

lexandria Gazette Packet

Senior Living PAGE 15

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May 23, 2019

25 Cents

'Transportation Renaissance'?

A sign advises scooters to

obey traffic laws but there

are currently no enforce

pilot program.

ment laws governing the

city's pilot, he hopes "the regula-

tion can catch up with ... the tech-

nology. ... That's the case with

tion," said

Nicholas. Through the

Panelists weigh costs, benefits of electric scooters.

> By Dan Brendel Gazette Packet

panel discussion outlined pros and cons of electric scooters, emphasizing in particular how Alexandria might balance control and risk mitigation against incentives for entrepreneurs to introduce new urban technologies.

Panelists included Jennifer Huddleston, a "micromobility" researcher at George Mason University; Will Nicholas of Bolt Mobility, an electric scooter -"e-scooter" - company; and Hal Hardaway, a mem-

ber of the Old Town Civic Association and escooter critic. Agenda:Alexandria, a local nonprofit, hosted the discussion on Monday, May 20.

City Council authorized a nine-month escooter pilot program begun in November. Seven e-scooter companies - Bolt, Lime, Lyft, Jump, Bird, Skip and Spin

- operate under the pilot. Each executed a Memorandum of Understanding with the city, requiring the company to ensure e-scooter parking in keeping with city standards and respond to emergencies within 1-2 hours.

"I understand and admit that it's a divisive topic," but "it's certainly worth the experimenta-



the City Dock.

most technological progressions."

He thinks e-scooters provide an affordable and relatively environmentally friendly transportation option in modern urban settings.

"Individual car ownership is not ... affordable or even possible with the limited amount of space that many more people are occupying right now. So scooters, or dockless bikes, or many other forms of shared

SEE PANELISTS, PAGE 13

Ready, Set Shutdown

"There are

going to be

we have not

planned for."

— Yon Lambert, city's

transportation director

things ... that

Add at least 30 minutes to commute, prepare for other impacts.

> By María Areyán And Dan Brendel Gazette Packet

tarting this Saturday, May 25, all four of Alexandria's Metrorail stations will close for three months of around-theclock repairs and improvements. Though the rebuilt stations will

ultimately prove "very beneficial" to the city, "I also don't want to

sugarcoat things for you," Yon Lambert, the city's transportation director, told City Council last Saturday, May 18. "There are going to be significant challenges that we see in the first week of this. There are going to be things ... that we have not

planned for." He expects the city "will be calling a number of audibles during this process."

LONGER COMMUTES AND ALTERNATE TRAVEL

"We are asking the public to be patient over the summer and ensure that they are adding 30 minutes to the normal commute," said Lambert.

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Metro will operate five free shuttle bus routes during the summer, in cooperation with the city government. The routes will run from Alexandria's Metro stations and Landmark Mall to still-operating Metro Stations north of Braddock Road. In particular, multiple express routes will serve to move end-of-line commuters between Franconia-Springfield and Pentagon stations.

> Express shuttles will run every 5 minutes during peak periods, every 10 minutes throughout the rest of the day on weekdays, every 10-15 minutes on weekends.

Other transit alternatives include Metrobus and municipal bus ser-

vices; car- and vanpools, staged at a 200-space lot at Landmark Mall; heavy commuter rail (Virginia Railway Express, Amtrak); water taxi; bicycles and scooters.

Metrobus will provide increased services on six routes through Alexandria: 8Z, 10A, 10E, 11Y, 21A and Metroway. Alexandria's DASH bus system will provide increase See Metrorail, Page 12

CIRCULATION OTS TASA

Congratulations Micki

Congratulations to our own Micki MacNaughton on being named as one of The Alexandria Chamber of Commerce's 40 Under 40 honorees. We are so proud of her achievement and to have her as a member of the Jen Walker Team.

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Robert Lydick of the Bailey's Crossroads Rotary Club stands next to a car being raffled off as a fundraiser for the organization during the Old Town Festival of Speed and Style.



Casey Francis gets the feel of sitting in a Ferrari as a model showcases an outfit from the Old Town Boutique District.

Fast and Fabulous Festival of Speed and Style debuts in Old Town.

By JEANNE THEISMANN Gazette Packet

lassic cars and forward fashions were on display as car enthusiasts from across the region flocked to King Street May 19 for the inaugural Old Town Festival of Speed and Style. The event featured more than 80 vintage, rare and classic cars and served as a benefit for ACT for Alexandria community trust.

High performance and exotic cars from around the world were on display along three blocks on lower King Street, which was closed to traffic for the single-day event.

The festival was the brainchild of Rick Myllenbeck, the owner of Sonoma Cellar wine tasting room and restaurant in Old Town. and was co-produced by a group of Alexandria vintage car collectors and enthusiasts who travel around the world participating in classic and exotic car events.

"This is all about the community and sharing," said Myllenbeck in announcing the event. "We want to share beautiful cars and local fashion with residents and visitors,



Jackson Cook of Petersburg, W. Va., checks out the inside of a 1972 De Tomasa Pantera at the Old Town Festival of Speed and Style May 19 on King Street.

while bringing attention to Alexandria's charming and unique Old Town area and benefiting Act for Alexandria — a terrific community-based charitable organization."

The festival featured Ferrari, Jaguar, Porsche, Lamborghini, Aston-Martin and Cobra for up close viewing paired with a fashion exhibition of runway looks from Old Town Boutique District retailers.

Awards presented included: Founders Award, 1987 Ferrari Testarossa (owner David Gast); Spirit of the Road Award, 1953 Type 356 Porsche 1500 (owner Mike Copperthite); Rolling Sculpture Award, 1936 Ford Aerosport (owner Eric Zausner); Grand Touring Award, 1965 Aston Martin DB5 (owner Steve O'Keefe); Timeless Elegance Award, 1952 Jaguar XK120 (owner John

Sethian); and Rolling Sculpture Award, 1959 Abarth Zagato 750GT (owner Joe Parlanti).

See www.festivalspeedstylealex.com.



The Olaya family from Woodbridge poses for a photo in front of a 1954 Shelby Daytona Coupe at the inaugural Old Town Festival of Speed and Style.

DASH, Union Reach Tentative Agreement

It gives local bus drivers wage parity with Metro, averts strike during Metro shutdown.

BY BRIDGETTE ADU-WADIER AND DAN BRENDEL Gazette Packet

drivers, reached a tentative agreement with DASH management on Saturday, May 18, boosting drivers' wages and benefits and avoiding a strike.

The agreement, which DASH drivers have yet to ratify, would make DASH wages and

benefits comparable to Metro's. It'd also avoids a strike, which the union said it would undertake in conjunction with the summer shutdown of Alexandria's Metrorail cal 689, representing DASH bus routes will serve as a transit alternative for thousands of displaced Metro commuters.

Chris Townsend, a union organizer, expects members will approve the deal when they vote on it this Wednesday, as the Gazette Packet goes to press. The union's bargaining committee, which includes several

drivers, unanimously recommended ratification.

Fighting for a pay bump and improved benefits, drivers began collective bargainhe Amalgamated Transit Union Lo- stations, beginning this week. DASH's ing earlier this year, after a vote to unionize in November.

Starting and top pay at DASH are among the lowest among regional bus services. It also takes 20 years to reach top pay at DASH, compared to seven at Metrobus. Two-thirds of DASH drivers have to work overtime or a second job to make ends meet,

according to the union's John Ertl.

To match Metrobus, the new agreement would raise starting hourly pay at DASH from \$17 to \$21.32 and top pay from \$29 to \$32.80, effective Sunday, May 26, according to the union. Drivers would also get a half-percent pay rate bump each year for the next three years. DASH drivers would now be able to reach top pay in seven years.

"The wage parity was the huge part of us wanting to be in the union. Being a driver, SEE DASH. PAGE 12

Mike Wicks, center, stands with Alexandria Rotary Club president Paul Anderson, left, and Don Simpson Jr. after being presented with the Cliff Dochterman Award for his exemplary and dedicated service to Scouting May 21 at Belle Haven **Country Club.**



Eagle Scouts Russell Biesada and Joseph Lepak of Alexandria Troop 129 pose with Rear Admiral Stephen Oswald (ret) and Don Simpson Jr. at the 21st annual Rotary Scout Luncheon May 21 at Belle Haven Country Club. **Biesada and Lepak were** presented with Eagle Scout Scholarships on behalf of the Rotary organization.





I-395 Shirlington Interchange Improvements Study **Arlington County** City of Alexandria

Public Information Meeting

Wednesday, June 12, 2019 7 p.m. – 9 p.m. Presentation starts at 7:30 p.m.

Drew Model Elementary School 3500 23rd Street South Arlington, VA 22206

Find out about a study to improve safety and operations at the I-395 Shirlington interchange, including the ramp from South Glebe Road to southbound I-395, the South Shirlington Road and South Arlington Mill Drive traffic signal, and the four-way stop controlled intersection of Gunston Road and Martha Custis Drive.

Stop by between 7 p.m. and 9 p.m. to view displays and learn more about the study. VDOT will hold a presentation beginning at 7:30 p.m. Project staff will be available to answer your questions.

Review project information at the VDOT project website (www.virginiadot.org/projects), at the information meeting, or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-2318 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 June 24, 2019 to Olivia Daniszewski, EIT, Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email meetingcomments@VDOT.virginia.gov. Please reference "I-395 Shirlington Interchange Improvements Study" 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 Olivia Daniszewski at 703-259-2318.

> State Project: 0395-100-842, P101 UPC: 107831 Federal: OC-395-4 (187)

Soaring with Eagles

Rotary honors Troop 129 Scouts.

By Jeanne Theismann Gazette Packet

wo local Eagle Scouts were presented with scholarships at the Rotary Club of Alexandria's 21st annual Rotary Scout Luncheon May 21 at Belle Haven Country Club.

Russell Biesada and Joseph Lepak of Troop 129 of the National Capital Area Council of the Boy Scouts of America were recognized for their service during the event that featured Rear Admiral Stephen Oswald (ret) as the keynote speaker. Oswald is a three-time space shuttle astronaut and the recipient of the Distinguished Eagle Scout Award for his service and significant accomplishments during his career and community involvement.

Mike Wicks, immediate past president of the Alexandria Rotary Club, was presented with the Cliff Dochterman Award. Event chair Don Simpson Jr. presented Wicks with the award which honors an individual Rotarian or Rotaractor who acts as a role model and renders distinguished and dedicated service to Scouting through active service, leadership or other exemplary contributions to the Scout Association. The National Capital Area Council of the Boy Scouts of America was established in 1911 and has grown to become one of the largest in the nation. Last year, the region served 59,000 youth with 22,000 adult volunteers through a range of programs for ages 5-20. See www.ncacbsa.org.



Republican women pictured with Gov. Bob Ehrlich at the ARCC's Reagan Lincoln Reception included: Eileen Giglio, Susie Miller, Eileen Brackens (CRWC president), Fran Redmon, Jean Antone, Ann Hobbs, Jan Bates, Judy Gyllensvaan, Linda Greenberg, Ruth Cleveland, Gwen Booth, and Linda App.

Local GOP Hosts Ehrlich At Reagan Lincoln Reception.

(ARCC) hosted Maryland's former Governor and four-term Congressman Bob Ehrlich at its annual Reagan Lincoln Reception in Old Town. Ehrlich spoke about recent political events, and his new book, "Bet You Didn't See That One Coming.

Ehrlich said his book explains the success of President Trump's 2016 unconventional campaign as a response to the Obama years, and said "Trump didn't just play 'outside the box', he blew up the box." He predicts another Trump win in 2020 because he sees the progressives as too far outside mainstream Ameri-

he Alexandria Republican City Committee can values and Trump better understands what Americans want and need. However, he warned that 2020 will not be an easy win and that states Trump won in 2016 cannot be taken for granted.

Ehrlich praised the President's Supreme Court appointments and the thriving economy. He also spoke of the need for a melting-pot culture as opposed to multiculturalism, which he sees as divisive.

The Commonwealth Republican Women's Club President Eileen Brackens said, "Governor Ehrlich did a wonderful job explaining the appeal of President

See Local GOP, Page 5 www.ConnectionNewspapers.com

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At Last

"Mango" Mike Anderson, left, with his wife Donna of Sweet Fire Donna's Restaurant, celebrate the opening of Whiskey & Oyster with their daughter Dakota and grandson Shae. The seafood restaurant, located at 301 John Carlyle St., is the seventh venue for the Homegrown Restaurant Group. It will open to the public May 23 for dinners only during the first week. Free parking is available after 5 p.m. and all day on weekends under the building. For more information, call 703-567-1533.

Local GOP Hosts Ehrlich

From Page 4

Trump and his policies to the average American. Our members were extremely impressed with him and now we are anxious to read his new book." ARCC (at www.alexgop.org) is the local branch of the national Republican party. The Commonwealth Republican Women's Club is the Alexandria chapter of the National Federation of Republican Women. See www.alexandriacrwc.org.



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CARING FOR OUR Watersheds Chesapeake Bay

2019 Contest Winner Announcement

What Can We Do To Improve Our Watersheds?

This year hundreds of students competed to develop solutions to local watershed issues. Finalists presented their proposals at George Mason University's Center for the Arts on April 23rd.

Nutrien provided \$6,000 in cash prizes to this year's finalists to help students implement their project ideas.

Caring for Our Watersheds is implemented by international nonprofit Earth Force, whose mission is to engage young people as active citizens who improve the environment and their communities, now and in the future. The program empowers students to create solutions in their local watersheds, developing problem-solving, budgeting, community involvement, and presentation skills.



1st Place Finalists Lanier Middle School Student Project Titled "Revitalizing Our Bioretention Cell"

Final Winners	Award	Project	School Name
1 st Place	\$1000	Revitalizing Our Bioretention Cell	Lanier Middle School
2 nd Place	\$900	Bioswale	Kent Island High School
3rd Place	\$800	Rain Garden	Rachel Carson
4 th Place	\$700	Utensil-Packet-Replacement	Kenmore Middle School
5 th Place	\$600	Alternative to Rock Salt	Frost Middle School
6 th Place	\$500	The Invasion of the Koi at Lake Anne	Dogwood Elementary School
7th Place	\$450	Students Water Conservation Society	George Washington Middle School
8 th Place	\$400	Life Saver Solutions	School Without Walls at Francis Stevens
9th Place	\$350	Project Nature	Berlin Intermediate School
10 th Place	\$300	Recycling Electronics and Batteries	Kenmore Middle School

Nutrien



PEOPLE

Preparing Traditional Indian Meal for Shelter Residents

Volunteers from variety of faiths gather to serve.

BY ASHLEY CLAIRE SIMPSON Gazette Packet

hanksgiving came and went in a blur before Meera Rajyagor could make the traditional hearty holiday meal she wanted to cook for residents of Carpenter's Shelter, which serves about 650 homeless people in Alexandria every year. So instead of making the classic American feast that she originally imagined last fall, Rajyagor started to plan something a little different.

Fast forward to this spring, and on Saturday, April 20, Rajyador and a group of colleagues and friends - all federal government employees - prepared a traditional Indian meal for 60 Carpenter's Shelter residents.

"After walking through and meeting one of the families Carpenter's Shelter, I really wanted to do something nice for this group of people - something special to make them happy," said Rajyagor, an Indian American resident of Alexandria. "Then I thought, 'These people have never experienced Indian food, and it shouldn't be a luxury to have that cultural experience. Let me get some Indian food together and give them this experience.""

It took Rajyagor months to plan for this act of service. Between friends and local organizations, she brought a diverse network of people together.

"It was awesome," Rajyagor said. "Del Ray United Methodist Church offered to let us use their kitchen, which was so gracious. Six other people helped me cook. At one o' clock, We all met at the church, we ate together and then said a prayer. It was an interfaith kind of thing. Here I am, Hindu, trying to put more good in the world. And the others were too - one was Jewish, one was Catholic, and the people who actually served the food we cooked were part of a Muslim organization. All of us were so happy to be there, to participate. We thought, 'Let's make it Christmas for these people."

First Rajyagor drew inspiration from her sister, and then she consulted with a longtime friend who owns an Indian food truck in Jacksonville, Fla., for recipes that would feed 60 people.



Members of Meera's Carpenter's dinner team.



The traditional Indian meal served at Carpenter's Shelter.

Once she settled on the perfect ones, she recruited the group of people who would help her. Together the group cooked garbanzo bean curry (chole), red kidney bean curry (rajma), raita yogurt sauce, and more. They brought these dishes that to Carpenter's Shelter for dinner that Saturday - the eve of Easter Sunday - along with samoas, whole wheat naan bread, and traditional Indian rice pudding.

It took not only a village to make everything happen, but also a few strokes of luck when some major curveballs flew in her direction.

"The weekend before we were supposed to prepare all the food, my friend and I went to the restaurant that we supposed to provide us with certain ingredients," Rajvagor said. "That was when we found out it wasn't going to work out. I was bummed. But, then something serendipitous happened. We



Some of the wishlist donations.

happened to stop at another Indian place that just so happened to be on the way home: Saran Indian Vegetarian Cafe. It was delicious, home cooked food. That very day, I asked them, they said they would donate rice, and give us a discount on appetizers. It was incredible the way it worked out."

It worked out so well that Rajyagor ended up having the funds to do even more for the local shelter.

"Two of my friends from work so graciously donated enough money to buy some of the food so we were also able to buy items from the Carpenter's wish list," Rajyagor said. "I got men's shirt, socks, oatmeal, lemonade mix, pillows, and headphones that we dropped off along with the food."

Rajyagor's donation marked the first time that a full-blown Indian meal was served at Carpenter's Shelter.

"When we got to the shelter, some of the residents helped us bring the food inside," Rajyagor said. "When they got their food and their wish list items. I was literally holding back tears. This family of seven kids came out in their Easter clothes. When asked if they'd ever had Indian food before, they said 'no,' but that they were excited for some spicy food."

Although Rajyagor and her friends didn't stay at Carpenter's to watch people enjoy the food they'd spent the afternoon making, she later found out it all got rave reviews.

"The Muslim organization that served the food on our behalf said that the people at the shelter loved it," Rajyagor said. "They said it was awesome, and that the residents were really pleased at something so different. Hearing that was very, very cool for me."

What team Rajyagor brought to the shelter went beyond food - it was actually an experience that is in general hard to come by for locals.

"From when I first saw the shelter and met some of the people there, I thought it would be an honor to find a way to serve them," Rajyagor said. "And, even after living in this area for three years, I've found that it's really difficult to find authentic Indian food. I wanted to give people that experience, and I wanted to take it on myself, so I didn't do official fundraising."

Compassion is nothing new for Rajyagor though. Before moving to Alexandria roughly three years ago, she had spent the majority of her life in her hometown of Chino Hills, Calif., to help care for her youngest sister, Devika, who struggles with disabilities and other lasting side effects from cancer treatment she underwent as a baby.

"Moving out here has toughened me up, but I miss my family so much," she said. "I only get back home twice a year, so connecting with the community out here means so much to me. DC doesn't coddle you, but I'm getting acclimated. I'm embracing it."

From Acting President to President at Inova Alexandria Hospital

Rina Bansal, MD, MBA has been named president of Inova Alexandria Hospital. She takes on this role after serving as acting president since November 2018. Earlier this year, Inova Alexandria earned 4 stars from the Centers for Medicare and Medic-



Top Hospital designation from the Leapfrog Group.

Bansal joined Inova in 2008 as a hospitalist at Inova Fairfax Hospital. In 2010, she joined the Department of Neurosciences to create and lead the CNS Hospitalist Program and

aid and received an A grade and implemented initiatives to improve continuity and coordination of care for neurosciences patients. In 2014, she served as interim chief medical officer and subsequently associate chief medical officer at Inova Fairfax Medical Campus. During that time, she also served as the medical director of the Inova Telemedicine Program. In 2016, Bansal assumed the chief

medical officer role at Inova Alexandria Hospital.

Bansal was in the inaugural class of McGill University's MD-MBA program and obtained both a Doctorate in Medicine and a Master of Business Administration in 2001. She completed her Internal Medicine Residency Program at University of California, San Francisco.

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2019 Athletes of the Year

Maggie Vaughan and Glenn Williams to be inducted into ASC Hall of Fame.

By Jeanne Theismann Gazette Packet

aggie Vaughan, a St. Stephen's & St. Agnes graduate and member of the 1993 and 1997 U.S. World Cup Championship lacrosse teams, and former T.C. Williams football, basketball and baseball standout Glenn Williams will be inducted into the Alexandria Sportsman's Club Hall of Fame at the organization's Athletes of the Year banquet May 28 at the Westin Alexandria Hotel.

Now in its 64th year, the annual ASC banquet will recognize 35 high school athletes from across the city for both their athletic and academic achievements. Dalonta Williams, an 11-year-old sixth grade honor student at Patrick Henry Elementary School, will be recognized as the Recreation Department Athlete of the Year.

In addition to the Athletes of the Year, an additional 15 high school seniors representing each of the city's four high schools will be presented with nearly \$40,000 in scholarships. Coaches Ally Wagner of T.C. Williams, and Mike Jones of St. Stephen's & St. Agnes, will each be recognized as a Coach of the Year.

The ASC Awards Banquet will be held May 28 at the Westin Alexandria Hotel, 400 Courthouse Square. A cash bar and registration will begin at 6 p.m. with dinner and awards beginning at 7 p.m. Tickets are \$75 and all proceeds support the ASC college scholarship fund.

The Alexandria Sportsman's Club, founded in 1947, is a nonprofit organization dedicated to the support of local high school athletics and to recognizing the achievements of the city's young athletes on the field and in the classroom.

For more information or to purchase tickets, visit www.alexandriavasports.org.



Maggie Vaughan Hall of Fame Inductee



Glenn Williams Hall of Fame Inductee





Coach Ally Wagner

Litchfield Ajavon **T.C. Williams** Football **Episcopal**



Ibrahim Bangura **Track and Field T.C. Williams**



Caroline Bates Soccer **T.C. Williams**



Alli Boehm **Track and Field Episcopal**





Caroline Burnett Lacrosse SSSAS



Nicole Carino Squash **Episcopal**



Kayla Cheney Tennis Crew **Bishop Ireton** SSSAS





Lena Cromley Softball **T.C. Williams**



Adam Elnahas Crew **T.C. Williams**



Rugby

T.C. Williams

Sydney Foster Lacrosse **Bishop Ireton**



Lydia Greenwood Swimming **T.C. Williams**



Grayson Guest Climbing **Episcopal**

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Gracie Hughes Tennis **Track and Field** Episcopal



Malcolm Johnson Jr. **Track and Field** SSSAS



Akunna Konkwo **Basketball Bishop Ireton**



Cheerleading

Bishop Ireton

Ronan Lauinger Swimming T.C. Williams



Kerrigan **McCormick Field Hockey Bishop Ireton**



Courtney Holford

T.C. Williams



Alexandria Sportsman's Club Honors Athletes





John Moses Baseball Episcopal



Grace Salmons Tennis T.C. Williams

Lacrosse

SSSAS



Deion Sanchez-Viafara Golf T.C. Williams



Tre Simmons Cross Country Episcopal



Tyler Smith Soccer SSSAS



Wrestling

Episcopal



Charles Thompson Basketball SSSAS



Jason Townsend Ice Hockey T.C. Williams



Addison Waller Volleyball T.C. Williams



Henry Wiedemer Diving T.C. Williams



Thomas Williamson Squash Episcopal



Dalonta Williams Recreation Athlete Patrick Henry ES



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Opinion

Release Road Proposal Earlier To the Editor:

In my almost 50 years of civic activity in Alexandria never before has an issue stirred the community as has the proposal by the City's Transportation and Environmental Services (T&ES) staff to shrink Seminary Road from four to two or three lanes of traffic.

Every civic association in the area affected has opposed the change, as has the Alexandria Republican Party. Polls conducted by the Seminary Hill Association and on the Next Door Jordan Street website all have been overwhelming against the road "diet." Even the city's poll showed that a significant majority of Alexandria residents oppose the change. Moreover, at a March community meeting, 20 speak-

LETTERS

of the people is clear: Keep Seminary Road four lanes.

ers were opposed

and only four sup-

ported. The voice

Whether city staff is listening is another matter. T&ES has set a meeting for 7 p.m. at St. Stephen/ St. Agnes School on May 30 to vet its recommendation. But it will not tell the public on its website what has been decided until noon of that same day. The interested public will have almost no chance to read, understand and react to the proposal before that meeting. T&ES actually has delayed the decision rollout by a month, presumably because of citizen "pushback," so it already has had ample time to document its choice.

Either the website material should be available to the public by Monday, May 27, or the meeting postponed for a week until June 6. Otherwise transparency on the part of the city is a sham. Residents have called upon TE&S Director Yon Lambert and City Manager Mark Jinks to effect a change. They should respond accordingly.

> Jack Sullivan Alexandria

Dangerous Scooter **Pilot Program**

To the Editor:

We are all very aware that Alexandria is a world-renowned historic city. Founded in 1749, its unique history and architecture make it one of America's finest cities of its type. Many of its founders, including George Wash-

ington, visited and dined frequently in Alexandria.

In fact, three of our first four presidents were Virginians, and spent much of their free time in Alexandria. Many 18th and 19th century residences are still standing, and add to this community's historic ambiance. However, the street grid structure in the Old and Historic District originates in 1749. These narrow streets and short blocks make for a very walkable Old Town, where many of the residences, shops, restaurants flank those short and narrow streets and sidewalks. But they are overly congested in some spots.

Unfortunately, the City Council decided to run a pilot program for scooters, even though traffic problems in Old Town already existed amongst the confluence of pedestrians, automobiles, buses and bicycles: none of whom obey any of our traffic laws. Thus, the advent of the scooter has only added to the difficulty of navigating one of America's most walkable, historic cities. There is absolutely no doubt that scooters should be banned from the Old and Historic District, as they are nothing more than incipient serious accidents, and traffic enforcement is minimal. Getting knocked down by a scooter going 25 miles per hour (rolling through a stop sign, no less) could result in an innocent pedestrian hitting their head on the pavement at about the same speed. Another scenario is to watch a toddler or pet injured from a collision with one of these rolling disasters. In the case of scooters in Old Town, a NIMBY ["not in my back yard"] is more than appropriate, if it will save a life or limb.

> Townsend A. "Van" Van Fleet

Hooray for Speed & Style Festival

To the Editor:

Well done to all the organizers, sponsors, volunteers and participants who made the first ever Old Town Festival of Speed & Style such a tremendous success. So few of us understand just how much hard work, planning, and money goes into making such an event go off so well.

Congratulations.

After so many attempts, over so many years of trying to bring such an event to King Street, the organizers of the Festival of Speed & Style did it, and did it right. I hope the City of Alexandria now sees

Observe Memorial Day

apt. Eugene "Red" McDaniel, a Vietnam Naval officer who spent six years in captivity as a POW at the infamous Hanoi Hilton prison, will be the featured speaker at the Memorial Day Remembrance Ceremony at the Alexandria National Cemetery, 1450 Wilkes St., May 27 at 11 a.m.

In Del Ray, the Friends of Rocky Versace organization will host the 17th Annual Memorial Day Ceremony at 11 a.m. at the Mount Vernon Recreation Center, 2701 Commonwealth Ave. The ceremony will honor Versace, a posthumous Medal of Honor recipient, the 67 other Alexandrians who died during the Vietnam War and all members of the U.S. Armed Forces who made the ultimate sacrifice.



just how popular such a show is,

and just how many people it at-

tracts. It was spectacular the num-

ber of people milling up and down

All the hard work paid off with

a very well run event. The fabu-

lous cars were amazing, the mu-

sic was great, and the fashion

show was a real crowd favorite. As

a spectator, I was truly impressed

by the show, the people, and the

Along with my fellow car enthu-

Charles Hulfish

Alexandria

siasts, I hope the Festival of Speed

& Style will be back next year, and

In all the planning to accommo-

date the summer shutdown of six

Metro stations, Alexandria trans-

portation staff have overlooked

the fastest trips to the Pentagon

Metro on the DASH AT3 & AT4

neighborhoods are sure to become

a one square mile commuter park-

ing lot as residents from DelRay.

Rosemont, OldTown, West End,

and Fairfax County commuters

The Parkfairfax and North Ridge

great reaction of the crowd.

King Street.

Lots?

buses.

To the Editor:

ing six years of captivity in Vietnam, will be the featured speaker at the American Legion's Memorial Day Ceremony at Both events are free and open **Alexandria National** Cemetery May 27 at 11

a.m.

drive to street parking along the AT3 & AT4 bus routes.

Capt. Eugene "Red"

his family greeting

McDaniel, shown with

neighbors following his

release in 1973 follow-

Already, 30 to 50 commuter vehicles per day park in Parkfairfax, and the drivers step on these buses. It's a convenient way to avoid Metro garages and shuttle buses in the morning, and in the evening, arrive at your car 20 minutes after leaving the Pentagon Metro station.

DASH CEO/GM Josh Baker needs to add buses to these two routes or suffer the wrath of morning riders left behind by standingroom-only buses skipping the last stops at Gunston Road and Martha Custis Drive.

Alexandria Police may be called upon to keep the peace between commuters and homeowners upset that interlopers are parking in the North Ridge neighborhood, close to their driveways.

Unfortunately, Mr. Baker's been focused on a "Transit

Vision Plan" scheme routing the AT3 & AT4 buses through

Shirlington, before proceeding to the Pentagon HOV lanes. The Alexandria Transit Co. Board must tell Mr. Baker to provide solutions to this summer's public transit riders' critical needs.

One would think years of successful numbers matter when planning DASH routes to the Pentagon Metro Station.

> Maria T. Wildes Parkfairfax

Alexandria Gazette Packet

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Beautification Awards

The Alexandria Beautification Commission is seeking nominations for their 2019 Beautification Awards. Nominees should demonstrate exceptional efforts in contributing to the beautification of their communities, neighborhoods and residences through architecture, landscaping or sustainable practices. Nominations will be accepted for the following six categories: Excellence in Architecture, Excellence in Sustainable Design, Green Practices in Beautification, Community Beautification, Residential Beautification, and Commercial Beautification. Nominees may be residents, businesses, organizations or community groups. Nominations must be received by Monday, May 27, via an online form at https://

www.surveymonkey.com/r/2019beautification. For more information: www.alexandriava.gov/beautification.



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Metrorail Stations Shutdown Arrives

From Page 1

services on its AT3 and AT4 routes to the Pentagon Station. OmniRide, an inter-jurisdictional bus system, and the Fairfax Connector will also beef up services.

"We are watching closely with WMATA [Metro] the bus run times," said Lambert. "Ensuring that the shuttles and buses are running with high frequency and on time is our number one priority."

MORE TRAFFIC

"We are not able to prepare traffic projections for specific segments this week," said city spokesman Craig Fifer. But for perspective, more than 40,000 commuters per day usually flow through Alexandria's four Metrorail stations — over 6,000 during a single hour in the peak morning rush. During planning last fall, Metro assumed about 60 percent of displaced riders would shift to shuttles or expanded bus services, leaving the rest to find other alternatives.

The city will make temporary "tactical changes" to improve traffic capacity on its roadways, said Lambert. Major changes will include:

• Washington Street/Abingdon Drive HOV: Increased passenger requirements to qualify for HOV, extended hours;

King and Washington Intersection: increased left-turn allowance, reduced parking along corners so buses can make the turn;

 Braddock Road Metro: bus bays and "kiss-and-ride" along West Street and Braddock Road, improved pavement markings;

King Street Metro: added bus bays and modified lane markings along Diagonal Road, more direct pedestrian detour to the VRE Station with no roadway crossings;

Van Dorn Metro: added bus bays along Metro Road, improved traffic signal to enhance safety for visually impaired pedestrians crossing the street;

Transit Signal Priority: transit vehicle signal priority at certain key intersections along shuttle bus routes to help keep shuttles from getting behind schedule;

Traffic Monitoring: added cameras and sensors to monitor traffic in order to make real time changes and deploy police and other equipment more quickly.

NEIGHBORHOOD IMPACTS

Station improvements will require 700 workers laboring 24 hours a day. Metro will provide parking and shuttle services for workers at Eisenhower and Huntington stations.

"The bottom line is that it's going to be disruptive for us," said Lambert. "The loudest work that will be occurring will involve saw cutting and jackhammering. The city staff is going to be closely monitoring, with respect to construction worker parking, dust and haul routes."

Residents can report complaints about construction noise to Metro at 202-637-700 or wmata.custhelp.com.

ECONOMIC IMPACTS

The shutdown will affect not only residents and commuters, but also tourists and

Northern Virginia Supplemental Service



visitors who bring their wallets to Alexandria.

The city earlier forecasted, as a result of the shutdown, hotel revenues will drop by about \$9 million and associated tax receipts \$600,000. Asked for additional economic impact estimates, such as drops in restaurant receipts, the city administration said it doesn't have any.

For more information, including help with alternative trip-planning, visit www.alexandriava.gov/TES, call the city government help desk at 703-746-HELP (4357).

DASH, Union Reach Tentative Agreement

From Page 3

you have lives at stake both inside and outside the bus. They [Metro] get paid well enough and we should get paid too. This DMV [District of Columbia, Maryland, Northern Virginia] area is very expensive to live in. How come I can work in this city but I can't afford to live in the city?" said former DASH employee Latanya Robinson.

Under the new agreement, DASH would automatically contribute eight percent of gross wages to full-time drivers' 401(k) retirement accounts, which the union says effectively compares to Metro's pension. DASH's current defined contribution plan offers employer matching, though the union says low wages make it hard for employees to contribute in the first place.

By year's end DASH would begin contributing to employee accounts for post-retirement health care coverage. DASH's annual contribution would start at \$150 in 2019 and rise to \$500 by 2022. The new arrangement would allow drivers to convert unused sick leave to incremental durations of postretirement health insurance coverage.

12 & Alexandria Gazette Packet & May 23-29, 2019

Retirees could also cash in up to 120 hours of unused sick leave.

City Manager Mark Jinks will recommend to council next month how to fund the new contract. Though City Council's recently adopted FY 2020 budget didn't include additional funds for this purpose, council can make an amendment of allocation outside the budget process.

The deal would also establish a new employee discipline and grievance process. Currently, employees may request (and help pay for) a "Neutral Party Review," which yields non-binding recommendations for management's consideration. The new process would culminate in independent arbitration.

The pending agreement would offer two recently terminated DASH drivers — Robinson and Yonas Aemiro — reinstatement. DASH fired Robinson for failing to follow a dispatcher's instructions relating to bus parking, among other things, and Aemiro for not returning on time from vacation. Union officials think the firings were retaliatory, since both Robinson and Aemiro served as official observers during the drivers' November unionization vote. In April, the union filed Unfair Labor Practice charges with the National Labor Relations Board to that effect, alleging also that the firings meant "to discourage union activities and/or membership."

Prior to Saturday's tentative agreement, a neutral party review found Robinson's termination "was not a 'fair and reasonable' response" to her infractions and recommended "she be reinstated to her position."

Asked last week to comment on the reviewer's findings, DASH General Manager Josh Baker said he couldn't discuss personnel matters.

But he added: "The rights of all of our employees has always been, and always will be at the core of our values."

"We all felt that her [Robinson's] firing was a shot at us," said Tyler Boos, a 3-year DASH employee and union bargaining committee member. "I definitely had a more strained relationship with management. It would appear that some opportunities to maybe advance in the company had dried up. I don't think they plan on promoting me any time soon." "I'm elated about the whole process," said Robinson. "I'm glad that I got my job back." "We had an incredible support network from the [union]," said Boos.

At the same time, the union has cautioned that it still wants to see more systemic changes.

"[DASH] does whatever it wants, almost no oversight by the city," Townsend told the Alexandria Democratic Committee's Labor Caucus on Wednesday, May 15. "I truly think that the city needs to put the DASH corporation in trusteeship, fire the general manager, fire his assistant, and really investigate" DASH's management history.

DASH, though owned and mostly funded by City Council, as well as governed by a council-appointed board, is an independent nonprofit.

"I^m pleased that they were able to reach an agreement that allows us to continue to provide a high level of service to our residents and support our drivers," said Mayor Justin Wilson. Though asked to comment on council's responsibility for DASH, neither he nor other council members responded.

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Panelists Weigh Costs, Benefits of Electric Scooters

From Page 1

transportation are a solution that is reaching many different demographics."

He also thinks city governments, which perhaps can't afford major new light rail systems and bus lines, benefit from private companies shouldering new transportation schemes' upfront capital costs.

According to Nicholas, the average Bolt trip in Alexandria covers about one mile and costs about \$4. Bolt averages about 6,000-7,000 rides per month, last month covering some 9,000 scootermiles.

"That's a lot of miles that would've typically been burned by gasoline-powered cars, which contribute over 34 percent of carbon emissions into our atmosphere, at least in this country," he said.

The EPA puts the figure lower - 29 percent of greenhouse gas emissions come from the transportation sector as a whole. A bit over half that comes from private vehicles, the rest from freight trucks, commercial airplanes, trains and ships.

Huddleston took a similarly positive view, calling e-scooters part of a "transportation renaissance.'

She says e-scooters provide a "low-cost form of transportation that solves this 'last mile' problem" - that is, a way for folks to traverse the last leg from the bus stop or Metro station to their final destination.

"What signal are we sending innovators and entrepreneurs who want to think outside of the box, who want to provide solutions to our transportation problems?" she said.

Hardaway, echoing complaints from other residents, expressed concerns about safety. He said he regularly sees e-scooter riders run stop signs without looking. In one case, he saw a man run a stop sign while carrying a small child on his shoulders.

Hardaway also questions escooters' appropriateness in Old Town's residential neighborhoods.

"I like technology. The scooters - ... the batteries, the GPS, the small motors - I like that. But that doesn't mean I like scooters in Old Town," he said.

"We get accused of being these privileged Old Town NIMBYs [not in my backyard]." But while Old Town "has become a playground" for tourists, "it's also a neighborhood, which the city all seems to forget," he said.

E-scooter companies are supposed to make sure their equipwww.ConnectionNewspapers.com

pedestrian access, driveways, private property, traffic or bus stops. Hardaway called this requirement "meaningless" and unenforceable.

Huddleston said some municiheavily restricted or banned escooters.

Nicholas thinks technology fixes

ment isn't parked so as to impede could address certain safety and GPS boundaries. For example, parking concerns. For example, Bolt e-scooters don't allow riders to accelerate until they've tested the brake.

To a certain degree, companies palities around the country have can control or at least encourage e-scooter use in certain areas through a method called "geofencing," or the establishing of

when a scooter enters a geo-fenced park, the scooter might automatically reduce the rider's maximum allowable speed, he said.

Or a company might offer riders financial incentives, like discounts off future rides, for parking their scooters within GPS-designated "corrals."

Nicholas also thinks existing public parking enforcement agencies could include e-scooters in their purview. Miami's parking enforcement department impounds improperly parking scooters and fines the owning company \$25 per offense — a cost the company can pass along to the offending rider.



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HISTORY Remembering Two Special Ladies

By Char McCargo Bah

rs. Norma Jennings-Turner had the guidance, support and education from two remarkable women who poured their endless love on her. Her mother was Esther Speaks-Jennings and her step-grand-

mother

Mattie Hackley-

Speaks. Those

two special ladies left a posi-

was

The Other Alexandria

tive impression on Norma.

Esther's mother, Georgia Lewis-Speaks died on Jan. 8, 1927 when the former was only 19 years old. Her father, Jessie Speaks remarried less than two years later to Mattie Hackley. Soon, Mattie and Esther bonded. Mattie had never been married before, nor did she have any children of her own. When Esther got married to Alexander Jennings, Mattie immediately felt a void in her life when Esther left home. Several months after Esther's marriage, she found out that she was expecting her first

child. When Norma was born, her parents were delighted and her grandparents were very excited to see the extension of their family. Months after Norma's birth, her mother found out that another baby was on its way.

Mattie loved children. She always wanted a family of her own but she married beyond her childbearing years. So when Esther was expecting her second child, Mattie asked Esther if little Norma can live with her grandparents. Esther knew Mattie was a loving and caring person that would take good care of her child. Esther agreed to let little Norma stay with Mattie and her father who just lived around the corner at 429 North Patrick St. from where she and her husband lived on Oronoco Street. Mattie was an excellent grandmother, she was very organized and she used time management well in raising Norma. She and Norma could be seen all over Alexandria visiting friends and neighbors.

Church was an important part of Mattie's life, she was a Methodist and her husband was Baptist. Mattie took Norma to her church,



Norma Jennings-Turner's parents: Alexander and Esther Jennings

Roberts Chapel Methodist Episcopal Church now called Roberts Memorial United Methodist Church. Every day, Mattie allowed Norma to visit her parents and siblings. By the time Norma was three years old, her parents had four children, and she now had three siblings. During Norma's home visits, she had the opportunity to hear her mother play the piano. During



Norma Jennings-Turner

her younger siblings' childhood, her mother stayed home but she taught piano lessons to supplement the family's household income.

When Norma was four years old, her grandmother decided it was time for her to have some schooling. Mattie approached two teachers, Mrs. Martha Miller and Mrs. Laura Dorsey, for school books for Norma. She taught Norma reading, math and proper pronunciation of words. Mattie scheduled Norma's lessons everyday using the Jack and Jill books. By the time Norma started school, she was way ahead of her classmates at Parker-Gray. The teachers noticed her strong academic skills and promoted her twice to higher classes. Norma graduated at the age of 15 from Parker-Gray. Due to lack of funds, she attended Virginia State College for one year, then she applied for a job with the United States government where she worked and then retired with 39 years of service.

Norma Jennings-Turner was born on Aug. 5, 1931. She is the oldest child of Alexander and Esther Speaks-Jennings. Her siblings are Doris Jennings-Duncan (deceased), Jesse Alexander Jennings and Julia Jennings Caldwell.

Mrs. Turner gives credit for her successes in life to two women, her mother, Esther who allowed her step-mother to raise her, and to Mattie who loved her unconditionally. Norma excelled in everything she did.

Char McCargo Bah is a published author, freelance writer, independent historian, genealogist and a Living Legend of Alexandria. She maintains two blogs, http://www.theotheralexandria.com and http://www.findingthingsforu.com.





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Senior Living

Skincare after 55

Adjusting the regimen for senior skin as one ages.

By Marilyn Campbell

rom fine lines to age spots. normal changes in the skin are inevitable as it matures. Skincare after 50 doesn't need to involve plastic surgery or products with a high price tag. There are simple options for treating the conditions that appear as one ages.

"Everyone ages differently, but you may notice your skin is drier and thinner and starting to look like paper," said dermatologist Shelly Hall, M.D. "You may notice that you're developing more age spots wrinkles and creases. Your skin might be blotchier and irritated easily. You also might notice that you skins heals more slowly."

One of the top recommendations for aging skincare is sunscreen. "For most of us, skin gets more fragile as we age. That's why it's essential for seniors to take extra care and protect themselves from the sun," said Susan Yohe, gerontology nurse for the Fairfax County Health Department. "In addition to using a high-SPF sunscreen, we also recommend long, loose fitting clothing that covers the skin, and a widebrimmed hat when outside. This will help keep you safe and preserve your skin."

"Wear sunglasses to reduce lines around eyes," added Hall. "Slather on sunscreen that offers broad-spectrum protection and stay out of the sun between 10 a.m. and 2 p.m. It's so important because the sun can

lamps expose your skins to UV rays which can also make your skin age faster."

too much exposure to the son, warns Hall. "Everyone should see a dermatologist for a skin care exam at some point."

Wash your face twice a day, but avoid using soap, suggest Hall. "Use warm water and a mild cleaner, but don't scrub."

"Vitamin A cream can reduce fine wrinkles," said Hall. "It also helps with rough skin and hyper-

pigmentation or discoloration that comes with aging and overexposure to the sun. Products that contain Vitamin C can lead to healthy skin and may reverse the negative effects of aging."

Getting adequate sleep promotes healthy skin, says Hall. "It gives our body and skin time to refresh and renew."

Diet and lifestyle also play a role in the way one's www.ConnectionNewspapers.com



Photo by Marilyn Campbeli Berries of all types are rich in antioxidants.

"Berries are great for the skin

vegetables especially parsley

and lettuces offer tremendous

inflammation down. Green, leafy

- Sara Ducey, Professor of Nutrition,

because they help keep

nutrition."

age your skin prematurely. Indoor tanning and sun skin ages. Eliminating smoking, decreasing alcohol consumption and eating fresh fruits and vegetables and foods rich in Omega-3 offer the nutrients neces-Watch for skin cancer that can occur because of sary for healthy, glowing skin, says Sara Ducey, pro-

fessor of Nutrition at Montgomery College.

"Water is especially important for keeping skin hydrated," she said. "Fish is particularly important, especially fatty fish that are rich in Omega-3 fatty acids like salmon and tuna. Berries are great for the skin because they help keep inflammation down.

Green, leafy vegetables especially parsley and lettuces offer tremendous nutrition."

A simple and holistic approach is the foundation of skincare, advises Hall.

"The bottom line is maintaining a healthy lifestyle, eating a healthy diet and practicing sun protection," she said.



*Subject to weekly availability -some restrictions may apply



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ENTERTAINMENT

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ONGOING

- The "Weekends" Kiln Club Show. Through May 26, gallery hours at Scope Gallery, 105 North Union St., ground floor Studio 19 of the Torpedo Factory Art Center. Artisan creations are as unique as that match made in heaven, ideal as an anniversary gift, engagement congratulations or to commemorate the hoopla of getting hitched. Capture a moment in clay, recall a scene with ceramics and upgrade important goings-on with Scope Gallery. Call 703-548-6288 or visit www.scopegallery.org for more.
- Kathryn Coneway Exhibit. Through May 31, at Huntley Meadows Visitor's Center, 3701 Lockheed Blvd., Alexandria. Coneway's mixedmedia art combines collage and photographic transfers, and it expresses her observations of nature. She uses mulberry paper to create a ground of color and texture. A reception will be held Sunday, March 10 from 2-4 p.m. Students from Kathryn Coneway's winter class at Huntley Meadows will also display work. Visit www.fairfaxcounty.gov/ parks/huntley-meadows.
- Creative Aging Festival. Through May 31, in locations around Fairfax County. The Creative Aging Festival supports Fairfax County's 50+ Community Action Plan's Arts Initiative to promote arts programming for and by older adults. Core objectives include encouraging older adult participation in the community's many public and private arts program; promoting public understanding of the benefits of older adult participation in the arts; and providing awareness to the broader community about the existing arts services for older adults in Fairfax County. This year's Creative Aging Festival is presented by Fairfax county Neighborhood and Community Services in collaboration with ARTSFAIRFAX. Visit the Creative Aging Festival site at bit.ly/
- FairfaxCreativeAgingFestival.
 Art Exhibit: "Transcend." Through June 2, Wednesday-Sunday, 11 a.m.-7 p.m. at Torpedo Factory Artists @ Mosaic Gallery, 2905 District Avenue, #105, Fairfax. Featured work by juried artists from the Torpedo Factory Art Center represent a variety



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 at Huntley Meadows Park Visitors Center, 3701 Lockheed Blvd., Alexandria. Visit www.fairfaxcounty.gov/parks/park-news/2019/psa057 for more.

of media including painting, printmaking, photography and 3-D mediums explore the theme of transcendence. A reception is planned for Thursday, May 9, 6-9 p.m. Visit

www.torpedofactoryartists.com for more.

Art Exhibit: "Sacred Feminine." Through June 2, gallery hours at Del Ray Artisans Gallery, 2704 Mount Vernon Ave. This show explores female energy, the power of life and birth; it connects that energy to ideas, expressions, dreams, life and all of existence. Tap in to your Sacred Feminine and channel the goddess. Visit DelRayArtisans.org/exhibits.

Art Exhibit: "Re-Connecting Threads." Through June 2, at VCA Alexandria, 2660 Duke St. Gallery Without Walls celebrates fiber in a re-visit to last November's "Connecting Threads" gallery exhibit. "Re-Connecting Threads" features traditional and non-traditional fiberrelated art by Del Ray Artisans members while highlighting narratives that trigger nostalgia or comfort, and in doing so communicate meaning that goes beyond the literal definition of the materials. Visit DelRayArtisans.org/

- exhibits/gww/. Art Exhibit: Lyrical Flight. Through June 2, at the Athenaeum, 201 Prince St. Barbara Januszkiewicz's luminous and elegant paintings evolved out of her early work in watercolor, a progression evident in the almost liquid flow of colors across her large compositions. On June 2, Small Creatures Dance Project will perform Light Exists, a piece choreographed in response to Januszkiewicz's Lyrical Flight exhibit. The performance is free and will occur at 1 p.m., prior to the gallery talk at 2 p.m. Visit nvfaa.org or call 703-548-0035.
- Photography Exhibit: "Tonal Visions." Through June 15, gallery hours at Multiple Exposures Gallery, Torpedo Factory Art Center #312, 105 N. Union St. Featuring work by Alan Sislen. The highly graphic, black and white architectural images in this exhibit explore the range and beauty of tones that might or might not have existed, but were visible in the mind of the photographer. Whether it's the darkest tones that convey a sense of mystery, the brightest tones that attract attention, or the mid-tones that provide the connecting tissue, it is this range of tonalities that shapes the lines, curves, volumes and objects to give the structures life beauty and meaning. This exhibit is an exploration of tonalities. Visit www.MultipleExposuresGallery.com or call 703-683-2205

Living Legends of Alexandria: African American Activists. Through July, Tuesday-Saturday, 10 a.m.-4 p.m. at the Alexandria Black History Museum, 902 Wythe St. Living Legends of Alexandria: African American Activists highlights the work of African American men and women who have made important contributions to the growth and productivity of the City of Alexandria. Call 703-746-4356 for more.

3 Ways to Spend Memorial Day Weekend

By Hope Nelson

t's not breaking news that Memorial Day weekend is largely considered the kickoff to the summer season. But beaches and cookouts aren't the only ways to spend the long weekend. How about crawfish boils, pub trivia and ravioli?

APPETITE Society Fair's Crawfish Boil, May 25

Back from the brink of despair, Old Town's Society Fair continues to chug along with panache. Settle into the holiday weekend with a vast array of Cajun favorites. The café and market hosts a crawfish boil this weekend offering up crawfish, Andouille sausage, corn on the cob and baked potatoes. Beverages and other menu items will add to your tab. 277 S. Washington St. 4-8 p.m. \$39; reservations recommended.

Honor Brewing Visits Hops n Shine. May 25-28

Chantilly's Honor Brewing Company, a veteran-owned brewery, makes its way to Del Ray's Hops n Shine this weekend to commemorate Memorial Day. Both the Desired Effects Double IPA and Line of Sight lager will be on draft, and \$1 of each Honor Brewing beer goes to benefit Operation Turbo, which ships care packages to troops stationed worldwide. The beers will remain on tap all weekend long. 3410 Mount Vernon Ave.

Game of Thrones Trivia at Port City Brewing, May 26

On the heels of the brewery's all-day soiree on Saturday, Port City hosts a Game of Thrones trivia afternoon on Sunday. This trivia matchup is actually the second of its kind; the first Game of Thrones-themed battle was so popular that the powers-thatbe have elected to run an encore. Got a hunger pang while matching wits with the rest of the community? Rocklands Barbecue's food truck will be on hand for a pick-me-up. 3950 Wheeler Ave. 2-5 p.m. Reservations recommended.

Ravioli-Making at Bon Vivant Cafe, May 26

Who says Memorial Day weekend dining is all about cookouts and barbecues? Bon

Vivant takes another angle with a raviolimaking class for children, whereby youngsters ages 9 to 14 can pick up a thing or two about the fine art of how to make pasta by hand. In conjunction with Together We Cook, the café becomes a schoolroom for a couple of Sunday-afternoon hours, teaching children how to make their own spinach and ricotta ravioli — and a panzanella salad on the side. 2016 Mount Vernon Ave. 4-6 p.m. \$49. Reservations recommended.

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

Entertainment



Walkway by Alan Sislen.

Photography Exhibit: 'Tonal Visions'

Featuring work by Alan Sislen. The highly graphic, black and white architectural images in this exhibit explore the range and beauty of tones that might or might not have existed, but were visible in the mind of the photographer. Whether it's the darkest tones that convey a sense of mystery, the brightest tones that attract attention, or the mid-tones that provide the connecting tissue, it is this range of tonalities that shapes the lines, curves, volumes and objects to give the structures life, beauty and meaning. This exhibit is an exploration of tonalities. The exhibit runs through June 15, gallery hours at Multiple Exposures Gallery, Torpedo Factory Art Center #312, 105 N. Union St. Visit www.MultipleExposuresGallery.com or call 703-683-2205.

Mount Vernon Farmers Market. Wednesdays (through Dec. 18), 8 a.m.-noon at Sherwood Hall Regional Library, 2501 Sherwood Hall Lane. The McCutcheon/Mount Vernon Farmers Market opened May 1 with an array of farmfresh produce and local foods, plus some new features (fresh brewed coffee!). 17 local farmers and producers will sell fresh, locally grown vegetables and fruits; meats; Chesapeake Bay seafood; breads and pastries; honey, jams and jellies; milk, cheese and eggs; herbs and plants; and more. Visit www.fairfaxcounty.gov/parks/ farmersmarkets.

FRIDAY/MAY 24

Symphony of Frogs. 7:45-9:15 p.m. at Huntley Meadows Park, 3701 Lockheed Blvd. Join a naturalist for an indoor discussion and a guided walk to listen for serenading frogs and toads. Learn the calls of a bullfrog, southern leopard frog, green frog, tree frog, American toad and more. The weather and time of season will affect what frogs will be calling. Ages 6-adult. \$8. Call 703-768-2525 or visit www.fairfaxcounty.gov/ parks/huntley-meadows.

SATURDAY/MAY 25

- **Pillars to Pavers.** 10 a.m. and 2 p.m. at Lee-Fendall House Museum & Garden, 614 Oronoco St. This walking tour will explore the streets of Alexandria with stops to highlight how buildings have been preserved and reused for future generations to enjoy. \$35. Call 703-548-1789 or visit www.leefendallhouse.org.
- Scotch Irish and German Westward Migration Through Virginia. 3 p.m. at Duncan Branch Library, 2501 Commonwealth Ave. Virginian author, and Virginia Tech professor, Dan Thorp discusses his research into the Scotch-Irish and German family migration through Virginia during the 19th century. Learn more about the broader Virginian family during this year's All Alexandria Reads. Visit www.alexandria.lib.va.us or call 703-746-1705.
- www.ConnectionNewspapers.com

- Tips for Selecting Native Plants. 10:30 a.m.noon at the Beatley Library Reading Garden, 5005 Duke St. Find out which plants are easiest to grow, because they already call this area home. Learn how to select appropriate plants that will thrive best in the conditions. Discuss some best practices for planting and maintenance and some tips and techniques to help attract birds, butterflies and pollinators to a garden. Free. Call 703-228-6414 or email mgarlalex@gmail.com. Reserve a spot at mgnv.org/public-education-events/vcehorticulture-programs-registration/. Outdoor Pool Season Begins. Get ready for
- summer with an individual or family season pass, usable at all three of the City of Alexandria's outdoor pools. All outdoor pools are open from 10 a.m.-5:45 p.m. on Memorial Day, Independence Day and Labor Day. For a complete list of City pools, operating hours, fees and additional information, visit alexandriava.gov/Aquatics.
- Old Town Pool (1609 Cameron St.): This complex includes a 25-yard pool with a diving well. A separate training pool is available for children up to 42 inches tall. Easily accessible by ramp, the training pool has a depth of 1-3 feet. For added convenience, a parking lot, picnic area and tot playground are adjacent to the
- pool.
 Memorial Pool at Charles Houston Recreation Center (901 Wythe St.): This small pool can accommodate a maximum of 45 guests at one time. Due to its smaller size, access is limited to Alexandria residents 13 years of age and younger, and their parents or guardians.
- Warwick Pool (3301 Landover St.): This newly constructed, 25-yard shallow pool features an accessible sloped entry pool and six swimming lanes. The pool is located adjacent to the Landover Street playground.
- Potomac Yard Park Interactive Fountain (2501 Potomac Ave.): Located between Potomac Yard Park's two playgrounds, the fountain features 36 water jets and lighting for nighttime effects. The fountain offers three

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Alexandria Gazette Packet 🚸 May 23-29, 2019 🚸 17

Entertainment

programmable sequences, and sensors control the water jet height based on wind speed in the area, adjusting the jets accordingly. The fountain features a secondary ultraviolet water treatment system. Shoes are required.

SUNDAY/MAY 26

- The Crown-Fact or Fiction? 1-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. (Adults) The lavish British monarchy series, The Crown, portrays the public and private life of Queen Elizabeth II and her family in astonishingly intimate detail, but how much is fact and how much is dramatic license? Programs are by reservation only. \$32 (program + tea); \$12 (program only), Call 703-941-7987, TTY 703-324-3988.
- Take a Step Back 400 Years. 2-4 p.m. at Huntley Meadows Park, 3701 Lockheed Blvd. How did the Powhatan Native Americans use the plants and animals you see every day for their medicine, groceries, clothing and fun? Grind corn, make a clay pot, master corn darts and go on a guided tour to see the park from the perspective of a Virginia Indian. For participants age 4-adult. \$12 per person. Call 703-768-2525 or visit www.fairfaxcounty.gov/parks/ huntley-meadows.

MONDAY/MAY 27

- **Park Authority Salutes Military** with Free Admission Day. The Fairfax County Park Authority will honor those who serve and have served in the U.S. Armed Forces with a free day for military families at RECenters and lakefront parks on Memorial Day. Families can enjoy such amenities as pools, fitness rooms, drop-in fitness classes, gyms and mini-golf. The lakefront parks offer amusements such as carousel rides, boat rides, train rides, minigolf and camping. Amenities vary by location. Excludes the Water Mine, regulation golf and food vendors.Visit www.fairfaxcounty.gov/parks/ honoring-americas-veteransmemorial-day for details.
- Memorial Day Jazz Festival. 1-6 p.m. at Waterfront Park, 1A Prince St. The City of Alexandria invites the public to the 42nd Annual Memorial Day Jazz Festival. The Jazz Festival



Georgia by Patricia Howard.

Art Exhibit: 'Transcend.'

Featured work by juried artists from the Torpedo Factory Art Center represent a variety of media including painting, printmaking, photography and 3-D mediums explore the theme of transcendence. Through June 2, Wednesday-Sunday, 11 a.m.-7 p.m. at Torpedo Factory Artists @ Mosaic Gallery, 2905 District Avenue, #105, Fairfax. Visit www.torpedofactoryartists.com for more.

will feature a variety of talented musicians and diverse styles of jazz throughout the day. Waterfront Park features lawn seating and attendees are welcome to bring lawn chairs, blankets and picnic baskets. Food will be available for purchase. Grilling and alcoholic beverages are prohibited, and pets should be left at home. Admission is free. Visit alexandriava.gov/Arts, or call 703-746-5592.

MAY 27-JUNE 30

Riding the Rainbow. Gallery hours at Scope Gallery at 105 North Union St., ground floor Studio 19 of the Torpedo Factory Art Center. Blinding color and vivid mixes are in the glaring spotlight for the "Taste the Rainbow" tribute to LGBTQ Pride Month at the Torpedo Art Center's Scope Gallery. Hues are huge as Ceramic Guild artists play with clay with an eye for celebratory color. Call Scope Gallery at 703-548-6288 or visit www.scopegallery.org.

TUESDAY/MAY 28

- Digital Bookmobile. 10 a.m.-2 p.m. at Charles E. Beatley, Jr. Central Library, 5005 Duke St. Exhibit traveling from coast to coast presents an interactive reading experience to learn about and try ebooks and audiobooks available through Alexandria libraries. Tours are free and open to the community; full Digital Bookmobile schedule at www.digitalbookmobile.com. Readers with a valid library card can borrow their favorite titles 24/7 by visiting alexandria.overdrive.com. Halving the Bones - Diverse
- **Documentaries**. 7 p.m. at Barrett Branch Library, 717 Queen St. Author Ruth Ozeki (A Tale for the Time Being) directs this autobiographical documentary about her family and growing up half Japanese and half American. Visit www.alexandria.lib.va.us or call 703-746-1703.

THURSDAY/MAY 30

The Search for Another Earth. 7 p.m. at Burke Branch Library, 4701 Seminary Road. The Search for Another Earth This presentation will outline the types of exoplanets that have been found, how they were discovered, and if any known exoplanets could possibly support life. Visit www.alexandria.lib.va.us or call 703-746-1704.

FRIDAY/MAY 31

Call for Entries. The 13th annual Alexandria Film Festival call for entries is open to filmmakers worldwide for films of any length and genre via the FilmFreeway digital platform (filmfreeway.com/ AlexandriaFilmFestival-523023). Judges will evaluate more than three hundred films and select the best for the Alexandria Film Festival (AFF).

SATURDAY/JUNE 1

- **Used Book Sale.** 10 a.m.-4 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane. Selection of over 20,000 gently used books, including children's books, fiction, history, biography, home and garden, cooking, crafts, sports, religion, travel, CDs, DVDs, and more. Unless specially priced, \$1 for hard backs, 50 cents for large paperbacks, and 25 cents for mass market paperbacks. Visit www.fairfaxcounty.gov/library/ branches/friends-of-sherwoodregional.
- Summer Saturdays. 11 a.m.-4 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. Join Gunston Hall for a summer of fun. Each Saturday in June, July, and August, stop by for a historic adventure on the grounds and in the Visitor Center. Included with regular admission. Call 703-550-9220 or visit www.gunstonhall.org/visit/guide/
- upcoming-events. **Priday Night**. Noon-11 p.m. at Port City Brewing Company, 3950 Wheeler Ave. Kick off Pride Month at Port City Brewing Company and celebrate Alexandria's diverse community with the Alexandria-Arlington Gay and Lesbian Alliance (AGLA). Enjoy musical entertainment, outdoor games and activities along with featured artists

from the Torpedo Factory Art Center, topped off with a drag show from 7-9 p.m. A portion of all sales from the night will be donated to support AGLA's mission. Call 703-797-2739 or visit www.portcitybrewing.com. **10th Annual Youth Arts Festival.** 1-

- **10th Annual Youth Arts Festival.** 1-5 p.m. at Mount Vernon Recreation Center, 2701 Commonwealth Ave. This family-oriented festival showcases youth art (visual and performing arts prepared and/or performed by students from the Alexandria public and private schools. Festival also features, face painting, interactive art presentations, dunking tanks, food, and fun activities for all family members. Email info@arha.us or visit www.arha.us.
- Bitters Tasting Party. 3-5 p.m. at Green Spring Gardens, 4603 Green Spring Road. (21-Adults) Botanical bitters add flavor and zest to much more than cocktails. Learn about these aromatic flavorings that evolved from ancient medicines, and experience many flavors they impart. Discover that a few drops add zest to myriad foods and drinks, from summertime seltzers and ice creams, to savories, coffee and baked desserts. (Tasting will not include cocktails.) \$35/person. Register online at www.fairfaxcounty.gov/ parks/parktakes/ using code 3E3.03F7 or call Green Spring Gardens at 703-642-5173.
- **Concert: Sounds of Pohick.** 4 p.m. at Historic Pohick Church, 9301 Richmond Highway, Lorton. "The Sounds of Pohick" annual concert will feature the St. Cecelia and St. Alban Children's Choirs, the Pohick Pickers bluegrass group, the Pohick Bell, and the Early Church Music Ensemble performing spirituals, hymns, anthems and instrumental music. Musical instruments will include guitars, fiddle, bass, tin whistle, Celtic harp, organ, piano, keyboard and percussion. Free admission, and a reception follows in the parish hall. Call the church office at 703-339-6572, or visit www.pohick.org.
- Wine on the Water. 6-8 p.m. at Verdence, 44 Canal Center, 5th Floor Balcony. Enjoy wines and charcuterie, bid on auction items, and listen to the sound of steel drums....all while enjoying spectacular views of the nation's Capital. \$85; \$100 at the door. Call 703-582-8480 or visit
- www.alexandriaseaport.org.
 Country-Western Dance. 7-9:30 p.m. at Lincolnia Senior Center, 4710 North Chambliss St. The Northern Virginia Country-Western Dance Association will hold a dance with lessons, 6-7 p.m. and open dancing, 7-9:30 p.m. A DJ provides music. Couples and singles of all ages welcome. Admission for members \$10; non-members \$12; children under 18 accompanied by a paying adult \$5. Smoke-free, alcohol-free. BYO refreshments. Visit www.nvcwda.org for more.

SUNDAY/JUNE 2

Tee Off to End Homelessness. 2-5 p.m. at TopGolf Alexandria, 6625 S Van Dorn St. Fundraiser benefits Community Lodgings. Join for food and drink, three hours of unlimited golf, prizes, and opportunities to mingle with friends and fellow Community Lodgings supporters. Golf abilities are not required, just the desire to have fun and support a worthy mission. \$60. Visit www.communitylodgings.org to register.

MONDAY/JUNE 3

Garden Sprouts Spring-Nature Playgroup. 10-11:30 a.m. at Green Spring Gardens, 4603 Green Spring Road. (3-5 yrs.) Preschoolers enjoy

www.ConnectionNewspapers.com



Dancing Days, Inspired by Led Zeppelin, acrylic on watercolor paper, 20" x 24", 2018

Art Exhibit: Lyrical Flight

Barbara Januszkiewicz's luminous and elegant paintings evolved out of her early work in watercolor, a progression evident in the almost liquid flow of colors across her large compositions. Through June 2, at the Athenaeum, 201 Prince St. On June 2, Small Creatures Dance Project will perform Light Exists, a piece choreographed in response to Januszkiewicz's Lyrical Flight exhibit. The performance is free and will occur at 1 p.m., prior to the gallery talk at 2 p.m. Visit nvfaa.org or call 703-548-0035.

Entertainment

nature-themed toys and puzzles while playgroup parents meet one Monday a month. Through games, songs, activities and a garden walk we explore monthly topics. The June topic is Pond. \$8/child. Register online at www.fairfaxcounty.gov/ parks/parktakes/ using code EDA.040C or call Green Spring Gardens at 703-642-5173.

WEDNESDAY/JUNE 5

Getaway-Maymont & Lavender Fields. Departs Green Spring Gardens, 4603 Green Spring Road at 8 a.m., returns 5 p.m. (16-Adult) Includes motor coach and admission. Begin the day with a tour of the Gilded Age mansion of Maymont and the surrounding gardens. Enjoy lunch, stop at Lavender Fields Farm for an herb class, with choice of lavender lemonade or lavender ice cream. Wear comfortable walking shoes and dress for the weather. Trip cancelation deadline: May 22, 2019. \$113 Register online at www.fairfaxcounty.gov/parks/ parktakes/ using code:5EB.5170 or call Green Spring Gardens at 703-642-5173.

THURSDAY/JUNE 6

- Pride at The Dog Park. 1-3 p.m. at The Dog Park, 705 King St. Fourlegged friends can celebrate Pride Month in style with rainbow bow ties, collars and flower bows from The Dog Park. The boutique will also be selling LGBTQ-friendly pawprint magnets for pup owners. Call 703-888-2818 or visit
- www.thedogparkva.biz. ALX Pride 2019 Mix & Mingle. 7-9 p.m. at Torpedo Factory Art Center, 105 N. Union St. Celebrate D.C.'s Capital Pride Celebration with a special mix-and-mingle Thursday night in Alexandria. Enjoy the Torpedo Factory Art Center's studios and get to know others from the local LGBTQIA community. Call 703-746-4570 or visit
- www.torpedofactory.org. **D-Day at 75: Looking Back and Looking Forward.** 7-9 p.m. at The Lyceum, 201 S. Washington St. The Alexandria-Caen Sister City Committee presents a panel to discuss the significance of D-Day. Remember the 75th anniversary of the Normandy landings and consider the impact of this turning point in world history, then and now. Stay for a wine and dessert reception afterwards. \$10 per person. Tickets available onsite or online at shop.alexandriava.gov.

JUNE 6-30

Art Exhibit: "Art in Meditation – the Chakras." Gallery hours at Del Ray Artisans Gallery, 2704 Mount Vernon Ave. "Art in Meditation – the Chakras" features area artists interpreting the chakra energies. The exhibit, juried by contemporary artist Jeff Erickson, will have an associated Art-To-Go marketplace and special events, First Thursday June 6 and Well Ray June 22. Opening reception Friday, June 7, 7-9 p.m., and summer solstice reception Friday, June 21, 7-9 pm. Visit DelRayArtisans.org/ exhibits.

JUNE 6-JULY 21

Art Exhibit: Notes of Color. Gallery hours at the Athenaeum, 201 Prince St. The Washington Sculpture Group presents Notes of Color. An opening reception is planned for Sunday, June 8, 4-6 p.m. Visit nvfaa.org or call 703-548-0035.

FRIDAY/JUNE 7

Garden Talk: Be A Water-wise

www.ConnectionNewspapers.com



"Dream Weaver Frida" by Dawn Wyse Hurto and Liz Martinez (artwork in exhibit)

Art Exhibit: 'Re-Connecting Threads'

Gallery Without Walls celebrates fiber in a re-visit to last November's "Connecting Threads" gallery exhibit. "Re-Connecting Threads" features traditional and non-traditional fiber-related art by Del Ray Artisans members while highlighting narratives that trigger nostalgia or comfort, and in doing so communicate meaning that goes beyond the literal definition of the materials. Through June 2, at VCA Alexandria, 2660 Duke St. Visit DelRayArtisans.org/exhibits/gww/.

Gardener. 1:30-2:30 p.m. at Green Spring Gardens, 4603 Green Spring Road. (Adults) Gardening is going "green!" Extension Master Gardeners discuss how to conserve and manage water using plant selection, soil preparation, irrigation and many other practices. \$10/person. Register online at www.fairfaxcounty.gov/ parks/parktakes/ using code 025.B34A or call Green Spring Gardens at 703-642-5173.

- Hurricane Season Reading. 6:30 p.m. at Hooray for Books!, 1555 King St. Juvenile fiction author Nicole Melleby will visit Hooray for Books! to read her debut novel, Hurricane Season. The story follows sixthgrader Fig Arnold and features LGBTQ+ characters. The children's book is suitable for readers ages 10 and up. Free admission. Visit www.hooray4books.com or call 703-548-4092.
- Opening Reception: "Art in Meditation – the Chakras." 7-9 p.m. at Del Ray Artisans Gallery, 2704 Mount Vernon Ave. "Art in Meditation – the Chakras" fortune

Meditation – the Chakras" features area artists interpreting the chakra energies. The exhibit, juried by contemporary artist Jeff Erickson, will have an associated Art-To-Go marketplace. Visit DelRayArtisans.org/exhibits.

FRIDAY-SUNDAY/JUNE 7-9

Celebrate Fairfax! Festival. Northern Virginia's largest community-wide event, the 38 th annual Celebrate Fairfax! Festival, is set to take place on the grounds of the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Celebrate Fairfax! Festival features 25 acres of concerts, family programs, exhibits, carnival rides and nightly fireworks. Among the festival's highlights are more than 120 performances on seven stages, including Better Than Ezra and Smash Mouth. Call 703-324-3247 or visit www.celebratefairfax.com.

SATURDAY/JUNE 8

- Summer Saturdays. 11 a.m.-4 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. Join Gunston Hall for a summer of fun. Each Saturday in June, July, and August, stop by for a historic adventure on the grounds and in the Visitor Center. Included with regular admission. Call 703-550-9220 or visit www.gunstonhall.org/visit/guide/ upcoming-events.
- Floral Design Contemporary **Pave Arrangement.** 1-2:30 p.m. at Green Spring Gardens, 4603 Green Spring Road. (16-Adult) Certified Floral Designer Betty Ann Galway shares techniques for constructing and balancing a beautiful, contemporary, pavé floral arrangement of grouped flowers. Pavé design groups flowers in a grid, like a paver, for a gorgeous, modern effect. Make and arrangement to enjoy at home. Later, reuse the container to practice. Materials provided for \$30 supply fee. Program fee is \$39/person. Register online at www.fairfaxcounty.gov/parks/ parktakes/ using code 9C6.A2DC or call 703-642-5173.





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Thursday - Lasagna Night Friday - Fish Fry

Saturday & Sunday - Full Brunch Buffet with Omelette Station





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News



Fourth Straight WCAC Title

The Bishop Ireton girls lacrosse team captured its fourth straight WCAC (Washington Catholic Athletic Conference) title on Monday, May 13, defeating Our Lady of Good Counsel High School 11-7 at Ludwig Field in College Park, Md. Reilly Casey '20 propelled the Cardinals (15-5) to victory with four goals and four assists, along with Sydney Foster's '19 hat trick and two goals by Briana Lantuh '19. Goalie Ashley Bowan '21 also made six key saves during the game. BI has won five of the last six WCAC titles.

TC Crew Takes Two Golds

.C. Williams upper boats took home two gold medals and a silver in the upper boats portion of the Virginia Scholastic Rowing Association (VASRA) state championships on the weekend of May 11-12. It was the last race of the high school crew career for rowers who are graduating seniors. The weekend's results clinched the overall points trophy for the state championship.

Racing on an unseasonably chilly day at Occoquan in the VASRA's championship, the men's junior four and women's junior double won gold, as the women's 1V eight, racing in the 2V category, won a silver medal.

In the women's junior double final, T.C. Williams, with a time of 6:40.50, topped W. Albermarle's 6:43.05 and Battlefield's 6:59.80.

In the men's junior four race, the T.C. Williams boat won with a time of 5:43.70, ahead of Great Bridge with a time of 5:45.70 and Oakton, which had a time of 5:50.42.

In the women's 2V race, T.C. Williams, with a time of 5:39.73, came in second to McLean's 5:35.60. Oakton was third with 5:48.33.

T.C. Williams made a tough call just before the race, so that the women's 1V boat raced in the 2V category, and the 2V raced in the 1V category, where it advanced to the final. The girl's team ultimately took the points trophy with the strategy.

"State championships were defi-



TC women's double won gold.



nitely a challenge for our varsity team across all the boats, 1V, 2V and lightweight eight. We all went into categories we hadn't previously raced in," said Paula Filios, coxswain of the 1V, and a graduating senior. (The lightweight eight's took gold previously, racing in the junior varsity category, due to a lack of boats in the league to make up an entire category.) "It See TC Crew, Page 22

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The Weak After

By KENNETH B. LOURIE

And now the fun begins. Not! For some reason, I can't get the Journey song, "Lovin', Touchin', Squeezin'" out of my head, except that my lyrics are "Waitin', Wonderin', Hopin'." I'll know the results of last week's diagnostic scans soon enough, on Tuesday in fact, the day before this column publishes, when we have our next usual and customary post-scan, face-to-face appointment with my oncologist.

As it is presently scheduled, what having a Tuesday appointment after the preceding Wednesday scan means is, we won't have received the results prior to our appointment. The interval of time is too short.

on Friday, nine days out, as it has been on many occasions, my oncologist felt compelled (maybe because we 'compelled' him) to email the us scan's results rather than make us wait so long. But six days is not quite so long enough before he'll be seeing us, so I am humming a Journey song in the interim.

And let me tell you, going in cold (not knowing the results beforehand) "is all it's cracked up to be" -- to invoke a quote by "Hawkeye" from M*A*S*H when talking to Radar about his widowed mother being alone.

But I won't be alone on Tuesday; my wife, Dina, will be along for the ride. A ride she has made many times, especially during the early years of heavy-duty chemotherapy when infusion days, start to finish could last upwards of 10 hours, door to door.

The process for these post-scan appointments is somewhat different, 45 minutes or so.

It begins in an examining room with yours truly being examined/questioned by a nurse ("Are you in any pain?") followed by her checking my vitals: oxygen level, pulse and blood pressure ("Mr. Lourie, you're blood pressure is high." "You bet it is.").

After she enters the information on the computer, she'll excuse herself and as she exits the examining room she advises us that the doctor will be in shortly.

Typically, with 15 minutes or so, depending on his schedule, we'll hear a knock on the door and my oncologist's voice asking if it's OK for him to enter. "Yes, of course," we say.

The way the examining room is configured, the examining chair, where I'm sitting, is on his immediate left, partially blocked from his view as he opens the door. Dina is sitting in a chair directly ahead of him and in clear sight as he enters the room. This means she'll see his face before I do and instinctively she'll try to read his expression and body language for a hint of what's to be said.

Occasionally, he breaks the ice immediately and says something like "scans look good, very pleased," knowing that we as patients are hanging on his every word. Other times, he says very little as he sits at his computer and begins asking the standard questions with which we are all too familiar.

This exchange will last about five to 10 minutes, depending on my interruptions. Generally, within the context of this exchange, the subject of my scan results will be mentioned.

This is the moment of truth.

I can't really say it's worth waiting for, good news or bad. It's more about enduring. Unfortunately, we can't change much about

this process. I have a "terminal" disease and scanning is the process by which the doctor can assess my health. Waiting for this assessment is the absolute bane of my existence.

And now with a more frequent scanning schedule, every two months, I am "bane-ing" nore than ever before. I can't say it's a perfec set of circumstances, but it's my journey and I'm stuck with it.

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



News **TC** Crew

From Page 20

was definitely a plus to have come away with the girls points trophy."

"I learned more than I ever thought I would," she added. "I wouldn't have wanted to end my five years on the T.C. Williams crew team with any other group of girls, they definitely showed me their fight this year and inspired me to hold my head up high."

BULLETIN BOARD

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

TUESDAYSTHROUGH MAY 28

- Medicare In Depth. 10 a.m. at 4401 Ford Avenue, Suite 103. Learn about the multiple parts of Medicare, enrollment dates, and how to get the most out of Medicare insurance coverage. This presentation is given by Medicare counselors from the Division of Aging and Adult Services. Free. Registration is required; space is limited. Call 703-746-5999 or email VICAP@alexandriava.gov.
- Tuesday, May 28 Medicare Part D (Medicare Prescription Drug Plans)

MAY 25-SEPT. 8

Metro Station Closures. Starting Saturday, May 25, the six Blue and Yellow line stations south of Ronald Reagan Washington National Airport (Braddock Road, King Street, Eisenhower Ave., Huntington, Van Dorn Street and Franconia-Springfield) will be closed for full platform reconstruction and major station improvements. To expedite construction and minimize customer inconvenience, the following stations will remain closed through Sunday, September 8, 2019. Read more at www.wmata.com/service/ rail/PlatformProject/.

MONDAY/MAY 27

- City Offices. Closed for Memorial Day. Memorial Day Ceremony. 11 a.m. at the Alexandria National Cemetery, 1450 Wilkes St. The American Legion Post 24 of Alexandria will be holding its annual Memorial Day ceremony. The National Alexandria Cemetery will have small American flags at each headstone and during the ceremony several wreaths will be placed at select headstones. A speaker will provide a reading and youth community organizations will also participate in the service. Light refreshments at the Post 24 clubroom will follow the ceremony for all participants and attendees. Visit www.valegionpost24.org for
- more Nomination Deadline. The Alexandria Beautification Commission is seeking nominations for their 2019 Beautification Awards. Nominees should demonstrate exceptional efforts in contributing to the beautification of their communities, neighborhoods and residences through architecture, landscaping or sustainable practices. Submit nominations at www.surveymonkey.com/r/ 2019beautification.Visit www.alexandriava.gov/ Beautification or contact Oscar Mendoza, Division Chief at Oscar.Mendoza@alexandriava.gov for more.

WEDNESDAY/MAY 29

Senior Health & Fitness Fair. 9:30 a.m.-noon at The Lee Center, 1108 Jefferson St. This annual Health and Fitness Fair is sponsored by the City's Successful Aging Committee and will feature a discussion from Inova Alexandria Hospital about how to maintain a healthy weight as we age, and good nutrition tips. Breakout sessions follow with a cooking demonstration from Brandywine Assisted Living's chef; healthy screening for blood pressure and glaucoma as well as fitness programs including tai-chi. Free. RSVP online at seniorservicesalex.org/event/senior-healthfitness-fair or call 703-836-4414, ext. 110.

www.ConnectionNewspapers.com

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When the post-scan appointment had been



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#WeAreAlexandria



Old Town | \$5,499,000

The Sanford Dempsey House is an in-town historic estate that has been masterfully expanded & updated to modern luxury standards. 9,000+ SF of living space with 6 bedrooms, 6.5 bathrooms, impressive rooms for entertaining, double garage + 3 off-street parking spaces. Mary Ellen Rotondo 703.472.5454 www.FineLivingRE.com



Old Town Village | \$1,499,000 Beautifully renovated TWO-LEVEL, townhome that feels like a single-family home! 2,800+ SF, 3 bedrooms, 2.5 baths. Re-designed chef's kitchen with granite and stainless, a wine room, luxurious master bath remodel, 2 courtyards, 2-car garage & much more! 409 S Henry St. Mary Farrell 703.969.5522

www.choosemaryfarrell.com



Fords Landing | \$1,425,000

End unit with 2-car garage just steps to the Potomac River. 3+ levels with 3 bedrooms and 3.5 baths. Kitchen features Viking and Electrolux appliances. Completely renovated master bathroom. Walkable lifestyle included with purchase. 738 Fords Landing Way **Kristen Jones 703.851.2556** www.alexandriabykj.com



Mount Vernon | \$925,000

Magnificent Colonial with 6,000+ SF of elegant living space. Formal living and dining rooms for entertaining plus a huge sunroom. Open concept family room and kitchen. Breakfast room opens to deck. Finished basement with 2 bedrooms & full bath. 3813 Nalls Rd. **Stephanie Myers 703.362.7736 Kristy Crombie 571.969.1774**



Alexandria | \$799,000 #justdarling! Classic Colonial with gleaming hardwoods, designer paint choices, 4 bedrooms & 3 full baths! Private rear patio and a landscaped fenced yard! One car garage and 3 finished levels! The 3-season garden room is sun-lit & sparkling! 1800 Hunting Cove Pl.

Janet Caterson Price 703.622.5984

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Belmont Bay | \$495,000

A BRAND NEW PRICE comes with soothing views of the Occoquan River. 2,080 SF of exceptional living space. 2-bedroom + den, 2-bath, corner unit includes a snazzy kitchen and 2 garage parking spaces in popular Harbor Point East. 440 Belmont Bay Dr #104 Waldi Crawford 703.629.5655 www.WaldiCrawford.com

Old Town Village | \$615,000

Looking for vibrant community life AND value privacy? Don't miss this 2-level, 2 bedroom, 2.5 bath condo townhouse with its private street entry, comfortable rooms, gas fireplace, proximity to Whole Foods & Metro, plus community pool, fitness center and more! Ann Duff 703.965.8700 www.AnnDuff.com



Springfield | \$539,900

Recently refreshed, this 4-bedroom home sits on a large corner lot with fenced yard and patio. New flooring on the main level and carpeting on the upper level. Living room with fireplace. Lower level den, bedroom, full bath and utility room. 8021 Ellet Road **Richard McGuire 703.627.1985** www.RichardMcGuire.net



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