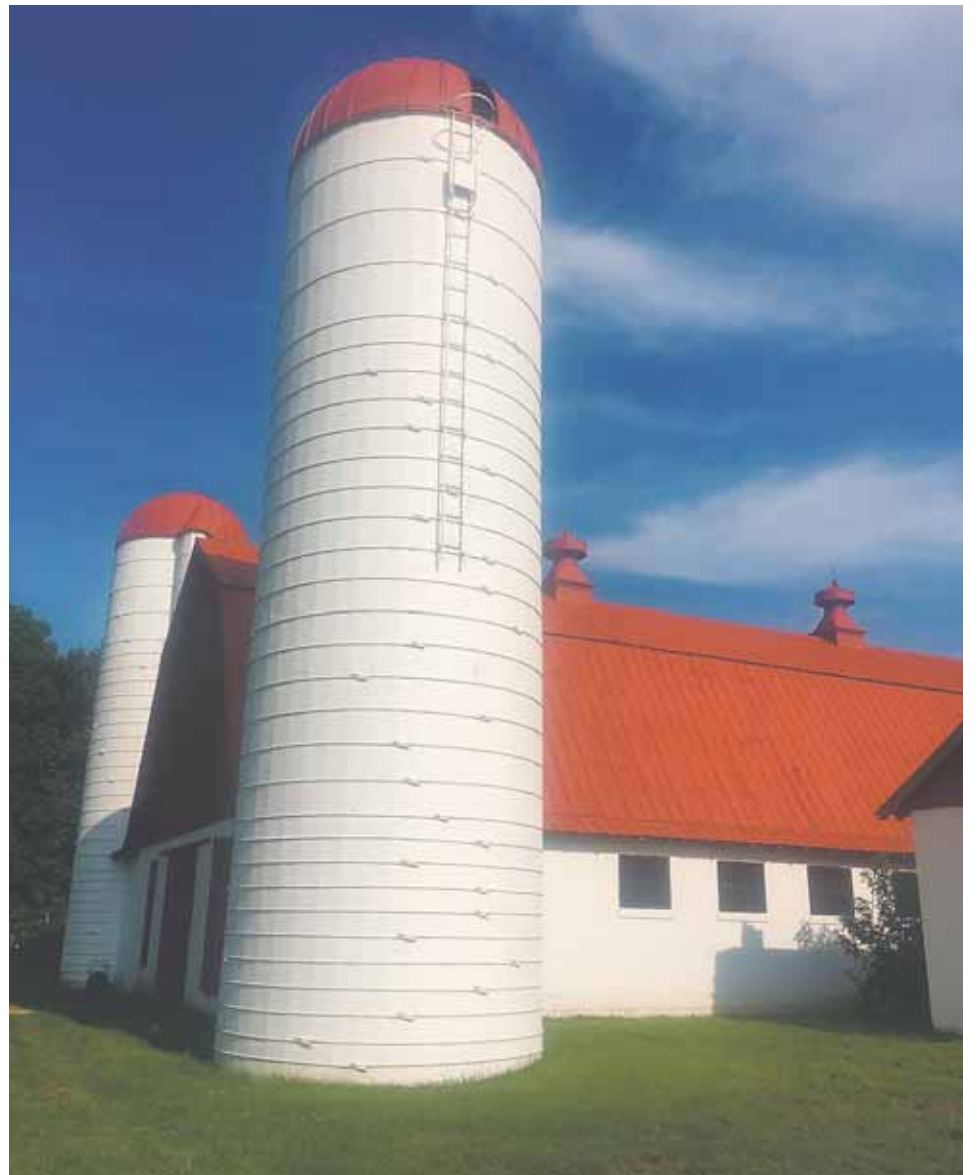
A few parks a year begin this process and the work eventually gets completed. "It's a continual updating process," said Samantha Hudson, the park planning supervisor. Franconia District Park was looked at last year for example, and recently got improvements to its trails, lighting and public garden plots.

The Park Authority is accepting Grist Mill Park comments through email at [parkmail@fairfaxcounty.gov](mailto:parkmail@fairfaxcounty.gov) or phone at 703-324-8662.



Park Authority Public Information Officer Judy Pedersen led the discussion.

PHOTOS BY MIKE SALMON/THE GAZETTE



The barn is an icon on the Mount Vernon landscape so keeping it in one form or another was a topic of conversation.



Attendees from the surrounding neighborhood look at the park features.





**Members of the Maple School of Irish Dance perform during the St. Patrick's Day Parade March 2 in Alexandria.**



**Dancers from the Boyle School of Dance perform during the St. Patrick's Day Parade March 2 in Old Town.**



**Performers from the Laureen O'Neill-James School of Irish Dancing participate in the St. Patrick's Day Parade March 2 in Alexandria.**

# Slainte! Ballyshaners celebrate 38<sup>th</sup> annual St. Patrick's Day Parade.

BY JEANNE THEISMANN  
THE GAZETTE

**I**rish eyes were smiling as thousands turned out March 2 for the 38<sup>th</sup> annual St. Patrick's Day Parade in Old Town.

Hosted by the Ballyshaners, a local nonprofit dedicated to Irish heritage, the day kicked off with the annual Fun Dog Show in Market Square before the parade worked its way down King Street in Old Town.

Longtime Alexandria resident Shawn McLaughlin served as the parade's Grand Marshal. McLaughlin, CEO of McLaughlin Ryder Investments, led the parade, which for the first time included the New York City Police Department Emerald Society Pipes and Drums. Other participants included Irish dancers, the City of Alexandria Pipes and Drums and

local Scout organizations.

Last year's Grand Marshal, Pat Troy, died just days after the parade that he founded 38 years ago.

"Pat passed away, leaving a large absence in the Ballyshaners, his Old Town neighborhood and our city's business," said Ballyshaners chairman Kim Moore. "The Ballyshaners aim to continue our dedication in the way that Pat taught us."

The Ballyshaners funds the parade through donations, fundraisers and the city's summer Irish Festival. For more information, visit [www.ballyshaners.org](http://www.ballyshaners.org).

**The Colonial Newfoundland Rescue walk along King Street during the St. Patrick's Day Parade in Old Town.**



PHOTOS BY MARK MOGLE/  
THE GAZETTE



**The ShamrockRs Irish Dancers**



**Members of the NOVA Roller Derby Club**



**The William Ramsay Elementary School cheerleaders perform during the St. Patrick's Day parade March 2 in Alexandria.**



**The Kena Shriners Car Club**



# OBITUARY

## Michael Earl Davey

Michael Davey, of Alexandria, died in Annandale, Va., on March 2, 2019, at the age of 71. He is survived by his wife of 49 years, Bonnie. He was a proud and devoted father and grandfather to daughter Shannon Floyd (husband Adam), son Justin Davey and grandsons Cliff and Houlton Floyd. Mike is also survived by his loving sisters Barbara Blakeman and Debby LaBelle of Peru, N.Y., beloved sisters-in-law and brothers-in-law and many nieces and nephews.

Mike was born in Boston, Mass. He lost his mother, Blanche Davis Davey, at age 8 to polio. He spent his early childhood in Massachusetts with his blended family and summers with his beloved maternal grandparents. In high school, he lived with an aunt and uncle on Long Island. He graduated from Oyster Bay High School in 1966 where he played baseball and basketball. He then graduated from Illinois Wesleyan University (where he met Bonnie) with a degree in history. Over the next several years, he worked for Allstate Insurance, Cutco Cutlery, and taught sixth grade for 4 years. During those years, he got masters degrees in Sociology (Illinois State University), Educational Administration (Northern Illinois University), and Future Studies (University of Houston, Clear Lake).

In 1979, Mike and Bonnie moved to Alexandria, Va., where Mike did an internship at the Congressional Research Service, worked for Battelle, and the American Association of State Colleges and Universities. From 1984 to 2008, he worked at the Congressional Research Service (CRS) at the Library of Congress as a specialist in Science and Technology in the Resources, Science and Industry Division. While at CRS, Mike was selected to attend the Industrial College of the Armed Forces at the National Defense University for a year of strategic studies. Then in 2001, Mike was on loan from CRS to the National Research Council and served as the study



Michael Davey

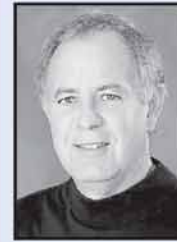
facilitate the construction of the Hal White Parish Hall.

Sports, history, and travel were some of Mike's passions. He spent time playing, coaching, watching, critiquing, yelling about, and in every way experiencing baseball, golf, football, skiing, surfing, tennis, and even kayaking. He was a voracious reader, enjoying a wide variety of genres, especially biographies about American presidents. Mike's love of travel took him to many family gatherings all over the country, on camping trips, to the beach. He enjoyed learning about new cultures when on professional trips to locations such as Hong Kong, Japan, and Mexico. After retirement, Bonnie and Mike enjoyed trips to London, Hawaii, Key West, Montana, Wisconsin and upstate N.Y.

A memorial service will be held at 11 a.m. on Saturday, March 16, 2019, at St. Aidan's Episcopal Church in Alexandria. To honor and remember Mike Davey, the family asks that donations be made to United Community Ministries (ucmagency.org) or The Alzheimer's Association (ALZ.org).

director for the Committee for Review of the Nanotechnology Initiative. He also taught evening classes for years for the U of MD, University College.

Mike sought to enrich the lives of others. Whether coaching youth sports teams, being a Scout leader, working with charitable organizations, or through his church, the fact that he always took on a leadership role resulted in impactful, large-scale benefit to the community. Mike served as the president of the board of directors for United Community Ministries. He was an active member of St. Aidan's Episcopal Church's vestry and Outreach Committee, and helped to



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**SOLD**



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**SOLD**



**Alex/Riverside Estates \$590,000**  
**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.



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# OPINION

## 2019 But this year is supposed to be an improvement.

Every year is election year in Virginia. Add in primaries and special elections, and there are many more elections every year, all with consequences.

Control of this year's Virginia General Assembly came down to pulling a name out of bowl (literally). In 2019, every seat in the House of Delegates and Virginia Senate will be on the ballot.

**EDITORIAL** While some good things did happen in this year's session of the General Assembly, (eviction protections, foster care reform, step towards menstrual equity, to name some), other important legislation stalled because of party politics and ideology, including reforming fines and effects on drivers licenses; seat belt laws and legislation on distracted driving.

A huge number of candidates will seek seats on the Fairfax County Board of Supervisors and

School Board as well, with the direction and tone of the future hanging in the balance.

Results of 2019 Elections will matter in many ways.

**Are you registered to vote?** Check here: <https://vote.elections.virginia.gov/VoterInformation>

Upcoming Elections:  
May 7, 2019 - Vienna Town Council Elections

June 11, 2019 - Primary Elections  
Nov. 5, 2019 - General & Special Elections

### 2019 Elections Include:

Filing deadline for parties, March 28  
Primary if held: June 11  
General Election Nov. 5  
Virginia Senate (4-year term)  
House of Delegates (2-year term)  
Soil and Water Directors (4-year term)

Board of Supervisors  
School Board

Counties: 4-year terms:

- ❖ Commonwealth's Attorney
- ❖ Sheriff
- ❖ Commissioner of Revenue
- ❖ Treasurer

In case you wonder what will be on the ballot next, here is a guide.

Virginia has a General Election every year on the Tuesday following the first Monday in November.

❖ Federal offices are elected in even-numbered years.

❖ State and Local offices are elected in odd-numbered years.

❖ If primaries are called by the political parties, they are held on the second Tuesday in June.

— MARY KIMM,

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

## How Bills Become Law

BY PAUL KRIZEK  
STATE DELEGATE (D-44)

Following the completion of the historic 400th session of the General Assembly I have had several constituents of the 44th District ask me what it takes for a bill to become a law. I can tell you first-hand it is a long and arduous process, of the 2,362 bills introduced this session only 30 percent passed. It took a lot of time, education and patience but I was able to pass seven of my 14 bills into law.

The first thing to know about the legislative process is that it begins in earnest months before session. It takes time to properly develop good legislative initiatives.

**COMMENTARY** Delegates and senators are already creating their legislative agendas for next year by meeting with constituents to develop proposals to be introduced as bills that would create a new law or change or repeal an old one. It is imperative to start the process early to ensure that there is time to speak with all relevant stakeholders and examine the implications that passing the potential legislation would have on the Commonwealth. During these conversations, compromises and edits can be made to the proposal.

After forming a legislative proposal, bill ideas must be drafted into potential legislation. We will fine tune the drafts many times prior to the final introduced bill. During campaign years, such as this year, drafts can be sent to the House Clerk's office for introduction shortly after the November election, while in non-campaign years bills can be introduced during the later portion of the summer.

Once a bill is formally filed it is referred by the Speaker to the appropriate standing committee. Oftentimes, there will first be a hearing before one of the subcommittees. Prior to



the hearing, I make sure to talk with the members of the subcommittee and the chairman. It is critical to talk with members to gather support and to work out any of their issues with the bill. In order to pass the subcommittee, a bill must receive a majority of the votes of members present; a tie vote results in defeat. If a bill passes, usually after a number of amendments, it then heads to the

full standing committee where the same process takes place prior to the committee hearing. If the committee recommends passage of the bill it then goes before the entire House for consideration. On the floor, in accordance with our State Constitution, the title of the bill must be read three different times. The first reading requires the bill number and title to be printed within the House of Delegates floor calendar. On the second reading, the patron explains the legislation to members of the House. During this reading, bills are subject to debate and amendments. After passing the second reading, legislation is sent to its third reading where the House votes on whether to pass the bill and send it to the Senate. This same process is repeated in the Senate. If it passes both the House and Senate, it is then sent to the Governor for consideration.

Occasionally, legislation within the House have similar versions within the Senate. When these bills pass through one body into the other sometimes each chamber will insist on the passage of their version instead of conforming one bill to the other. When this happens, bills are sent to "conference." Members from each party are selected by the Speaker to be on the conference committee and discuss potential compromises and amendments that will allow the legislation to pass. During this past session I was a conferee on seven bills including the nonpartisan redistricting bill which, after hard work and long discussions was passed in its

first step to becoming a constitutional amendment.

Finally, the bill goes to the Governor. The Governor's first option is to sign the bill into law. Most legislation approved by the Governor officially becomes the law of the Commonwealth on July 1 of the year. However, there are a few exceptions to this rule. Legislation can have an "emergency clause" attached to it which allows the enactment of the bill to take place sooner. The emergency clause shall be expressed within the body of the bill and the Virginia Constitution requires a 4/5 majority to pass. For example, this session we passed the tax conformity compromise with an emergency clause to ensure that Virginia taxpayers are able to file their taxes on time and without confusion. Additionally, bills can have a delayed enactment clause. This means they will not take effect until a specified later date. This session HB 2790 passed which will allow for "no excuse" absentee voting to take place within the Commonwealth seven days prior to the election. However, it currently has a delayed enactment clause and will not be the law of Virginia until 2020.

The second option the Governor has is to veto or amend the proposed legislation. Each year the General Assembly meets for a "veto session" where all vetoed bills are considered. This year we are set to reconvene on April 3. In order to override a Governor's veto and become law, two thirds of each chamber of the Virginia General Assembly must vote to do so. If two thirds do not vote to overturn the veto, the bill is defeated and will not become law.

Please do not hesitate to contact my office at [DelPKrizek@house.virginia.gov](mailto:DelPKrizek@house.virginia.gov) with your legislative ideas for next year's 2020 General Assembly. This session two of the bills I passed were brought to me by constituents. Oftentimes the most impactful legislation comes from someone sharing their story about a problem they are facing and what part of Virginia law needs to be changed to solve it.

## Mount Vernon Gazette

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

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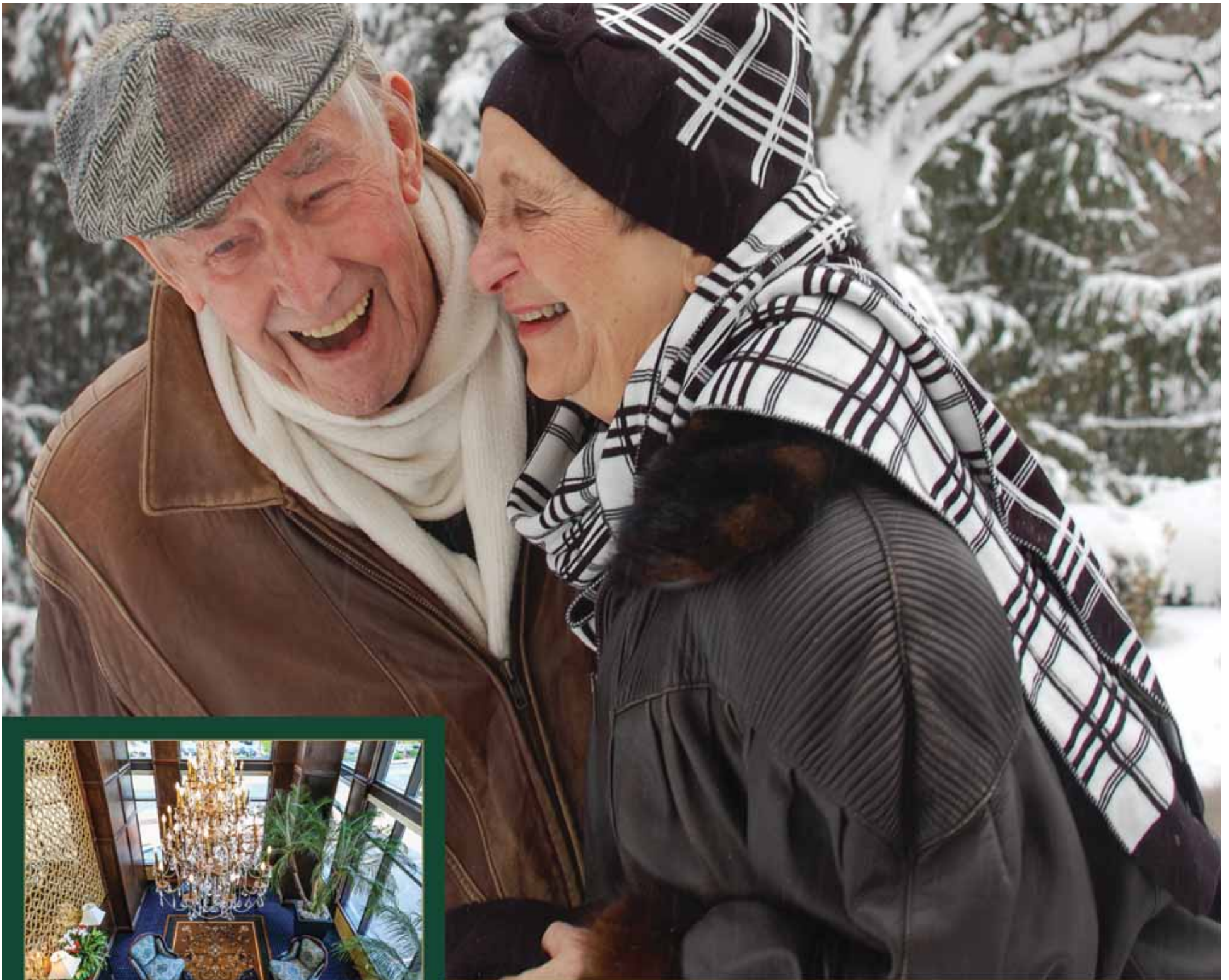
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# State Legislature Adds More Funds for Education

BY ADAM EBBIN  
STATE SENATOR (D-30)

**M**y final vote of the session was the passage of the budget. This year the General Assembly voted to invest a tremendous amount of the State's excess revenue in education. The final budget included a 5 percent increase in teacher salaries, \$12 million in funding for school mental health counselors, and nearly \$25 million to support the education of students living at the lowest income levels (known as the at-risk

**COMMENTARY** add on). We also voted to fund early education programs for lower-income youth and incentivize institutions of higher learning to freeze tuition rates. Because of this decision, Virginia Tech is considering freezing tuition for the first time in decades. Additionally, the budget sent to the Governor for final approval invests in the tech-talent pipeline with nearly \$17 million to expand computer science degrees and \$15.5 million to support need-based financial aid. As Northern Virginia continues to grow into one of the most popular tech destinations on the east coast, we need to create opportunity for our own students to be the beneficiaries of new, high-paying jobs in this

field. We can do this by bolstering early education and increasing access to cutting-edge programs from a young age for all students.

Our final budget also grows investment in affordable housing and increases Temporary Assistance for Needy Families (TANF) benefits by 5 percent. I believe the focus of this budget on working class Virginians will provides a strong framework for future, bolder budgets that will build on this structure.

I am thankful for the hard work of Alexandria's elected officials and staff which resulted in the budget including \$25 million in state funding for the city's combined sewer overflow system remediation. This will go a long way in relieving the pressure on ratepayers and city taxpayers of paying for this project, which will cost an estimated \$375 to \$555 million to complete.

With the budget complete, my team and I returned to Northern Virginia after seven long weeks in Richmond. We are having a hard time adjusting to "normal" life. The transition from the all-consuming task of legislating to constituent service and meeting with community groups is abrupt. While our daily responsibilities have changed, there's still more than enough work to go around.

I have begun reviewing my legislation from this year that failed to advance. It's

tempting to decide that with a Democratic majority most of my bills would have made it through the General Assembly easily, and to focus all my efforts on this year's political races. But hoping for a positive political outcome won't necessarily get results. To pass meaningful legislation it's critical to do the hard work of self-assessing, finding faults in legislation, and trying again.

Towards session's end we held a meeting of the General Assembly Gun Violence Prevention Caucus, which I co-chair with Del. Kathleen Murphy (D-McLean). Our caucus is dedicated to passing tenable and innovative solutions to ending the ever-present threat of gun violence that hangs heavy over our state. We have already begun to

strategize for next year's session.

I will continue working with advocates and stakeholders involved in supporting victims of domestic violence to find a legislative fix for how our state defines family and household abuse. Our current law does not include those in dating relationships in the domestic violence statute, leaving many victims without appropriate recourse or protection if they are abused. A bill I carried this year to add those in dating relationships to our current definition surprisingly died in committee. This was, in part, due to the overly complex and muddled way Virginia law handles family and domestic abuse, custody, and protective orders. I will

SEE MORE FUNDS, PAGE 18

## LETTER

### Black by Popular Demand

To the Editor:

With billions of African Americans worldwide, it would be much appreciated if usage of this term would cease in the American lexicon as it refers to Black folks in America. To keep it real and right on, we as a race of people refer to ourselves as Black Americans, plain and simple, straight, no chaser. Since anyone of any skin color can

be born in Africa, then move to, and become, an American citizen, the term African American differs entirely from Black Americans, born and raised in the USA. The melanin in our skin is more than enough evidence of our African heritage, and the astounding toll paid by our ancestors to survive in America exceeds all but our Native American brothers and sisters. To make it plain, Black by popular demand.

**Michael Dantley**  
Alexandria



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## FCPD Mourns Death of K-9 Doby

**F**airfax County Police Chief Edwin C. Roessler, Jr. announced the unexpected death on Feb. 22 of K-9 Doby, one of the department's K-9 officers.

Doby was part of a patrol canine team that responded to assist on a call for an armed robbery in the Arlington Drive area of Alexandria in the Mount Vernon District. During the incident K-9 Doby collapsed and stopped breathing. His handler administered CPR and he was taken to Regional Veterinary Referral Center in Springfield, but he did not survive. There will be a necropsy to determine cause of death.

K-9 Doby was born in Hungary and had just turned two years old. He had been a member of the Police Department since March 2018 and actively working cases since August 2018.



Doby

### CRIME

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

**FOOT PURSUIT/NARCOTICS VIOLATION:** 2709 Popkins Lane (Bryant Alternative School), March 1, 12:34 p.m. Officers tried to stop two men who smelled of drugs in front of Bryant Alternative School. One man stopped and the other man was arrested after a short foot pursuit. An 18-year-old man from Alexandria was charged with misdemeanor possession of marijuana and released on a summons. A 19-year-old man from Annandale was arrested for possession with the intent to distribute, possession with the intent to distribute on school property, concealed weapon, possession of a firearm on school property and obstruction of justice.

**ATTEMPTED ROBBERY:** 2405 Fairhaven Avenue (7-Eleven), March 1, 10:16 p.m. A man

entered the 7-Eleven and approached the store clerk, implied that he had a weapon and demanded money. The clerk refused to give him anything and he ran away. The man is described as black, 22-25 years old, 5'9", with a skinny build, wearing gloves, a hooded sweatshirt and dark colored pants.

**ROBBERY:** 6300 Richmond Highway (Wells Fargo), March 2, 3:00 p.m. A woman approached the ATM outside of Wells Fargo to deposit money. A man exited a gray SUV and removed money from the woman's pocket. The man entered the gray SUV and drove away. The man is described as black, in his 30s, skinny, wearing a gray hooded sweatshirt and jeans.

**ROBBERY:** 4200 block of Buckman Road, March 2, 10:08 p.m. A pizza delivery driver was

SEE CRIME, PAGE 17

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## WELLBEING



PHOTO CONTRIBUTED

A new study shows that even after one hour spent on electronic devices each day, children and teens may begin to have less emotional stability and a greater inability to finish tasks.

# Managing Screen Time

Working collaboratively with one's child can decrease the struggle.

BY MARILYN CAMPBELL

Julia Wires purchased an iPhone for her 12-year-old daughter in part she says, because many of the girls at her Potomac, Md. school have smartphones that they bring to campus daily. Wires and her husband were initially hesitant to make the purchase because their daughter was diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD) and Anxiety Disorder at the end of 2018.

"First, there's the social pressure she feels because all of her friends have iPhones. Then there's the issue of her dad and I being able to keep in touch with her now that she has more freedom to go places on her own," said Wires. "Both of those [factors] are juxtaposed against the fact that she has trouble staying focused and calming down when she needs to. That made the decision tough for us."

Too much time spent on gaming, smartphones and watching television could exacerbate symptoms in children who've been diagnosed with ADHD, according to a new study by researchers at San Diego State University and the University of Georgia. The report showed that even after one hour of screen time, children and teens may begin to have lower self-control, less emotional stability and a greater inability to finish tasks.

"Kids with ADHD have trouble keeping track of time, so they could spend hours on their tablet without realizing it. Screen time can make bedtime rou-

tines more difficult and parents might have an additional struggle getting their kids to fall asleep," said child psychologist Adele Schwartz, Ph.D, of McLean, who was not involved in the study. "Kids with ADHD also might be more likely to ignore parental guidelines and I would worry more about them engaging in risky behavior online."

Helping a child with ADHD transition from playing a video game to doing their homework could require special handling, advises Sarah Bryant, LCSW. "Instead of telling your child that they have to stop watching television at six o'clock or that they have five more minutes on a video game, try telling them that they have to stop at the next commercial break or at then end of the round in a video game," she said.

Working collaboratively with one's child will reduce the chance of a power struggle, says Bryant. "You and your child can work together to list all of

**"... parents should model the behavior that they want their children to have by limiting their own screen time."**

— Adele Schwartz, child psychologist

the things that need to get done, like homework, time spent outside, doing sports, chores and other activities and come up with a schedule," she said. "Figure out how much time is left for things like video games and television. Hang the schedule somewhere that's visible to both of you. Your child will see how little time is left for playing video games and since they were part of the process, they'll feel like they're part of a team rather than a subordinate with no control over their life."

"Parents of kids with ADHD should definitely make use of parental controls on tablets, smart phones and television, especially during school hours or when kids should be doing their homework," added Schwartz. "It's also important that children, especially those with ADHD not use electronics at least an hour before bedtime. And it almost goes without saying that parents should model the behavior that they want their children to have by limiting their own screen time."



## Sports Tourism

FROM PAGE 1

there are several hotels and restaurants near the Lorton exit off I-95 and room for additional facilities near the landfill if needed.

They looked at several facilities nationwide that are already cashing in on sports tourism, including Prince George's County Sports and Learning Center in Landover, Md. and the Maryland SoccerPlex in Germantown, Md. Fairfax County has had some success over the years in developing the sports market, the report stated, using the World Police and Fire Games in 2015 for an example. There are many more sports tourism opportunities looking to come to the county than the county has the facilities to handle, it stated.

The task force is in need of a consultant with experience in facilitating something as large as this and the advertisement has gone out to hire someone. "They hope to have someone on board by the end of March," Herrity said. "There's really a lot of exciting stuff coming out of this," he added.

See more about the Sports Tourism Task Force at [www.fairfaxcounty.gov/springfield/sports-tourism-task-force](http://www.fairfaxcounty.gov/springfield/sports-tourism-task-force).



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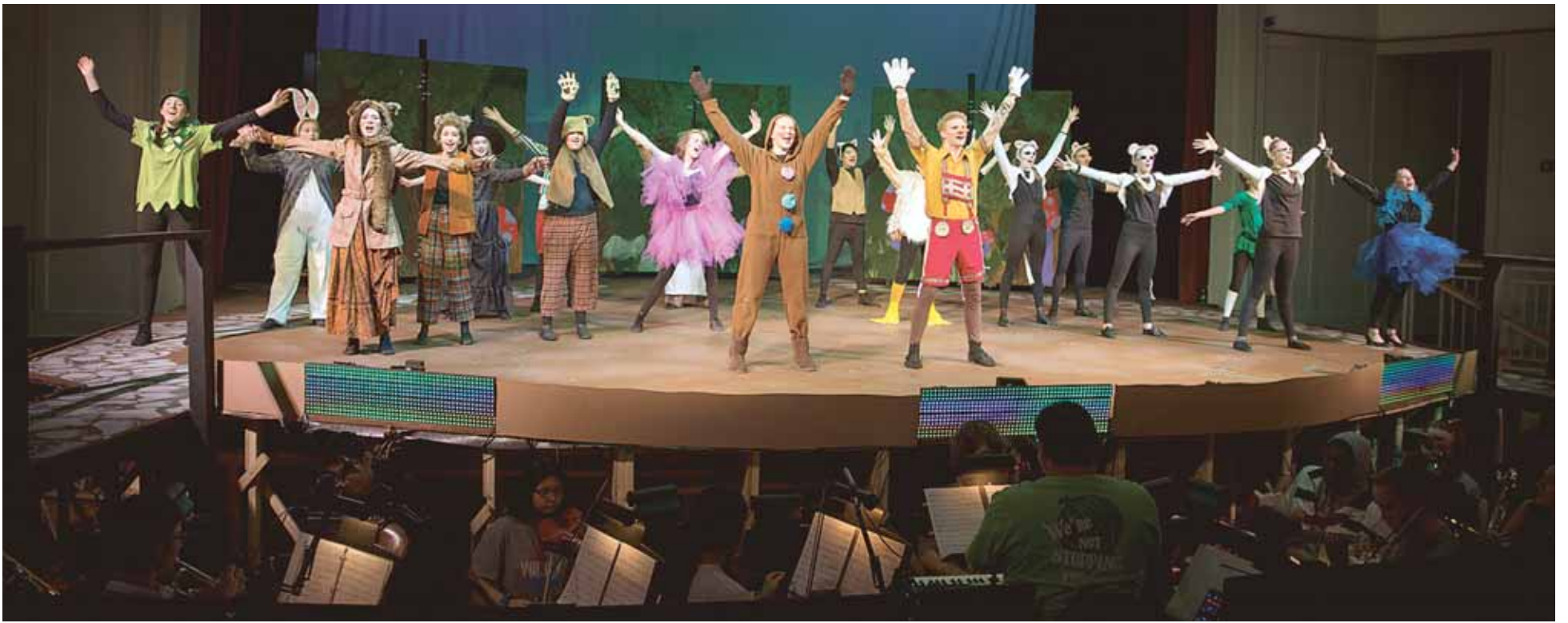
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# ENTERTAINMENT



**St. Stephen's and St. Agnes School will present "Shrek" on March 8 and 9.**

## Shrek

St. Stephen's and St. Agnes School Stage One Players presents, Shrek, a musical for the whole family based on the story and characters from the DreamWorks Animation film. It turns the world of fairytales upside down. It is the story of a large green ogre and his loyal steed Donkey as they set off on a quest to rescue the beautiful Princess Fiona from her tower, guarded by a fire breathing love-sick dragon. Friday-Saturday, March 8-9, 7:30 p.m. at St. Stephen's and St. Agnes School, 1000 St. Stephen's Road, Alexandria. Tickets are \$5. Call the reservation line at 703-212-2777.

## CALENDAR

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday.

### ONGOING

**"Opposites Attract."** Through March 10, 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](http://www.Potomacfiberartsgallery.com).  
**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](mailto:boomerangs@wascaclubs.com) or call 571-210-5480.

**Art Exhibition: High School Students.** Through March 30, 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](http://ourconvergence.org).

**Art Exhibit: For The Artist.** Through March 31, at Del Ray Artisans gallery, 2704 Mount Vernon Ave. The "For The Artist" exhibit features artworks that Del Ray Artisans

members have always dreamed of creating. The diversity of expression and creativity in this exhibit is inspiring to artists and art appreciators alike. Two and three-dimensional works, paintings, mixed media, and photography are on exhibit. Visit [DelRayArtisans.org/](http://DelRayArtisans.org/) exhibits for more.

**Still Life Alive.** Through April 2, 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](mailto:pmuchello@aol.com) or visit [www.patriciauchello.com](http://www.patriciauchello.com) for more.

### 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 Vernon Ave. Visit [www.TheDelRayArtisans.org](http://www.TheDelRayArtisans.org).

**The Harmony Heritage Singers** (Mount Vernon Chapter of Barbershop Harmony Society), a daytime, a cappella, Chorus, rehearses on the 2<sup>nd</sup> and 4<sup>th</sup> 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 [HHSingers.org](http://HHSingers.org), or call Bruce at 703-352-5271.

**WEDNESDAY/MARCH 6**  
**Philadelphia Flower Show,**

**Philadelphia, Pa.** 8 a.m.-8 p.m., leaving from Green Spring Gardens, 4603 Green Spring Road. The 2019 PHS Philadelphia Flower Show, Flower Power, ties in to the 50th anniversary of Woodstock. This year's show will also be hosting the Florists Transworld Delivery World Cup, a floral design competition. Bring a lunch or enjoy the atmosphere and food of the Reading Terminal located across the street. \$142, includes motor coach and admission. Register online at [www.fairfaxcounty.gov/parks/parktakes/](http://www.fairfaxcounty.gov/parks/parktakes/) using code A19.B220 or call Green Spring Gardens at 703-642-5173.

### THURSDAY/MARCH 7

**Yacht Haven Garden Club Meeting.** 10 a.m. At Mount Vernon Yacht Club, 4817 Tarpon Lane, Alexandria. The program, Period Gardens and Landscapes of Historic Properties, will be presented by Ashley Brown, chief architect of the National Trust for Historic Preservation. New members are welcome. Email [pmuchello@aol.com](mailto:pmuchello@aol.com).

### MARCH 7-23

**"Beep Beep" at Arts on the Horizon.** At the Lab at Convergence, 1819 N. Quaker Lane, Alexandria. Arts on the Horizon, an interactive theatre for children ages 0-6, will present "Beep Beep," written and directed by Solas Nua Artistic Director and frequent AOTH collaborator, Rex Daugherty. It was created specifically for an audience of children ages 2-5 and their families. Show times are March 7, 8, 13, 14, 15, 19, 20, 21, 22, at 10:30 a.m.; and March 9, 16, 23, at 10 a.m. and 11:30 a.m. \$10 at [artsonthehorizon.org](http://artsonthehorizon.org) or at the door.

### MARCH 7-30

**"Daddy Long Legs."** At the Ainslie

Arts Center, 3900 West Braddock Road, Alexandria. The play tells the story of Jerusha Abbott, her mysterious young benefactor and the affection that grows between them by way of handwritten letters. John Caird's Drama Desk Award-winning book for this stage musical combines the love story derived from the 1912 novel by Jean Webster with contemporary music and lyrics by Paul Gordon. Monumental Theatre Company will be partnering with the English Department at Episcopal High School in Alexandria to give students a "behind-the-scenes" look at "Daddy Long Legs." Tickets can be purchased online at [www.monumentaltheatre.org/daddy-long-legs.html](http://www.monumentaltheatre.org/daddy-long-legs.html).

### FRIDAY/MARCH 8

**Celebrate International Women's Day.** At Pizzeria Paradiso, 124 King St., Alexandria. United States of Pizza menu sales from all five Pizzeria Paradiso locations will benefit She Should Run. She Should Run is a nonpartisan, nonprofit organization promoting leadership and encouraging women from all walks of life to run for office. The U.S. of Pizza special honors U.S. Reps. Elaine Luria, Abigail Spanberger and Jennifer Wexton. The pizza features Virginia Country Ham, cheddar cheese, cherry tomatoes, creamed corn, black eyed peas, collard greens and onions. Visit [www.eatyourpizza.com](http://www.eatyourpizza.com).

**Garden Talk-Attracting Wildlife.** 1:30-2:30 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. Native critters can have a positive impact on our gardens. Extension Master Gardeners share tips and recommendations on the best plants you can use to invite pollinators, birds, and other species into your landscape. \$10/person. Register online at [www.fairfaxcounty.gov/parks/](http://www.fairfaxcounty.gov/parks/)

[www.fairfaxcounty.gov/parks/](http://www.fairfaxcounty.gov/parks/) parktakes/ using code 1C2.36EE or call Green Spring Gardens at 703-642-5173.

**Lydia Martin Performs.** 6-8 p.m. At Lloyd House, 220 North Washington St., Alexandria. From old-time country and bluegrass to the subject of her book Robert Johnson for Banjo, from Irish folk tunes to jazz, Lydia Martin takes the banjo to old haunts and new frontiers. No ticket required. Beer and wine for sale; light refreshments available as well. Sponsored by The Folklore Society of Greater Washington and The Office of Historic Alexandria.

**SIPS for Saints.** 7-10 p.m. At the Atrium Building, 277 S. Washington Street, Old Town Alexandria. Sponsored by the Rotary Club of Alexandria Central. A celebration of Irish Spirit. Guests will enjoy fare from local gourmet restaurants and sip Irish spirits while enjoying favorite Irish music and lively entertainment. Proceeds will benefit local charities. Buy tickets at [www.bit.ly/sips4saints](http://www.bit.ly/sips4saints)

**Women's Leadership Forum.** 7:30-10:30 a.m. At the Westin Hotel, 400 Courthouse Square, Alexandria. The forum will bring together women at all stages of their careers for a morning-long program designed to provide interactive discussion, inspiration and professional development, centered around this year's theme of what it means to be the whole woman. Moderated by Heidi Przybyla, NBC News. Visit [www.visitalexandriava.com/event/2019-womens-leadership-forum-presented-by-the-lizluke-team/14649/](http://www.visitalexandriava.com/event/2019-womens-leadership-forum-presented-by-the-lizluke-team/14649/).

### SATURDAY/MARCH 9

**Wintertime Woody Plant Pruning.** 10 a.m.-noon at American Horticultural Society River Farm, 7931 E. Boulevard Drive, Alexandria. Ever wonder when to prune roses or boxwood? Come for hands-on



## ENTERTAINMENT

# Grateful Kitchen Feeds Grateful Neighborhood

BY HOPE NELSON

**E**nsconced in the Madison Collective at 727 N. Henry St., Kimberly Sickmen has a lot to be grateful for indeed. At the top of her list? Her months-old eatery, Grateful Kitchen, which aims to bring fresh, healthy food to the city.

"Our whole mission is to educate people on why eating organic is so vital and so important," Sickmen said. "There's a direct relationship between what you put in your body and how you feel."

The Grateful Kitchen concept is an expansion of Sickmen's juice company, Grateful Juice. Originally a way for her to give healthy nutrients to the students at her hot yoga studio, Zweet Sport, "It was more popular than I thought it was going to be," she said. Her on-the-side juice making led to a more concerted effort in a commercial kitchen, which led, in a fashion, to Grateful Kitchen several years later.

As the owner of Zweet Sport Hot Yoga, Grateful Juice and Zweet Sport Total Fitness, Sickmen had plenty on her plate. But a building in the newly formed Madison Collective came up for rent and Sickmen "moved Total Fitness and siphoned off a piece for Grateful Kitchen," she said.

"At that point I had also met the guy who's now my chef (Stephen Hardy) and we had started to talk about food, and I knew that I wanted to add a food element to (the company). So this is basically the

next phase," she said. "We make all the juice here – we still bottle and make it all here – but we also have a full breakfast and what we call our savory menu."

Grateful Kitchen opened its doors on Oct. 14, 2018 and, Sickmen says, the reception from the neighborhood has been promising.

"The overall consensus from the community is that it was really needed, and I agree; as somebody who wants to eat organic and healthy, there's really nothing in Old Town," she said.

But don't dare equate "healthy" with "bland." Grateful Kitchen's menu runs the gamut and brings a lot of zest along with its meals.

"Right now we have something that's amazing; it's called our forbidden black rice bowl," Sickmen said. "Basically it's black rice and it's cooked down for a couple of hours; it's got ginger in it, and cilantro, and shallot, and then our chef takes steamed kale,

puts the rice on top of the steamed kale, and adds a perfectly soft-boiled egg."

As a local small businesswoman herself, Sickmen places an emphasis on supporting other local businesses as well. Bread comes from Bread and Water

in Belle Haven; salmon comes from Manolo and Son. "We want to support as many local purveyors as possible," she said.

*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).*

## If You Go

**GRATEFUL KITCHEN**, 727 N. Henry

**Hours:** 7 a.m.-3 p.m. Monday, Wednesday-Friday; 8 a.m.-3 p.m. Saturday-Sunday; closed Tuesday.

**Fun fact:** "Everything in our space is all compostable," says owner Kimberly Sickmen. "All of our utensils, all of our cups, all of our to-go boxes will break down in a landfill in 180 days."

## CALENDAR

training on the how, when, and why to prune hedges, multi-stem shrubs, small trees, and large branches. The results will be healthier and bushier growth, more (or less) flowers and fruit, and attractive landscaping. Bring tools, and remember to dress for the weather. Entire class is held outdoors. This class is offered by Extension Master Gardeners. Free. Advance registration at [mgmv.org](http://mgmv.org). Call 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

**The General's Tour.** 10-11:30 a.m. At Lee-Fendall House Museum & Garden, 614 Oronoco St., Alexandria. Featuring a guided walking tour of Robert E. Lee sites in Historic Old Town Alexandria. Cost is \$10 in advance, \$15 door. Visit [www.leefendallhouse.org](http://www.leefendallhouse.org).

**Specialty Tour: The Feminine Side of the Tavern.** 10-11 a.m. at Gadsby's Tavern Museum, 134 N. Royal St., Alexandria. Discover the many roles women played in tavern life. This tour challenges assumptions about a woman's role in the 18th century and how women interacted with the tavern, a place commonly assumed to be just for men. Visit [www.alexandriava.gov](http://www.alexandriava.gov).

**Festival of Owls.** 12-2 p.m. at Huntley Meadows Park, 3701 Lockheed Blvd., Alexandria. Ever wonder what are some of the more mysterious residents of Huntley Meadows? Come meet live owls up close. Soar into the night time world of Great Horned Owls, Barred Owls, and Eastern

Screech Owls. Touch real owl feathers and bones and make an owl craft. Option to purchase an owl pellet for dissection with the aid of a naturalist. Cost is \$15 per person. Call 703-768-2525 or visit [www.fairfaxcounty.gov/parks/huntley-meadows-park/](http://www.fairfaxcounty.gov/parks/huntley-meadows-park/).

**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: Luxe Sugar Mama bath product sampling. Call 703-684-4682 or visit [www.TheOldTownShop.com](http://www.TheOldTownShop.com).

**Write Like A Woman Networking Workshop.** 1 p.m. At The Athenaeum, 201 Prince Street, Alexandria. Facilitated by poet and author KaNikki Jakarta, this workshop welcomes amateur to professional women writers ages 18-100. Each workshop centers on uplifting and inspiring through writing, and allows participants to enhance their own writing styles. Free. Space is limited; RSVP to [admin@nvfaa.org](mailto:admin@nvfaa.org).

**Making History In Stitches: Martha Washington's Shell Cushions.** 4 p.m. At Woodlawn & Pope-Leighey House, 9000 Richmond Highway, Alexandria. A talk with Mount Vernon curator Amanda Issac, where she will discuss the making, use, and later history of the Martha Washington shell cushions, some of the best preserved examples of Mrs. Washington's needlework. Woodlawn has recently acquired one of these



**KaNikki Jakarta**

## Write Like a Woman

Facilitated by poet and author KaNikki Jakarta, this workshop welcomes amateur to professional women writers ages 18-100. Each workshop centers on uplifting and inspiring through writing, and allows participants to enhance their own writing styles. Cookies and tea will be offered. Saturday, March 9, 1 p.m. at The Athenaeum, 201 Prince St., Alexandria. Free. Space is limited, RSVP to [admin@nvfaa.org](mailto:admin@nvfaa.org)



This off-beat, quirky, and downright hilarious take on life, family and love reinforces the idea that you can only live life to the fullest by doing whatever makes you happy.

**SHOW DATES:**  
FEB. 23 - MAR. 16, 2019



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

**VDOT** Virginia Department of Transportation

## Richmond Highway Corridor Improvements Fairfax County

Design Public Hearing

**Tuesday, March 26, 2019**

**6:30 p.m. to 8:30 p.m.**

**Presentation starts at 7 p.m.**

Inclement Weather Date: Thursday, April 11, 2019

Mount Vernon High School  
Auditorium/Cafeteria, use entrance 4  
8515 Old Mount Vernon Road  
Alexandria, VA 22309

**Find out** about plans to widen about three miles of Richmond Highway (Route 1) from four to six lanes between Jeff Todd Way and Sherwood Hall Lane.

The project includes separate bicycle and pedestrian accommodations on both sides of the road, safety enhancements, as well as preserving the median width to accommodate Fairfax County's future Bus Rapid Transit plans for dedicated bus-only lanes.

**Stop by** between 6:30 p.m. and 8:30 p.m. to view displays and learn more about the project and preferred design alternatives. A presentation will begin at 7 p.m. and project staff will be available to answer your questions.

**Review** project information at the VDOT project website ([www.virginiadot.org/richmondhighway](http://www.virginiadot.org/richmondhighway)), at the public hearing, or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-2599 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

**Give your written comments** at the meeting, or submit them by **April 26, 2019** to Mr. Dan Reinhard, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email [RichmondHighway@VDOT.virginia.gov](mailto:RichmondHighway@VDOT.virginia.gov). Please reference "March 26 design public hearing" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact Dan Reinhard at 703-259-2599.

State Project: 0001-029-205, P101, R201, C501, B617, B618, D603  
UPC: 107187, Federal: STP-5A01 (686)





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



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[www.lostdogandcatrescue.org](http://www.lostdogandcatrescue.org)

# ENTERTAINMENT

cushions, which will be on display at this year's Needlework Show. Visit [www.woodlawnpopeleighey.org](http://www.woodlawnpopeleighey.org).

**Discover Romance in the Meadows.** 5:45 p.m. at 3701 Lockheed Boulevard, Alexandria. Love is in the air – and on the ground – at Huntley Meadows Park as male woodcocks perform their amazing courtship dance. Try to spot these feathered romantics on an “Evening Woodcock Walk.” Listen for the call of the male woodcock and hopefully see his elaborate courtship dance and flight. Prime courtship time is early evening, so bring a flashlight along. Cost is \$8 per person. Call 703-768-2525 or visit [www.fairfaxcounty.gov/parks/huntley-meadows](http://www.fairfaxcounty.gov/parks/huntley-meadows).

**St. Patrick's Benefit Concert.** 7:30-9:30 p.m. At St. Luke's Episcopal Church, 8009 Fort Hunt Road, Alexandria. Celebrate St. Patrick's Day with The MollyHawks, a local trio performing traditional Irish and Celtic maritime music. All proceeds will benefit UCM, Rising Hope, Good Shepherd Housing and other local charities. Cost is \$15/adults; \$10/students; Kids 10 and under free. Visit the website: [www.saintlukeschurch.net/calendar/2019/3/9/the-mollyhawks-in-concert](http://www.saintlukeschurch.net/calendar/2019/3/9/the-mollyhawks-in-concert).

## SUNDAY/MARCH 10

### Wintertime Woody Plant Pruning.

1-3 p.m. at 21 West Walnut St., Alexandria. Ever wonder when to prune your roses or boxwood? Come for hands-on training on the how, when, and why to prune hedges, multi-stem shrubs, small trees, and large branches. The results will be healthier and bushier growth, more (or less) flowers and fruit, and attractive landscaping. Bring tools, and remember to dress for the weather. Entire class is held outdoors. This class is offered by Extension Master Gardeners. Free. Advance registration at [mgnv.org](http://mgnv.org). Call 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

**Mad Science.** 1-4 p.m. at Stabler-Leadbeater Apothecary Museum, 105 South Fairfax St., Alexandria. What do superheroes, bubbling beakers, and explosions all have in common? A mad scientist probably made them. Explore where real science and mad science collide. This 45-minute tour starts every 30 minutes and features historic medicines with surprising side effects. Upstairs, meet the Museum's very own mad scientist while she brings to life some crazy concoctions and explores the science behind them. Admission is \$6 per person. Call 703-746-3852, or visit [www.apothecarymuseum.org](http://www.apothecarymuseum.org).

**Lens on History.** 1-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. From daguerreotypes to digital images, explore photography's evolution, its impact on society, and what it reveals about historic events. View momentous photographs in world history, famous first photographs, and some fascinating images that shed light on Green Spring's past. Adults. \$32 (program + tea); \$12 (program only). Programs are by reservation only. Call 703-941-7987, TTY 703-324-3988.

**Facetime with History.** 1-4 p.m. at Gadsby's Tavern Museum, 134 N. Royal St., Alexandria. While journeying through the museum, engage in conversations with people from the past and hear stories that will deepen your understanding of the past and how it connects to today. Listen as Hanna Fairfax Washington and her sister-in-law, Jane Fairfax, reminisce about their lives in early Alexandria.

**Huntley Meadows Park Art Exhibit Reception.** 2-4 p.m. at Huntley Meadows Park Visitors Center, 3701 Lockheed Blvd., Alexandria. Slip into



**Artwork by Kathryn Coneway created with mulberry paper collage and photo transfer. Winter skies and the forms of bare branches are a favorite theme in Coneway's work.**

## Huntley Meadows Park Art Exhibit

Slip into a gauzy world of collage and photography at Huntley Meadows Park. The park will host the work of Alexandria-based artist Kathryn Coneway through May 31, in the Norma Hoffman Visitor Center. A reception is planned for Sunday, March 10, 2-4 p.m. at Huntley Meadows Park Visitors Center, 3701 Lockheed Blvd., Alexandria. Visit [www.fairfaxcounty.gov/parks/park-news/2019/psa057](http://www.fairfaxcounty.gov/parks/park-news/2019/psa057) for more.

a gauzy world of collage and photography at Huntley Meadows Park. The park will host the work of Alexandria-based artist Kathryn Coneway through May 31, in the Norma Hoffman Visitor Center. Visit [www.fairfaxcounty.gov/parks/park-news/2019/psa057](http://www.fairfaxcounty.gov/parks/park-news/2019/psa057).

**Painting with Wool – Needle Felting Workshop.** 3:30 p.m. At Woodlawn & Pope-Leighey House, 9000 Richmond Highway, Alexandria. An introduction to needle felting, where you learn to “paint” a design from wool. Instructor Dani Ives is a fiber artist who has taught hundreds of students in workshops across the United States and internationally. Ives uses wool fibers and a felting needle to create the effects of layering color, creating texture and depth to a piece of work. Learn a number of two-dimensional needle felting techniques and apply to personal tastes and styles. Visit [www.woodlawnpopeleighey.org](http://www.woodlawnpopeleighey.org).

## MONDAY/MARCH 11

### Author Talk and Book Signing.

6:30 p.m. at Hooray for Books, 1555 King St., Alexandria. Author Talk and Book Signing of “Welcome to Washington, Fina Mendoza.” Veteran public radio reporter Kitty Felde turned her years of covering Capitol Hill into this mystery that goes behind the scenes in Congress. Free. Call 703-548-4092 or [ellen@hooray4books.com](mailto:ellen@hooray4books.com).

## MARCH 12-APRIL 14

**Good Luck Charms.** At Potomac Fiber Arts Gallery, 105 N. Union Street, Studio 29, Alexandria. A very special found object, a four leaf clover, a rainbow, a wishbone, a charm on a bracelet - these objects all serve as inspiration to gallery members when creating pieces for this show. Themed work will be eligible for recognition by the jurors. Non-themed work may

also be exhibited. Visit [www.potomacfiberartsgallery.com](http://www.potomacfiberartsgallery.com).

## TUESDAY/MARCH 12

### Native Plants for Shade Gardens.

7-8:30 p.m. At Barrett Branch Library, 717 Queen St., Alexandria. Do you fret about planting in a shady spot, worried that without sun the plants won't make it? Come learn how to select native plants that thrive in partial or deep shade and are best suited for your soil conditions. Discuss how to layer in natives with the plants, shrubs, and trees already in a shady yard and best practices for maintenance. This class is offered by Extension Master Gardeners. Free. Advance registration requested at [mgnv.org](http://mgnv.org). Call 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

### Lecture: Ordinary Equality - The Daughters of American Revolution from 1890-1920.

7:30 p.m. at Alexandria History Museum at The Lyceum, 201 S. Washington St., Alexandria. As America prepares to celebrate the 100th anniversary of the 19th Amendment in 2020, come hear how members of the Daughters of the American Revolution worked for social reform and helped make the dream of women's voting rights a reality. Visit [www.alexandriava.gov/Lyceum](http://www.alexandriava.gov/Lyceum) for more.

## THURSDAY/MARCH 14

### The Athenaeum's Civil War Authors Series: William Connery.

7 p.m. at The Athenaeum, 201 Prince St. In Mosby's Raids in Civil War Northern Virginia, William Connery chronicles the successes of Commander John Mosby. Also known as the Gray Ghost, he is celebrated most for his raids that captured Union General Edwin Stoughton in Fairfax and Colonel Daniel French Dulany in Rose Hill. \$15 per lecture or attend all three events for \$30.



# ENTERTAINMENT



## Mad Science

What do superheroes, bubbling beakers, and explosions all have in common? A mad scientist probably made them. Explore where real science and mad science collide. This 45-minute tour starts every 30 minutes and features historic medicines with surprising side effects. Upstairs, meet the Museum's very own mad scientist while she brings to life some crazy concoctions and explores the science behind them. Sunday, March 10, 1-4 p.m. at Stabler-Leadbeater Apothecary Museum, 105 South Fairfax St., Alexandria. Admission is \$6 per person. Call 703-746-3852, or visit [www.apothecarymuseum.org](http://www.apothecarymuseum.org).

NVFAA Members can attend all three events for \$15. Visit [www.nvfaa.org](http://www.nvfaa.org) or call 703-548-0035.

### SATURDAY/MARCH 16

**Archaeology Symposium.** 9 a.m.-4 p.m. At Gunston Hall, 10709 Gunston Road, Mason Neck. Symposium – Exposing A Buried History: The Archaeology of Slave Life. In commemoration of the 400th anniversary of forced migration of the first enslaved Africans to Virginia's shores, the program sheds light on the history of people enslaved in Virginia from the 17th through the 19th centuries. Advance tickets are available until 5 p.m. on March 15 and may be purchased online at [www.gunstonhall.org](http://www.gunstonhall.org), and over the phone at 703-550-9220. Tickets will be available at the door the day of the symposium and are \$55 full price (\$45 for members of Gunston Hall and Friends of Fairfax County Archaeology). Visit the website: [www.gunstonhall.org](http://www.gunstonhall.org).

**Plants & Design-Starting Cool Weather Edibles.** 9:30-11 a.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. Edible gardener and horticulturalist Nancy Olney introduces you some interesting and tasty cool season plants to grow in your spring vegetable garden. Work with Olney to start some seeds in take-home containers to start planting out in your edible garden this spring. \$22/person. Register online at [www.fairfaxcounty.gov/parks/parktakes/](http://www.fairfaxcounty.gov/parks/parktakes/) using code 1FA.5BAB or call Green Spring Gardens at 703-642-5173.

**Watercolor Workshop: Wonky Watercolors.** 9:30 a.m.-3:30 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. (16-Adult) Embrace imperfection as you experiment with watercolor techniques and textures. Instructor Marni Maree demonstrates drawing and painting techniques using only a few colors. Try your hand at these demonstrated techniques and enhance your skill set and appreciation of what you can do with this medium. Supply list emailed at registration. Cost is \$93/person. To register, go to [www.fairfaxcounty.gov/parks/parktakes/](http://www.fairfaxcounty.gov/parks/parktakes/) and use code FB7.8985 or call Green Spring Gardens at 703-642-5173.

**The Century of Immigration: 1820-1934.** 10 a.m.-noon at Alexandria History Museum at The Lyceum, 201 S. Washington St., Alexandria. The film chronicles the

period when 40 million immigrants entered the U.S., making immigration a major and defining aspect of American life. Open and free to all members of the community, but pre-registration is requested at [Alexandriava.gov/Shop](http://Alexandriava.gov/Shop).

**Puppet Shows.** 10 and 11:30 a.m. At The Durant Arts Center, 1605 Cameron Street, Alexandria. Featuring Joe Pipik's Backpack Puppets 5 Senses Dinosaur Show. Tickets are \$6 per person. To purchase your ticket, visit [www.alexandriava.gov/Arts](http://www.alexandriava.gov/Arts) and click on Durant Arts Center. For further information about the National Capital Puppetry Guild, contact Jeff Bragg at 703.424.5553 or email [puppettimes@gmail.com](mailto:puppettimes@gmail.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: Van Napier Farms Hams and Jelly tastings. Call 703-684-4682 or visit [www.TheOldTownShop.com](http://www.TheOldTownShop.com).

**Family Fun-Go Native!** 1:30-3 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. Discover the importance of native plants to the survival of Virginia's animals. Learn what makes a plant invasive and why it should be removed. Instructors will be from the Virginia Native Plant Society (VNPS) and Green Spring Gardens. \$8/person. Register online at [www.fairfaxcounty.gov/parks/parktakes/](http://www.fairfaxcounty.gov/parks/parktakes/) using code D2C.E32F or call 703-642-5173.

**Family Fun-Sensational Seeds.** 3-4 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. Thinking about your spring garden? Come explore the world of seeds. Plant some seeds to grow at home. Transplant them outside in your garden in spring. Children must be accompanied by an adult registered in the program. \$8/person. Register online at [www.fairfaxcounty.gov/parks/parktakes/](http://www.fairfaxcounty.gov/parks/parktakes/) using code E8F.A210 or call Green Spring Gardens at 703-642-5173.

**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](http://www.nvcwda.org).

**SSA Annual Gala.** 6-10 p.m. At Westin Alexandria, 400 Courthouse Square, Alexandria. Dinner, dancing, a silent auction and more. This year's gala will pay tribute to individuals who have helped make Alexandria a caring and compassionate community for everyone, and will continue its history of honoring a family who has passed down a tradition of community service. This year's honorees are: U.S. Rep. Don Beyer and his daughter Stephanie Beyer Kirby; Lynnwood Campbell and Jen Walker. McEneaney Associates, Inc. Realtors is the presenting sponsor. The evening will feature live music by Bruthers Plus One and wine Bingo presented by UnWined. A silent auction will feature travel getaways, sporting tickets, and restaurant packages. For tickets, go to [www.seniorservicesalex.org](http://www.seniorservicesalex.org) or call Cassie Chesson, SSA's development director, at 703-836-4414, ext. 114.

**Best Bib and Tucker Zelda Ball.** 7-11 p.m. At Gadsby's Tavern Museum, 134 N. Royal St., Alexandria. Honoring the Year of the Women's Right to Vote. The Gadsby's Tavern Museum Society's annual fundraising ball will feature live music and entertainment by Doc Scantin's Palmettos. Chou Chou will be the DJ for late night disco. Tickets: all evening \$150 per person; disco tickets \$75 per person. Visit [www.gadsbystavernmuseum.us](http://www.gadsbystavernmuseum.us) or call 703-615-1659.

**Cedar Knoll Party.** 7-11 p.m. At 9030 Lucia Lane, Alexandria. Wear green to Cedar Knoll when it's time to party with your friends from The Old Town Boutique District and The Scout Guide Alexandria. Set to a backdrop of entertaining tunes from Justin Trawick and the Common Good, the Guinness and Irish Whiskey will flow and the Irish-inspired food will delight. Admission includes heavy hors d'oeuvres served throughout the night and two drink tickets worth a cocktail or wine apiece. Tickets are \$44 each and includes all taxes, fees and service charges. Reservations@cedarknollva.com

**The Valleys Wild.** 7:30 p.m. at George Washington Masonic Memorial, 101 Callahan Drive, Alexandria. Alexandria Choral Society presents The Valleys Wild, a nature-centric concert. Following the reception, ACS will hold its annual gala reception and silent auction fundraiser. \$20/adults, \$15/senior/student/military, 13 and under free. Visit [www.alexandriachoralsociety.org](http://www.alexandriachoralsociety.org).

### TUESDAY-SUNDAY/MARCH 19-24

**Spring Book Sale.** At Charles E. Beatley Central Library, 5005 Duke St., Alexandria. The Friends of the Beatley Central Library will hold their spring book sale. Members' Preview on Tuesday, March 19, 4-8:30 p.m. (\$15 memberships available at the door); Wednesday, March 20, 10 a.m.-8:30 p.m., Thursday, March 21, 10 a.m.-8:30 p.m.; Friday, March 22, 10 a.m.-5:30 p.m.; Saturday, March 23, 10 a.m.-4:30 p.m.; Sunday, March 24, 1-4:30 p.m. Cost is \$3 or less, unless specifically marked: hardbacks, paperbacks, children's books and media items. All genres. Discount Day on Sunday, March 24. Call 703-746-1702; [www.beatleyfriends.org](http://www.beatleyfriends.org).

### TUESDAY/MARCH 19

**Writing Family History.** 1-3 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. "Tell Your Ancestor's Story by Writing, Documenting, and Sharing."



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# LGBTQ Advocates Dismayed But Undaunted

... by legislative defeats.

BY JAYLA MARIE MCNEILL  
CAPITAL NEWS SERVICE

The General Assembly's 2019 session was a disappointment for LGBTQ advocates as most legislation on health care, marriage and legal protections on the basis of sexual orientation and gender identity failed. But activists are not giving up.

"I would encourage people not to be discouraged because we are going to be back next year," said Bill Harrison, president of Diversity Richmond, which supports cultural, health and other programs for the LGBTQ community.

At the start of the legislative session, LGBTQ activists had high hopes of tackling a range of issues.

In Virginia, for example, it is legal for a business or public institution to discriminate against people in housing or employment or to deny or limit health insurance on the basis of sexual identity or sexual orientation. Moreover, while the U.S. Supreme Court has legalized same-sex marriage in Virginia and across the country, the Virginia Constitution and Code of Virginia contain obsolete language that prohibits such unions.

This year, 15 bills were introduced in the General Assembly to address concerns of interest especially to the LGBTQ community. Nearly all of them were killed in committee or subcommittee.



Levine



Sullivan

Del. Debra Rodman, D-Henrico, and Sen. George Barker D-Fairfax, proposed legislation to prohibit health insurance companies from limiting or denying coverage or imposing additional costs based on a person's gender identity or transgender status. Both bills died.

Sen. Barbara Favola, D-Arlington, and Democratic Dels. Kenneth Plum of Fairfax and Cheryl Turpin of Virginia Beach proposed adding gender, disability, gender identity and sexual orientation to the state's definition of hate crimes. None of those proposals made it out of committee.

Turpin said she is "disappointed" that her hate crimes bill did not advance, but she intends to continue to push for LGBTQ rights. "I believe that we need to continue to fight for the LGBTQ community, and I will continue to do so," Turpin said. "I believe that HB 2684 is good for the commonwealth and is the will of my district."

In 2006, Virginia voters approved a constitutional amendment that defined marriage as "a union between one man and one woman" and prohibited the commonwealth

from recognizing same-sex marriages. That language still exists even though it has been invalidated by the U.S. Supreme Court's 2015 decision in Obergefell v. Hodges.

Democratic Sens. Adam Ebbin of Alexandria and John Edwards of Roanoke proposed a constitutional amendment to repeal the 2006 amendment. Their proposal failed on a tie vote in the Senate Committee on Privileges and Elections.

"It is unfortunate that the General Assembly failed to pass marriage equality legislation and a constitutional amendment that I and Sen. Ebbin introduced," Edwards said. "I plan to keep bringing this legislation back until it passes."

Ebbin and Edwards also introduced legislation to repeal the statutory prohibitions on same-sex marriages and civil unions in the Code of Virginia. Their measure was defeated in the Senate Courts of Justice Committee on a 7-8 vote.

For the fourth consecutive year, Del. Mark Levine, D-Alexandria, sponsored a bill to outlaw discrimination in employment, housing, banking, insurance and certain other areas on the basis of sexual orientation or gender identity.

His bill bounced from one House committee to another and never received a hearing.

"I think it is wrong," Levine said. "To refuse to hear a bill is undemocratic. I think it is a violation of what our system is about."

Levine speculates that Republican leaders wanted to avoid voting on bills related to LGBTQ equality.

"This is a subject that Republicans are very uncomfortable about. I think the en-

tirety of my Democratic Caucus would support this measure," Levine said. "I'm going to offer this bill every year until it becomes law." In total, of the 15 bills regarding LGBTQ rights, only one won approval from the General Assembly. HB 1979, introduced by Del. Richard Sullivan, D-Arlington, passed 63-36 in the House and 28-12 in the Senate. It now goes to Gov. Ralph Northam for his signature.

The measure updates Virginia's surrogacy, assisted conception and adoption laws by providing gender-neutral terminology and clarifying the surrogacy process. The bill would allow "an unmarried individual to be an intended parent paralleling the ability of an unmarried individual to adopt under the adoption statutes."

"I am glad that both chambers of the General Assembly passed this important bill on a bipartisan basis, affording same-sex couples and intended single parents the same rights as heterosexual couples wishing to start or grow their family through surrogacy," Sullivan said.

"Family equality is at the heart of this bill, and I look forward to the governor signing it into law."

Harrison, who has been an advocate for the gay community since the 1970s, sees a certain degree of bipartisan support for LGBTQ equality but also hesitation among "top Republican leadership" to pass legislation. "I think the day of only Democrats being on our side has passed. We have had some extremely vocal Republican advocates this year," Harrison said.

"We will prevail. It is a matter of time, but we will prevail."

## General Assembly Expands Revenge Porn Law

BY CAITLIN MORRIS  
CAPITAL NEWS SERVICE

The Virginia General Assembly passed a bill to expand revenge porn laws to include realistic fake images.

In 2014, Virginia outlawed the dissemination of explicit photos or videos without the consent of the person seen in the images. The images may have been originally shared in agreement between both parties, but in cases of revenge porn, get posted online by people seeking to embarrass the victim. "They put them on a website with the intent to coerce, harass or maliciously

hurt those folks," said Del. Marcus B. Simon, D-Fairfax.

Simon introduced HB 2678 to protect victims of an emerging trend known as "deepfakes." These realistically fabricated images and videos are becoming more common as modern software develops and social media creates easier access to images.

"These days you don't even need to actually have photos like that — of the person, in your possession ... all you have to have are pictures of their face," Simon said. "You can use artificial intelligence to wrap that on the body."

Roughly 10 million Americans have been threatened with or become victims of re-

venge porn. Women are twice as likely to be threatened by men, according to a 2016 study by the Data and Society Research Institute. "The non-consensual dissemination of intimate photos or videos is not just humiliating for victims, but it can also carry significant emotional, psychological and even financial repercussions," Simon said.

In a 2015 study from the Cyber Civil Rights Initiative, 51 percent of victims of revenge porn indicated that they had considered committing suicide, and 39 percent said the crime affected their career and professional lives. Ninety percent of victims, according to the same group, are women.

Revenge porn laws now exist in 41 states

and Washington, D.C., but according to Simon's team, HB 2678 is "one of the first of its kind in the country."

The bill adds language to existing law that includes protection for victims when their image is used in the creation, adaptation or modification of a video or picture. Violators of the law could be charged with a Class 1 misdemeanor, which carries a sentence of up to a year in jail and a \$2,500 fine.

"Deepfakes are yet another malicious tool used to harass and terrorize individuals, who are most often women," Simon said.

If signed by the governor, the "deepfake" cyber harassment bill will go into effect July 1.

## Bills to Protect Landowners in Pipeline Cases Fail

BY BEN BURSTEIN  
CAPITAL NEWS SERVICE

Landowners fighting to keep their property from being taken by pipeline building companies will continue footing the legal bills after two bills failed in the House.

Sen. Chap Petersen, D-Fairfax, said he introduced the bills to give landowners who

don't want pipeline construction on their land a fair chance against Dominion, Duke Energy, Piedmont Natural Gas, Southern Gas and other companies involved in the Atlantic Coast Pipeline.

SB 1404 would have required pipeline companies to pick the costs incurred by homeowners in eminent domain legal battles.

SB 1403 sought to amend state law and

require the entities acquiring the property to pay all costs of court proceedings. It also would have required pipeline companies to provide compensation for homeowners. The compensation would have been at least 25 percent more than the company's initial offer for the land. Because the pipeline project was approved by the Federal Energy Regulation Commission, the companies may invoke eminent domain — a right given to

the government to take property for public use — if landowners refuse to accept compensation for their property.

"The pipeline companies have all the power, in the General Assembly and in condemning the property of small landowners," Petersen stated after the bills failed. "My bills would have leveled the playing field in a small way. The House just missed it. We'll be back."



# CRIME

FROM PAGE 9

delivering pizzas in the area when he was approached by a man who displayed a handgun and demanded money. The man took his personal belongings as well as the pizza then ran away. The man is described as black, approximately 20 years old, 6'0", with a slim build, wearing dark clothing and a bandana covering his face.

**BURGLARY:** 3900 block of Gibbs street, March 2, 5:45 p.m. Homeowners found their kitchen window open and personal items missing from the home.

**ROBBERY:** 6300 Richmond Highway (Wells Fargo), March 3, 2:20 a.m. A woman approached the ATM outside of Wells Fargo to withdraw money. A man walked up, grabbed her and demanded the money. The woman was able to get away from the man and he walked away as she fled in her car. The man is described as black, 20-25 years old, 6'3", with a skinny build wearing all dark clothing.

**ROBBERY:** 6327 South Kings Highway (7-Eleven), Feb. 27, 11:57 p.m. A man entered the 7-Eleven with a gun and demanded money. The suspect then took the money and ran away on foot. The suspect was black, in his 20s, wearing a mask, black hooded sweatshirt and black jeans.

**ROBBERY:** 4200 block of Buckman Road, Feb. 25, 11:08 p.m. A pizza delivery driver was delivering pizzas in the area when he was approached by a man who displayed a handgun and demanded money. The man took his personal belongings as well as the pizza then ran away on foot. The man is described as black, approximately 20 years old, wearing a black mask and a light-colored hooded sweatshirt.

**ROBBERY:** 8200 block of Keeler Street, Feb. 26 7:22 p.m. The victim met with two men to sell two pair of shoes. The two men displayed guns and ran away with the shoes. The first man is described as black, 16-20 years old, with a goatee, wearing a gray hooded sweatshirt and black jacket. The second man is described as black and wearing a burgundy jacket.

**ROBBERY:** 2600 block of Arlington Drive, Feb. 22, 10:27 a.m. A man was sleeping in his car when he woke up to a man tapping on his window. He saw two men, one was holding a gun and the other held a knife.

The men forced him out of his car, assaulted him and took his money before they ran away.

The first suspect is described as black, 20-30 years old, 6'1", heavy build, with dreadlocks, wearing a dark hooded sweatshirt, jeans and boots. The second suspect is described as black, 20-30 years old, 5'10", average build, with a goatee, wearing a red shirt, dark jacket, jeans and boots.

**TRAFFIC PURSUIT:** 8400 block of Frye Road, Feb. 24, 10:14 p.m. An officer saw a car being driven erratically and tried to conduct a traffic stop. As the officer walked up to the car, the driver drove away and refused to stop until reaching his home. A 51-year-old man from Alexandria was arrested for driving while under the influence, refusal of a breath test, eluding and resisting arrest.

**ROBBERY:** 8200 block of Russell

Road, Feb. 21, 11 p.m. Two men were standing outside an apartment building when two other men approached them wearing masks. One of the masked men displayed a gun and demanded money. Money was taken and one of the victims was assaulted before the suspects ran away on foot. The first suspect is described as black, 20-23 years-old, 5'10", slim build, wearing a dark jacket, jeans and a mask. The second suspect is described as black, 20-23 years-old, 6'1", slim build, wearing a dark jacket, jeans and a mask.

**ROBBERY:** 3400 block of Holly Hill Road, Feb. 20, 10:22 p.m. A pizza delivery driver was delivering pizzas in the area when he was approached by a man who displayed a handgun and demanded money. The man took his personal belongings and the pizza and ran away on foot. The man is described as black, 25-30 years old, 5'10", slim build, wearing a mask and dark clothing.

**ROBBERY:** 8100 block of Keeler Street, Feb. 15, 9:52 p.m. A man met the suspect to sell a pair of shoes. Three additional suspects showed up and one displayed a knife. The suspects took the shoes and ran away on foot.

**BURGLARY:** 7000 block of Whetstone Road, Feb. 15, 12:30 p.m. The homeowner found their garage door open and personal items missing from the home.

## MARCH 4 LARCENIES

2600 block of Arlington Drive, cell phone from residence  
8700 block of Bradgate Road, property from residence  
3700 block of Huntley Meadows Lane, jewelry from residence  
6200 block of Richmond Highway, merchandise from business  
7400 block of Richmond Highway, merchandise from business  
7700 block of Richmond Highway, merchandise from business  
8100 block of Richmond Highway, license plates from vehicle  
8600 block of Richmond Highway, merchandise from business  
**STOLEN VEHICLES**  
6000 block of Monticello Road, 1999 Chevrolet Express 3500 van

## MARCH 1 LARCENIES

2400 block of Fairhaven Avenue, merchandise from business  
5900 block of Mount Eagle Drive, bicycle from residence  
4300 block of Neptune Drive, bicycle from residence  
7600 block of Richmond Highway, merchandise from business  
3900 block of Woodhue Place, license plate from vehicle

## FEB. 28 LARCENIES

2800 block of Beacon Hill Road, merchandise from business  
1800 block of Old Richmond Highway, license plates from vehicles  
6200 block of Richmond Highway, cell phone from location

## FEB. 27 LARCENIES

about floral design as well as horticulture. Meetings are the first Thursday of the month, September-May. Email pmuchello@aol.com.

## FRIDAY/MARCH 8

**Paving and Restriping Meeting.** 6:30 p.m. At Franconia Governmental Center, 6121 Franconia Road, Alexandria. The Fairfax County Department of Transportation is planning to host

2500 block of Parkers Lane, watch from residence

## FEB. 26 LARCENIES

2400 block of Elba Court, wallet from vehicle  
8200 block of Richmond Highway, merchandise from business

## FEB. 25 LARCENIES

8000 block of Ashboro Drive, cell phone and jacket from residence  
8100 block of Brown Court, guns from residence  
8000 block of Fordson Road, tires from vehicle  
6200 block of Richmond Highway, sodas from business  
6700 block of Richmond Highway, merchandise from business  
7700 block of Richmond Highway, cash from vehicle  
7700 block of Richmond Highway, tools from business  
7900 block of Richmond Highway, merchandise from business  
8800 block of Richmond Highway, merchandise from business  
8200 block of Russell Road, purse from location  
3100 block of Southgate Drive, wallet from residence

## FEB. 22 LARCENIES

3000 block of Furman Lane, purse from location  
3500 block of Memorial Street, cover from vehicle  
8400 block of Riverside Road, property from school

## FEB 21 LARCENIES

8100 block of Brown Court, gun from residence  
6100 block of North Kings Highway, merchandise from business

## FEB. 19 LARCENIES

7900 block of Avery Park Court, license plate from vehicle  
1700 block of Gates Street, rabbits from residence  
6200 block of Richmond Highway, property from business  
6200 block of Richmond Highway, wallet from location  
6300 block of Richmond Highway, merchandise from business  
7300 block of Richmond Highway, merchandise from business  
7400 block of Richmond Highway, liquor from business  
7700 block of Richmond Highway, generator from business  
7700 block of Richmond Highway, tools from business  
7800 block of Richmond Highway, cigarettes from business  
8800 block of Richmond Highway, merchandise from business  
8200 block of Richmond Highway, merchandise from business  
8200 block of Russell Road, cell phone from location  
8200 block of Russell Road, wine from business  
8700 block of Sacramento Drive, beer from business.

community meetings in every district of the county this spring with the Virginia Department of Transportation to discuss proposed 2019 paving and restriping projects. State and county agencies coordinate restriping efforts to address safety issues for motorists, bicyclists and pedestrians through the creation of bike lanes, parking lanes, crosswalks and more. Visit

SEE BULLETIN, PAGE 18

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Announcements	Announcements
<p><b>Corps of Engineers announces rescheduled public info session for Decommissioning of Deactivated SM-1 Former Nuclear Power Plant at Fort Belvoir</b></p> <p>The U.S. Army Corps of Engineers, Baltimore District (USACE) is announcing that Tuesday March 12, 2019, is the rescheduled date for the public information session regarding decommissioning and dismantling of the deactivated SM-1 former nuclear power plant at Fort Belvoir, Va. The public information session was originally scheduled for January 29, 2019, but had to be postponed due to inclement weather.</p> <p>USACE is currently in the planning phase for the decommissioning and dismantling of the deactivated SM-1 former nuclear power plant at Fort Belvoir, Va.</p> <p>As part of that decommissioning planning, USACE is preparing an Environmental Assessment evaluating potential ecological, cultural, water, public health and safety, and waste management effects associated with the decommissioning of the SM-1 facility at Fort Belvoir.</p> <p>USACE is also seeking consultation from members of the public (in addition to the state historic groups) to determine the cultural impacts of the decommissioning project and to mitigate any adverse effects identified in accordance with Section 106 of the National Historic Preservation Act.</p> <p>To aid in both of these aspects of the ongoing decommissioning planning for the deactivated SM-1 former nuclear power plant and to gather feedback from the public, USACE is hosting its rescheduled public information session on Tuesday, March 12, 2019, at the Fairfax County's South County Government Center (8350 Richmond Hwy, Alexandria, Va.). The session will be from 6:30pm to 9:00pm and will have the following schedule:</p> <ul style="list-style-type: none"> <li>• 6:30pm: Open House period where the public can meet and interact with USACE and Fort Belvoir personnel working on the project</li> <li>• 7:00pm: Formal presentation about the SM-1's history and ongoing decommissioning planning and a subsequent question and answer session</li> <li>• 7:30pm: Another open house period</li> <li>• 8:00pm: A second iteration of the formal presentation for those wishing to attend later in the evening</li> <li>• 8:30pm: A final open house period for questions and answers</li> </ul> <p>SM-1 Background: Completed in 1957, the deactivated SM-1 former nuclear power plant at Fort Belvoir was the first nuclear power facility in the United States to be connected to a public utility grid. Over several years it provided power primarily to Fort Belvoir and served as a training facility for nuclear technicians from all military branches before being partially decommissioned in the early 1970s. The initial dismantlement and decommissioning involved the removal of a majority of the radioactivity from the site, including the removal of the nuclear fuel and control rods, decontamination work around the facility, radioactive waste removal, and the sealing of the Reactor Containment Vessel which hold the Reactor Pressure Vessel and other reactor components.</p> <p>USACE is working to develop and finalize the various planning documents for the final decommissioning and dismantling of the facility. More information can be found on the SM-1 project web site: <a href="http://www.nab.usace.army.mil/SM-1/">www.nab.usace.army.mil/SM-1/</a></p> <p>Those wishing to provide written comments or questions regarding the SM-1 former nuclear power plant decommissioning can do so by e-mailing: <a href="mailto:CENAB-CC@usace.army.mil">CENAB-CC@usace.army.mil</a> or sending written comments to the following mailing address: U.S. Army Corps of Engineers, ATTN: Corporate Communication Office, 10-F-23, 2 Hopkins Plaza, Baltimore, MD. 21201. Comments and feedback received at this time will inform the ongoing decommissioning planning efforts.</p>	

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

## THURSDAY/MARCH 7

**Garden Club.** 9:30 a.m.-noon at Mt. Vernon Yacht Club, 4817 Tarpon Lane. Members of all neighborhoods are invited to join the Yacht Haven Garden Club. Join in learning more



## No Spring in My Future Step



By KENNETH B. LOURIE

I wouldn't say I'm feeling any significant side effects yet from my immunotherapy treatment but, if I'm handwriting these columns to begin with – which I am, I have to do so while holding a pen with a rubber grip (just above the ballpoint). No longer am I able to manipulate without this extra assistance. My fingers simply can't sustain the grip otherwise.

Nor would I say my reaction to my wife, Dina's suggestion, as we walked to the car this morning – and looked around "Belly Acres" (our two acres of mostly trees) post wind storm, concerning what homeowner/landowner thing we should do in the spring: pick up sticks and miscellaneous other debris off the ground, was at all enthusiastic. It was quite the contrary. In fact, I can't think of anything I'm less physically able to do given the side effects I'm semi experiencing:

❖ Due to the chemotherapy I've infused – and pilled, for 10 years, the neuropathy in my feet makes walking an enduring challenge and running – even in place, totally out of the question. Related to this difficulty walking is difficulty maintaining my balance, especially when walking on non-level ground like "Belly Acres." I'm not exactly a danger to myself – or others, but if those yellow caution signs were placed strategically around our property, there would be yellow every which way you looked.

❖ Because I'm semi overweight (a partial side effect) and definitely out of shape (sort of a side effect), bending over exacerbates the shortness-of-breath side effect I am most assuredly experiencing. Therefore, picking up sticks and stones off the ground may not exactly break any bones, but the names I may be called for being unable to perform this mundane task will not hurt me at all. It might amuse me actually.

❖ The preceding task runs directly into yet another side effect: musculoskeletal pain and weakness. My bones ache a little and my muscles quiver a lot.

Add up the deficits and you get the following: I can't walk. My balance is impaired. Bending over is exhausting and shortens my breath which all together limits my stick picking.

Moreover, carrying the weight I've gained is made more difficult by the weakness and pain I feel in my bones and muscles. This is the trifecta plus one.

I can do many things (activities of daily living, etc.), but the trifecta plus one, I can't. Other than adding a chainsaw ("the most trusted tool in the homeowner's arsenal") and being forced to wear those extremely heavy, metal-toe work boots to the equation, I can't imagine a less enticing spring activity as I gait around attempting to clean up and carry around a season's worth of ground clutter.

Having said all that, I think I deserve a certain amount of credit for knowing my limitations. Granted, such an admission is unlikely to garner any awards or "attaboys," however; when one's life hangs in the balance (or lack thereof) knowing what not to do may be as important as knowing what to do.

And I know what to do indoors; it's more outdoors that presents the problem.

It seems that the side effects I'm beginning to feel, though not quite life changing, are nevertheless life-affecting.

But I'm one of the lucky ones: still alive and reasonably well. I can live, still work (sort of) and play (occasionally) and even walk upright (though my posture could use some straightening).

So I have a few side effects which prevent me from doing two acres worth of stick work. I couldn't have planned it any better.

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

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## News

# More Funds

FROM PAGE 8

be planning meetings with lawyers, advocates, and police representatives in order to successfully address this issue next year.

During the interim I also represent the Senate on several committees and commissions that recommend policy to the General Assembly and oversee current state programs. These include the Northern Virginia Transportation Commission, which promotes and allocates funding for regional transportation; the School Readiness Committee, which oversees the professional development and credentialing of early education professionals; and the Commission on Economic Opportunity for Virginians in Aspiring and Diverse Communities.

Additionally, I have begun researching and meeting with stakeholders to vet new legislative ideas for next year. I recommend that constituents reach out to my office in the spring and early summer with legislation to consider or issues to address so that my staff and I have time to do the research and drafting of bills on their behalf.

Despite the upheaval from painful distractions during the legislative session, we were able to adopt a fiscally sound budget and pass compromise legislation on several major issues. As we continue to wrestle with the issues brought to light during this session, and head into the contentious campaign season, we must always remember that our job is to represent the best interests of Virginia.

## BULLETIN BOARD

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[www.fairfaxcounty.gov/transportation/2019-paving-and-restriping](http://www.fairfaxcounty.gov/transportation/2019-paving-and-restriping).

### SATURDAY/MARCH 9

**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.

**Alexandria River Clean-Up.** 3:30-5:30 p.m. At Mt Vernon Trail, halfway between Belle Haven Park and Old Town Alexandria. Volunteers are needed to focus on the big picture: bottles, large items that have washed up etc, and to focus on the small bits: broken up pieces of styrofoam and plastic and the copious straws and bottle caps. Park at the north end of Belle Haven Park (furthest from the entrance) and walk north towards Old Town. Contact organizers: Karena Thek and John Herbert at [karena23@icloud.com](mailto:karena23@icloud.com).

### MONDAY/MARCH 11

**FCCPTA Listening Tour.** 7-9 p.m. at Mount Vernon High School, 8515 Old Mt. Vernon Road. FCCPTA Listening Tour Meetings are designed to bring parents and PTA leaders together to share thoughts, questions, and concerns on FCPS and the PTA. Visit [www.fccpta.org](http://www.fccpta.org) for more.

### TUESDAY/MARCH 12

**Try Girl Scouts.** 6-7 p.m. At Stratford Landing Elementary, 8484 Riverside Road, Fort Hunt. Girl Scout Info Night. Girls and Parents are invited to come and make new friends and learn about Girl Scouts. Free. Visit <http://www.gscnc.org/>

**SM-1 at Fort Belvoir Meeting.** 6:30 p.m. At South County Government Center, 8350 Richmond Hwy., Room 221, Alexandria. About the decommissioning and dismantling of the deactivated SM-1 at Fort Belvoir. Call 410-962-2809.



# SPECIAL SAVINGS FOR YOUR TOYOTA



**WELCOME TO ALEXANDRIA TOYOTA'S  
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INCLUDES ROAD HAZARD PROTECTION, TIRE  
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**WE WILL RETRIEVE  
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**\$24<sup>95</sup>**

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**\$34<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.

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**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**

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

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**FREE**

**BATTERY CHECK-UP**

Check cold cranking amps and visual inspection of  
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**\$69<sup>95</sup>**

Your car's alignment suffers, and can  
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**INCLUDES:** Inspect suspension, ball joints, struts  
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**ALEXANDRIA TOYOTA**

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Check your windshield. Does your sticker say **2/19, 3/19,**  
or **4/19?** If so, your VA Safety Inspection is now due

**VIRGINIA STATE INSPECTION**

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**JUST LISTED**

### 3601 Riverwood Rd

**Desirable Riverwood! | \$785,000**

Nicely situated 4 Bed, 2.5 Bath updated home in lovely Riverwood Community. Home features: updated custom Kitchen with granite countertops, stainless steel appliances, beautiful hardwood floors on main and upper level, master suite with private bath and custom closet, replacement windows by Pella, gas fireplace, screened porch, fenced rear yard, and side load 2 car garage. Community has serene riverfront walking path and beachy area!



### 9112 Volunteer Dr

**Williamsburg Colonial! | \$655,000**

Exceptional property! Spacious Colonial in the Williamsburg tradition featuring premier setting on large level lot in the desirable Westgate community near Mt Vernon Estate. Features include: 4 Bedrooms, 2.5 baths, huge master suite with 2 large closets and private bath, 2 fireplaces in family and living room, hardwood floors on both levels, two car garage, & incredible sun room overlooking half acre rear grounds complete with two storage sheds.



### 2207 Lakeshire Dr.

**Classic Colonial!**

Coming soon in desirable Manors at Mount Vernon community! Curb appeal abounds with distinctive front porch. Exceptionally bright and open floor plan highlighted by updated kitchen opening to spacious family room with soaring cathedral ceiling. Other features include: 4 Bedrooms, 3.5 Baths, main level office/library, upgraded trim detail, and two car garage. Near Stratford Landing School. Unique combination of size, location, & attractive price in premier location!



### 9402 Mt. Vernon Circle \$875,000

Unique property in highly desired Mt. Vernon on The Potomac Neighborhood! Classic 3 level Colonial in prime location just steps from neighborhood private marina. Features inc: Open Floor plan, large room sizes, family room off nicely updated Kitchen with stone fireplace, hardwood floors, elegant trim detail, and true oversize two car garage. Community includes private waterfront grassy area, 2 tennis courts with hitting wall, fire pit, bathrooms, and docks/boat slips (for additional fee).

**CONTRACT!**



### 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!**



### 8826 Black Alder Dr \$665,000

Incredible value for Classic Colonial style on established street adjacent to Mount Vernon Country Club. Many features including: 3 finished levels, 5 Bedrooms including main level master, 3.5 baths, open kitchen to fam room, 2 fireplaces, oversize 2 car garage. Extensive list of recent updates including: Kitchen, roof, master bath, wood floors, powder room, basement bath, interior paint, garage doors, and the list goes on. Turn key opportunity!

**CONTRACT!**



### 8902 Beauchamp Dr. \$550,000

Expanded and updated contemporary on gorgeous half acre lot near Mt. Vernon Estate. Fabulous features include: bright open floor plan, glass window wall, gorgeous hardwood floors on two levels, and oversize two car garage. Large deck overlooks private grounds. Freshly painted interior makes this one move in ready!

**SOLD!**



### 8314 Wagon Wheel Dr \$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!

**SOLD!**



### 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!**

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