

Senior Living
PAGE 11

MAY 23, 2019

NPS speaker warns of serious erosion.

Significant habitat changes are likely at Dyke Marsh as a result of rising water levels, according to Geoffrey Sanders, a National Park Service biologist.

Sanders provided a detailed technical presentation on the rising water levels along Dyke Marsh and the surrounding area at the Huntley Meadows Park Meeting Room on May 15. His presentation reinforced the widely held assumption that rising sea levels are causing serious erosion of Dyke Marsh and other marshes and wetlands areas in this metro region. However, his modeling analysis did not include the impact of the Dyke Marsh / U.S. Army Corps of Engineers restoration efforts, which are in their formative stages.

Adding to the complexity of predicting the scope and character of rising sea level impacts was the announced temporary delay of restoration efforts due to current seasonal limits on construction to protect fish, birds, and other wildlife during their breeding and migration season. Therefore, Sanders was



SEE RISING WATERS, PAGE 3 **Cranes lower marine material to the river bottom to form the foundation of the breakwater.**

Commitment to community colleges cited.

Glenn Fatzinger, a Mount Vernon civic activist and philanthropist, was selected for the 2019 Chancellor's Award for Leadership in Philanthropy for Virginia's Community Colleges. The award, which he received this spring, was based on

his longstanding support of Virginia's Community Colleges. This included co-founding the Northern Virginia Community College Educational Foundation, and the establishment of an endowed nursing scholarship in honor of his



Fatzinger

wife, Harriet H. Fatzinger, who died in 2011. Two partial nursing scholarships are awarded annually to Northern Virginia Community College students in her memory.

His most recent Chancellor's Award resulted in one full scholarship to be awarded in his name

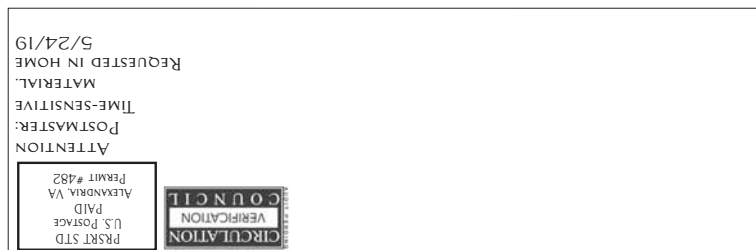
to a community college student. Since 2011 he has raised more than \$100,000 for the NOVA nursing scholarship program.

Asked what he is most proud of as a local civic activist, Fatzinger said his service on the board

his service on the board of the Mount Vernon Council of Citizens Associations; co-founded the Mount Vernon Community Band, and played for 35 years in the concert band of the Northern Virginia Community College; taught courses in business and history as an adjunct professor at the

Northern Virginia Community College; co-founded the Northern Virginia Community College Foundation which has so far raised \$25 million toward scholarships; served on the board of the Northern Virginia Community College (1978-85), and on the board of the Fairfax County Park Authority

(1974-79) when he contributed to the effort to establish the Mount Vernon Recreation Center Indoor Ice Rink. In 2016, Fatzinger was appointed by the Board of Supervisors to the Fairfax County History Commission where he continues to serve as the secretary to the board.





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Helicopter Noise Irritates Homeowners

Davison Airfield in Fort Belvoir is not being neighborly, some residents say.

BY MIKE SALMON
THE GAZETTE

They're coming in low, out of the rising sun, the helicopters at Davison Airfield in Fort Belvoir, and the Mount Vernon residents that live around the Army base are not happy. The helicopters reportedly fly at all hours and the sound rattles the walls at some residences.

"They fly directly over our roof, you can hear the windows rattling," said Christie Capps, a Lorton resident. "Sometimes it's all night long," she said.

The residents have been vocal about this noise invasion and in January, U.S. Rep. Don Beyer (D-8) was among several local politicians that sent out a release requesting a study of helicopter noise in the Washington, D.C. area. Their goal was to "identify strategies to minimize the negative impacts of helicopter activity without impeding the work of the agencies operating helicopters within the region."

Beyer's office is continuing to pursue a resolution. "Although I was unsuccessful last year, I am again pushing forward legislation in the 2016 National Defense Authorization Act that would review all helicopter flight paths in the National Capital Region, including those used by the Department of Defense, to assess whether some helicopter trips could be at higher altitudes, and if so, revise the official flight maps for the region. I'm also pushing forward legislation that would create a website for feedback and noise complaint recording, and seeking other potential opportunities for noise reduction,"

he said.

Mount Vernon District Supervisor Dan Storck (D) has heard about it too and works with Beyer's office. Fort Belvoir is a Federal base, and Fairfax County does not have much authority to enforce flight regulations. "We are regularly in contact with Congressman Beyer's office and am currently awaiting information regarding what additional avenues there may be for residents," said Camela Speers, communications director in Storck's office.

According to Joe Richards, director of public affairs at Fort Belvoir, the amount of flights out of Davison has not spiked significantly lately though some residents feel it has. "The Fort Belvoir garrison has not been advised of any specific increase in regular scheduled flights into or out of the airfield. There are training requirements that are necessary to maintain proficiently, also unscheduled special missions are required that may appear to suggest that there is an increase in scheduled activity," he said in an email.

Richards continued: "Davison is committed to being a good neighbor

"They fly directly over our roof, you can hear the windows rattling."

— Christie Capps, a Lorton resident

bor to the surrounding communities, users of Davison Army Airfield exercise leadership in achieving an appropriate balance between efficiency, technological practicability, and environmental concerns, while maintaining the highest level of safety in efforts to mini-



PHOTO CONTRIBUTED

The helicopter traffic at Davison supports transportation operations in the National Capital Region, and Military District of Washington.

mize aircraft noise while operating within the Davison Army Airfield local flying area."

HELO HISTORY

Davison Airfield is on Fort Belvoir land between Richmond Highway and Telegraph Road. It was named for World War II aviation engineer Brig. Gen. Donald Angus Davison, according to information on Wikipedia.

The airfield provided support for Army One from 1957 to 1976 for presidents Dwight Eisenhower, John F. Kennedy, Lyndon Johnson, Richard Nixon, and Gerald Ford. Its role of support for the presidential helicopter ended in 1976 when responsibility for the helicopter was trans-

ferred to the United States Marine Corps. The Civil Air Patrol National Capital Wing uses a small tower for use during exercises and flights, and bases four small airplanes there, the Wikipedia page stated.

"Presently, the Army conducts continuous airfield and transportation operations in support of the National Capital Region, and Military District of Washington," Richards said.

SHARING CONCERNS

On "Nextdoor Newington," an interactive website where residents discuss various issues, the helicopters at Davison has caused a stir, even pitting some residents against one another. Responses

came from Lorton Station, Terra Grande, Pohick Estates, Newington and Lorton. "I moved here 25 years ago and it was so quiet I didn't even know Davison was there for years. And in all these years, I've never heard air traffic as bad as it has gotten in the past year," said one resident. "Military helicopter traffic is heavy this morning and some are flying just above the treeline," said another.

Then there was the airfield supporters. "Sorry — lived here all my life and my husband and I thoroughly enjoy this. We sit on our deck, identify each type and wave as they go overhead," said one.

"Maybe you shouldn't have

SEE NOISE, PAGE 17

Rising Waters and Dyke Marsh

FROM PAGE 1

cautious with his conclusions because, as he pointed out, his analysis was not completed. He did ultimately say that significant erosion is taking place and was quoted as saying adverse habitat impacts were taking place as a result of rising water levels.

Glenda Booth, president of the Friends of Dyke Marsh, served as moderator and one of the co-sponsors of the event. "Dyke Marsh is

a jewel and a complex ecosystem, valued by many locally and nationally.

However, sea level rise and a rising tidal Potomac river are sending a strong message to governmental decision-makers to prepare for more flooding and more severe storms," she said. "Global warming's impact on the tidal Potomac is a call to action for all of us; to reduce harmful greenhouse gas pollution that is warming the planet and at the root of this challenge."



A surveyor works on the shoreline near the Mount Vernon Parkway and helps guide the crane operators in placing the marine material in the proper place.

Some Workers Hurt by Shutdown Weren't Paid

Connolly, Beyer, Wexton hold field hearing on government shutdown's impact on federal contractors.

By Andrea Worker
The Gazette

Thousands of furloughed government employees suffered during the shutdown. Many were forced to seek public and and/or private assistance to meet basic needs and financial obligations. But during their ordeals, those government employees knew that when they returned to work they would eventually receive back pay.

The same is not true for the businesses and employees who contract their services to the federal government. There is no provision for lost personal compensation or company revenues from projects that came to a grinding halt on Dec. 22. For many of them, the shutdown hasn't really ended, as they continue to struggle with late payment notices, loss of revenue, negative impacts to future business, the risk to security clearance statuses, and in some more severe cases, the loss of health benefits, means of transportation, and even their homes.

U.S. Rep. Gerry Connolly (D-VA 11) took his U.S. House of Representatives Committee on Oversight and Reform Subcommittee on Government Operations for a road trip on May 6. Connolly and colleagues Rep. Eleanor Holmes Norton (D-D.C. at-large),

Jamie Raskin (D-MD 8), Jennifer Wexton (D-VA 10), and Don Beyer (D-VA 8) convened the session in a meeting room at George Mason University in Fairfax to hear testimony from area federal contract business leaders, and individuals who had been personally affected by the latest – and longest – partial government shutdown.

TO GET THE "REAL PICTURE" of the shutdown's effect on the government contracting world is what brought Connolly and the other subcommittee members out of their House Chambers and into the virtual streets.

"Virginia's 11th District is home to about 55,000 federal employees ... for every federal employee in my district, we estimate there are roughly about 1.5 contractors," Connolly said in his opening statement. That means an additional 82,000-plus residents of just this one area were not per-

forming the work of government in cybersecurity, general security, technology, analytics, communications, maintenance, and much more – and not getting paid – during the shutdown, or compensated for wages lost after government resumed on Jan. 25, 2019.

"Contractors serve important roles alongside federal employees, they respond to citizens in need by answering phones in call centers, they analyze classified intelligence information, and they help maintain agency information technology (IT) systems, secure federal buildings, and provide the federal government and American taxpayers with goods and services. They are laboratory technicians, machinists, janitors, cafeteria workers, cybersecurity experts, and engineers. Our government would not function without them," Connolly said.

Government employees received their back pay. Federal contractors did not.

"This disparity is wrong," said Connolly.

On the first panel to provide testimony were Ed Grabowski, president, Local 2016, International Association of Machinists and Aerospace Workers; Roger Krone, CEO, Leidos; David Berteau, president and CEO, Professional Services Council; Alba Aleman, founder and CEO, Citizant; and Michael Niggel, CEO, Advanced Concepts & Technologies.

Grabowski's Local 2016 represents about 700 workers in aerospace, including lab technicians, crane operators, helicopter pilots, propellant mechanics and other highly-skilled and difficult-to-replace and quickly train employees. A large percentage of Local 2016's membership, including Grabowski himself, are veterans of the armed services. The shutdown and the lack of "make-

whole compensation" has had a profoundly negative impact on them. "We must remember that the financial loss experienced by these workers ripples through the communities they live in, ... not to mention the deep financial impacts ... that will affect retirement investment, education funding, and general savings for emergencies," said Grabowski.

Reston-based Fortune 500 giant Leidos, with 32,000 employees in more than 30 locations may have fared better than smaller government contractors, but CEO Krone reported that they still lost an estimated \$14million in revenue.

"But more importantly," said Krone, "we saw work on 22 programs of significant importance to our country stall or come to a screeching halt."

Company financials and concerns for country aside, Krone said the focus of his

SEE SHUTDOWN, PAGE 8



Members of the US House of Representatives Committee on Oversight and Reform Subcommittee on Government Operations, chaired by Gerry Connolly (D-11) held hearings at George Mason University to investigate the impact of the recent partial government shutdown on federal contractors.

PHOTOS BY ANDREA WORKER/THE GAZETTE



The first panel to testify before the committee.



The second panel of witnesses brought even more personal experiences to the proceedings, describing their own hardships and those of workers in lower-paid positions or who work through programs for the disabled.

NEWS

Police Seek Next of Kin

Detectives from the Major Crimes Bureau are investigating the death of a man that occurred on May 5 in the 2200 block of Huntington Avenue. Officers were initially called to the area around 9:15 p.m. for a man reported to be lying outside of a restaurant and not breathing. Officers and rescue personnel arrived and adminis-



Lemus

tered CPR. The man was taken to a hospital where he was pronounced dead. He was preliminarily identified as 26-year-old Crystian Leonel Avalos Lemus with no fixed address.

The Office of the Chief Medical Examiner has yet to determine Lemus's cause and manner of death. It appears the man suffered a medical emergency and detectives do not suspect foul play.

Detectives are asking for help in identifying any friends or family members of Lemus to confirm his identity and to assist with final arrangements.

CRIME REPORT

The Mount Vernon District Police Station reported the following incidents.

DESTRUCTION OF PROPERTY/ GRAFFITI/BIAS INCIDENT: 6500 Quander Road (West Potomac High School), May 18, 6:15 a.m. School security found graffiti on the property. Derogatory statements and male genitalia were spray painted sometime overnight.

ROBBERY: 4100 block of Main Street, May 18, 12:30 a.m. While returning to his apartment, two men approached the victim, assaulted him and took his cell phone. The suspects ran away.

WARRANT SERVICE: 6800 block of Lamp Post Lane, May 14, 7:45 a.m. A family member reported that a 25-year-old man from Alexandria arrived home following a domestic assault that occurred earlier. Officers responded and

confirmed the man was wanted on outstanding arrest warrants for burglary, larceny third or subsequent, assault and destruction of property. With the assistance of the Special Operations Division, the man was safely taken into custody for the outstanding warrants and held on no bond.

STOLEN AUTO WITH APPREHENSION: Richmond Highway/Frye Road, May 7, 8:38 a.m. Officers were notified of stolen Maryland license plates on a Ford Explorer. Officers found the SUV, initiated a traffic stop and arrested the driver. A 60-year-old man from Washington D.C. was charged with two counts of receiving stolen goods and driving on a revoked license.

COMMERCIAL ROBBERY: 6138 North Kings Highway (7-Eleven), May 9, 2:44 a.m. A man entered the store, displayed a handgun and demanded money. The man took an undisclosed

amount of cash and ran away. He was described as black, in his mid-20s, 5'8"-6', thin and wearing dark clothing.

MAY 21 LARCENIES
6500 block of Hillside Lane, bicycle from residence
8300 block of Leesburg Pike, glasses from business
7100 block of Mason Grove Court, packages from residence
6300 block of Richmond Highway, merchandise from business
STOLEN VEHICLES
2000 block of Huntington Avenue, 2017 Suzuki Colt motorcycle

MAY 20 LARCENIES
Poinsettia Drive/Dart Drive, tools from vehicle
7900 block of Audubon Avenue, tools from vehicle

SEE CRIME, PAGE 18

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NEW LISTING
OPEN SUNDAY 1-4



Alex/Riverside Estates Lower \$600s
3120 Little Creek Lane
 This is the Yorkshire everyone has been waiting for...Stunning and beautifully updated 4BR, 2.5BA Colonial with 2 car garage and spectacular yard backing to the woods. Roof, gutters, and HVAC 2019, HWH 2015, updated kitchen and baths with ceramic, granite, and SS. Beautifully refinished hwd floors on main and upper levels, freshly painted interior and new carpet in finished lower level. 5 minutes to Ft. Belvoir, 15 minutes to Alexandria, Old Town, 28 minutes to National Airport and 30 minutes to the Pentagon! This is a gem?

OPEN SUNDAY 1-4



Alex/Riverside Estates \$594,900
8318 Cherry Valley Lane
 Popular updated "B" model Colonial with 4BRs, 2.5BAs, 2 gas FPLs and a single car garage, all on a beautifully landscaped lot. Numerous updates: refinished hardwood floors on main and upper levels, freshly painted interior, double pane windows and a delightful screened porch overlooking a beautiful backyard. Family rm on main level with a gas FPL and a 2nd gas FPL in the finished basement. 10 mins to Ft. Belvoir- 30 mins to Natl' Airport. This market is hot so come on over and take a look.

UNDER CONTRACT



Alex/Riverside Estates \$579,850
3012 Battersea Lane
 Riverside's popular "Yorkshire: colonial featuring 3 finished lvls, 4 spacious BRs, 2.5 updated Baths & a large 2 car garage, all on a beautiful corner lot. Numerous updates include the roof, replacement double pane windows, HVAC system, hot water heater, refinished hwd floors on the main lvl w/ Travertine flooring in the family rm. Additional finished space in the basement w/ a rec rm & utility rm. Great location: 7 mins to Ft. Belvoir, 15 mins to Old Town, Alex, & 28 mins to Natl Airport. All this for less than \$580,000.

UNDER CONTRACT



Alex/Sulgrave Manor \$530,000
4002 Old Mill Road
 Beautiful 3 lvl brick split on a large, lovely .5 acre lot w/ lots of trees & privacy. Spacious kitchen w/ eating area that looks out to a beautiful screened porch & brick patio perfect for grilling & entertaining. 3 spacious BRs & 2 full updated baths on the upper lvl. The lower level offers a 4th BR, Family room w/ walk-out utility room & 3rd full bath. 5 minutes to Ft. Belvoir, 15 minutes to Old Town & 30 mins to National airport. Great price on this Stunning Home!!

UNDER CONTRACT



Alex/ Riverside Estates \$659,000
8332 Wagon Wheel Road
 \$100,000+ of outstanding renovations in Riverside Estates popular "B" model Colonial w/ garage. New roof, deck, front door & A/C in '18. Kitchen & baths in '17. Kitchen totally gutted & opens to Living & Dining rms, includes: quartz tile counters, six burner gas range by Miele, new hwd floor, SS appliances & beautiful stained cabinets. All 3.5 baths are gorgeous. MBR combined w/ another bedrm to offer a beautiful suite including a huge walk-in closet to die for. Beautifully finished lower lvl offers a 4th bedrm & 3rd full BA along w/ an inviting Rec rm - perfect for a Nanny or Au Pair. DBL pane windows & 6 panel doorsof course!!! Totally turnkey, enjoy!!!

SOLD



Alex/Riverside Estates \$699,900
8334 Blowing Rock Road
 Start with Riverside Estate's Popular "B" Model Colonial, add a 2 car garage, above that large garage add a huge addition consisting of 2BRs, & a 3rd full bath; not done yet, throw in a large in-ground swimming pool & separate hot tub, both updated in 2016, last but not least build a beautiful 12'x9' covered screened porch looking out at the pool & hot tub. Also, freshly painted interior, refinished hwd flrs on main & upper lvls. Furnace & A/C replaced in 2016. Updated kitchen & baths. What you have...a once in a lifetime home which is expanded to offer a wonderful in-law/Nanny's suite, & lastly on a wonderful, quiet cul-de-sac!!

SOLD



Alex/Riverside Estates \$564,900
8309 Bound Brook Lane
 Riverside's largest Colonial model w/ 4 large BRs, 2.5 BAs & large 1 car garage. 2000 sq.ft. on the main & upper lvls plus 900 or so sq.ft. in the basement. A great floor plan w/ a spacious kit, dining rm, living rm & family rm & half bath greet you on the main lvl. 4 large bedrms & 2 full baths on the upper lvl. The basement has a large "L" shaped rec rm & a separate utility rm w/ a stairwell taking you to a beautifully landscaped & fenced bkld. Updates include a brand new roof, double pane replacement windows, a remodeled half bath & stunning refinished hwd floors on the main & upper lvls.. Priced in the mid 500's to allow you to create quick equity w/ a fresh paint job & some updates in the kit. Minutes to Ft. Belvoir (S) & Old Towne (N).



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OPINION

Vote June 11, It's Fairfax County's Election Day

Most local races in Fairfax County are likely to be decided in June, don't wait for November.

Make a plan to vote in the Fairfax County Democratic primary by June 11. Otherwise count your self out. Most of the path for the future of governance in Fairfax County will be decided when the votes are counted that day.

All polling places will be open on June 11, polls are open from 6 a.m. until 7 p.m.

At least four members of the 10-member Board of Supervisors will be new. The chairman will be new, although possibly a former district member.

The two at-large vacancies in the county have the power to change the political and social climate of the county, and to set priorities for

reform. Every ballot in Fairfax County will have at least these two races for the Democratic primary, and it is so important to turn out and vote for them:

- ❖ Commonwealth's Attorney
- ❖ Chairman, Board of Supervisors

Races that will be on the ballot depending on location:

- ❖ Member Virginia Senate, 31st, 33rd or 35th Districts
- ❖ Member House of Delegates, 38th or 49th Districts

- ❖ Member Board of Supervisors, Braddock District
- ❖ Member Board of Supervisors, Hunter Mill District
- ❖ Member Board of Supervisors, Lee District
- ❖ Member Board of Supervisors, Providence District

Sample ballots can be seen at www.fairfaxcounty.gov/elections/upcoming.

You can vote absentee in person at the Fairfax County Government Center until June 8.

- ❖ Monday, Tuesday, Wednesday, and Friday, 8 a.m. to 4:30 p.m.
- ❖ Thursday, 8 a.m. to 7 p.m.
- ❖ Saturday June 1, June 8, 9 a.m. to 5 p.m.

Upcoming Voter Photo ID Events

- ❖ The Office of Elections is open during normal business hours to provide the opportunity to register to vote or obtain a free voter photo ID if needed. 12000 Government Center Parkway Suite 323 Fairfax, VA 22035 703-222-0776
- ❖ Sherwood Regional Library June 1, July 6, Aug. 3, Sept. 7, and Oct. 5 10 a.m. until 2 p.m. 2501 Sherwood Hall Lane Alexandria, VA 22306

Satellite locations listed are open one day only, Saturday, June 8, from 9 a.m. to 5 p.m.

- ❖ Franconia Governmental Center
- ❖ Herndon Fortnightly Library
- ❖ Lorton Library
- ❖ Mason Governmental Center
- ❖ McLean Governmental Center
- ❖ Mount Vernon Governmental Center
- ❖ North County Governmental Center
- ❖ Providence Community Center
- ❖ Sully Governmental Center
- ❖ West Springfield Governmental Center

See www.fairfaxcounty.gov/elections/absentee.

Remember Memorial Day's Significance

BY PAUL KRIZEK
STATE DELEGATE (D-44)

This weekend will be a fun and busy one for many of us as we kick off the summer with the three-day Memorial Day weekend. But let us remember to pause and think about the meaning of the upcoming Memorial Day, and reflect on and honor the memory of our loved ones, ancestors and relatives, friends and neighbors who gave their lives for our country.

It is with the deepest gratitude that we all share for the ultimate sacrifice of our fallen heroes.

Our nation wouldn't be the great country it is today, a shining light of democracy, a beacon of hope for refugees and asylum seekers,



were it not for the sacrifices of our heroic predecessors, including our allies, especially in the two World Wars.

My English mother's father is buried in Le Havre, France. He was a private in the Royal Army Medical Corps and died in battle in 1940. My other grandfather was an immigrant to America from Bohemia who organized fellow Czech and Slovak immigrants to become Legionnaires to join the French Army to fight against the Austro-Hungarian Empire, an ally of Germany, in what was then the "Great War," which was renamed World War I after World War II. Most Americans can point to similar stories of sacrifice to our great nation.

This holiday has deep roots here in Virginia. According to the Richmond-Times Dispatch, Warrenton, Va. was the location of the first Civil War soldier's grave ever to be decorated on June 3, 1861. In addition to decorating graves, there were earlier celebrations in the South that were solemn occasions which included families and veterans honoring the dead and

tending to local cemeteries.

Memorial Day was established by General John Logan and occurred on May 30, 1868 at Arlington National Cemetery, where both Confederate and Union soldiers were buried. While this day began as one to honor the almost half a million soldiers who died during the Civil War, by the turn of the 20th century, the holiday was extended to honor all Americans who died while in the U.S. military service. Memorial Day became a federal holiday in 1971.

Every year, a wreath is laid on the Tomb of the Unknown Soldier, and small American flags are placed at each of the over 260,000 grave-stones in Arlington National Cemetery. Thank you to the many volunteers, especially the Scouts and soldiers, who have taken part in this solemn recognition.

So, enjoy a wonderful and safe long weekend. But, as we celebrate the start of the summer season, take a moment to remember those many courageous souls who paid the ultimate sacrifice in service to our country.

VOICE Demands Action, Not Rhetoric

After its candidates forum on May 19 at Bethlehem Baptist Church, VOICE (Virginians Organized for Inter-faith Community Engagement) issued the following policy statement demanding action on specific solutions to move Fairfax County closer to the aspirational goal of "One Fairfax."

I. ENSURE THAT THE CHILDREN OF FAIRFAX COUNTY HAVE AN EQUI-TABLE STARTING POINT IN LIFE.

Thousands of VOICE leaders have said for them this means Pre-K, access to quality after-school and summer programming, investment in the sorely neglected Gum Springs Community Center that is a vital hub, and an increase in school mental health workers.

Establish quality after-school & summer pro-

gramming at Title One Schools and at the Gum Springs Community Center.

Provide Pre-K for all Fairfax 4-year-olds from low-income families.

II. KEEP FAMILIES & COMMUNITIES TOGETHER.

Fairfax must raise its affordable housing fund to \$60M in new monies over the next 4 years, and then to \$120M in the next 10 years to ensure communities that have lived here for decades can continue to afford to do so and to allow for anticipated population growth. In order for Fairfax County to meet its own stated affordable housing goals of 15,000 new units of affordable housing, it must increase new

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News



Ready To Perform

West Potomac High School Symphonic Orchestra graduating seniors gather as they prepare for their final concert. From left are Kiki McDonnell, Julia Ashworth, Beatrice Castro, Glenn Campagna, Ryan Odegard, Annabel Zlatich, Elijah Harkless, Mareen Cukor, and Alexandra Shaul. The orchestra will perform at the annual Pops Concert at West Potomac High School, 6500 Quander Road, on May 29, 7-9 p.m. Admission is free.

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.

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/.

THURSDAY/MAY 30

Interfaith Ramadan Dinner. 7:30 p.m. (registration); 8 p.m. (program starts) at Fairfax County Government Center – Cafeteria, 12000 Government Center Parkway, Fairfax. Join for an Interfaith Ramadan Dinner hosted by Fairfax County Chairwoman Sharon Bulova. Call to prayer and dinner are at 8:30 p.m. Register at bit.ly/fxcounty2019.

FRIDAY/JUNE 7

AARP Chapter Meeting. 1 p.m. in room 102, of the Hollin Hall Senior Center for Creative Retirement, 1500 Shenandoah Road. Join AARP Mount Vernon Chapter #3198 for their monthly meeting for fun, fellowship and community updates. All are welcome. After a brief business meeting they will have a program of country and bluegrass music and refreshments. Contact Beverly Medlin at 703-765-3963.

SATURDAY/JUNE 8

Caregiver Workshop. 11 a.m.-3 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Join this Caregiver Workshop with Pete Shrock, nationally known grief and crisis responder, focusing on building resilience through caregiving

challenges. This is a free event, and all caregivers and family members are invited to attend. Lunch will be provided. Visit insightmcc.org, to register or contact Lindsey Vajpeyi at 703-204-4664 or lindsey.vajpeyi@insightmcc.org.

TUESDAY/JUNE 11

Park Authority Summer Jobs. 10 a.m.-1 p.m. at the Herrity Building, 12055 Government Center Parkway, Fairfax. This year the Fairfax County Park Authority's Rec-PAC summer camp program will operate at 45 elementary school locations around Fairfax County on weekdays from July 1-Aug.8, 8:15 a.m.-3:45 p.m. Applicants are required to bring an original Social Security Card and a DMV photo ID. Only those who are 18 years of age and older will be considered. Visit www.fairfaxcounty.gov/parks/recpac/jobs or email Recpac@fairfaxcounty.gov.

FRIDAY/JUNE 14

Application Deadline: Fire Academy. The Fairfax County Fire and Rescue Department is now accepting applications for its Girls Fire and Rescue Academy summer camp, which will take place July 11-13, 2019. The Academy is open to female students who will be in grades 7-12 in the upcoming 2019-2020 school year. Participants must be a Fairfax County resident. Free. Visit www.fairfaxcounty.gov/fire-ems.

SATURDAY/JUNE 15

Boating Safety Classes. 7:30 a.m.-5 p.m. at the Washington Farm United Methodist Church, 3921 Old Mill Road. Prepare for boating season by taking one of the Boating Safety classes offered by U.S. Coast Guard Auxiliary Flotilla 25-08. Virginia, Maryland, and the District of Columbia have varying requirements for boaters before they may legally operate certain motorized vessels on their respective waterways. Register with Jeff Burt at jdburt@verizon.net or 703-307-6482.

SEE BULLETIN, PAGE 17

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Forum Gives Voice to Community Members

How to make “One Fairfax” tangible.

The following information was provided by VOICE (Virginians Organized for Interfaith Community Engagement).

On May 19, the four Democratic candidates for the chair of the Fairfax County Board of Supervisors gathered at Bethlehem Baptist Church for a Candidates’ Forum organized by VOICE. The crowd of 650 public housing tenants, Latino immigrants, high school students, and others — from African American, Latino, white, Muslim, Jewish, and Christian families — came together to demand action on the county’s proposed “One Fairfax.” VOICE is an organization of organizations, consisting of 52 faith institutions throughout Northern Virginia.

Rev. Austin Almaguer of Vienna Baptist welcomed the crowd and pointed out that elections for chair are rare because there are no term limits. Furthermore, he said, “The margin of victory will be determined as history informs by a very small margin. VOICE: We can be the difference in this election.” The last time there was a similar elec-

tion for board chair was in 2009, when Sharon Bulova won a special election by 1,206 votes. The last Democratic Primary, in 2017 for lieutenant governor, had a margin of victory of 6,237 votes in Fairfax County.

VOICE is non-partisan. Joseph Galdo, the Republican candidate for board chair, had already won the Republican Primary, so VOICE chose to hold an event with those who are running for the contested Democratic primary for board chair. VOICE leaders and allied institutions pledged to collectively sign up and turn out more than 3,000 voters on June 11, Primary Election Day.

Rev. Darryl King of Bethlehem Baptist Church said, “We have intentionally gathered here in the Gum Springs community not only because of its rich African American history, but also because it reminds us of what is at stake if we do not take bold action together.”

VOICE leaders shared first-hand stories of the serious cracks in building “One Fairfax.”

Elias Anwar, a senior at West Potomac, who uses the Gum Springs Community Center every day, described how the deep neglect of the Center has meant that youth playing hoops in the back must play in the

dark because the lights have not functioned for more than 3 years.

“Gum Springs is like a second home to me,” he said. “They show that they care about me. They provide us food, clothes, and it’s where I have my summer job. They even paid for my prom suit. They take the time to look out for me. We don’t see that same kind of consideration for our community center. For example, the lights in the back court don’t work and they haven’t worked for three years. There is no handicap ramp for people to enter. And don’t even bring up the field in the back, it’s a natural field that gets trimmed once a year. The way I was raised was that you take care of the things that are important to you.”

Chimisa Walker, from the historic African American community of Odricks Corner in McLean, shared the story of how her grandfather helped build that community and today her mom is the last person still living there.

A woman from the Audubon Mobile Home Park on Route 1 challenged the next chair to stand with them to ensure the three mobile home parks that consist of 1,000-plus low-income families stay intact

“For many people, mobile homes are looked down upon,” she said. “For us, our mobile homes represent our community and

1,500 families. Memories of our families coming together every Christmas for a Posada celebration where we re-enact the story of Mary and Joseph’s journey to Bethlehem. Memories of organizing for a playground where we could play. Now our homes may not be glamorous on the outside, but the warmth and love they provide to us is unmatched.”

High school teenagers, who have talked to more than 200 high school students from across Fairfax, challenged the chair candidates, if elected, to work with them, not just for them, to increase badly needed mental health services in the public schools.

Kheira Bekkadj, a rising high-school junior, said, “I was very anxious, worried, scared, and every negative feeling you can think of. I was very self-conscious of two things: my name and my hijab. During my first week of school, whenever I’d introduce myself to my teachers and friends, I was worried I wouldn’t be acknowledged or welcomed because of the difficulty of my name. Personally, I was very happy to teach others my name. But, surprisingly that’s not what hurt the most. I organize with VOICE to figure out and implement ways for us to be welcomed and accepted unapologetically in our schools and communities.”

See www.voice-iaf.org.

Shutdown Effect: Up Close and Personal

FROM PAGE 4

testimony would be “on the people side.”

Leidos used an Employee Redeployment Team to transfer some impacted employees, assisted others financially through the Leidos Relief Foundation, and collected donated paid-time-off from other Leidos employees to help offset the financial burdens of employees who would not be paid otherwise.

David Berteau of the Professional Services Council had a similar story to tell about the shutdown’s effect.

Berteau highlighted how, in addition to the direct negative financial impact on furloughed employees, the uncertainty of employment also makes recruiting and retention of employees more difficult in a time of low unemployment. Competition for employees includes employers like Amazon and Google whose workforce is generally immune to the instabilities of government work.

Berteau and Alba Aleman of Chantilly-based Citizant, both testified about the difficulties of keeping small and mid-sized government contract business afloat when invoices from before the shutdown remain unpaid.

Agency contract officers are so buried from work left to pile up during the shutdown that even future contracts and payments are in jeopardy they said.

Twenty years in business, Aleman’s Citizant has weathered other shutdowns and events like 9/11 and Y2k. and the CEO

thought they had done everything possible to shield company and employees from the “next one.” But as invoices went unpaid even into March — even affecting payment for projects not shutdown and which Citizant was contractually obligated to continue to support — the company found itself more than \$4 million in debt, maxed out of its borrowing capacity, having to postpone paying their own vendors and with Aleman looking at using her own retirement and savings funds to meet payroll for her 180 employees.

“I can’t begin to tell you the level of stress and panic that strikes at the heart of a business owner,” said Aleman.

AFTER A BRIEF RECESS, the second panel included more personal stories of hardship because of the shutdown.

Wesley Ford, the owner of TKI Coffee Shop, described the continuing struggle to bring his business back to the profitable state it had enjoyed prior to the shutdown. The business employs several ex-felons, “because people deserve a second chance,” said Ford, but he had to lay off 40 percent of his workforce. “It will be especially hard for them with their backgrounds.” Ford was “terminating a good employee for their own good — so they could qualify for unemployment.”

Ford’s landlord is the Federal Government, and he asked for a rent abatement. His request was denied. “I came to understand that my landlord has no real under-

standing of what it’s like to operate a small business.”

“Coffee and such are non-essentials when people are uncertain about the next paycheck.” Ford’s business slowed even before the actual shutdown and is only now starting to recover.

Tamela Worthen, a security officer with the Smithsonian Institute, experienced a health crisis during the shutdown when she was unable to pay for necessary medication. After years of working to build good credit, buy a car and a home, the shutdown and no back pay are putting her efforts at risk.

“Yes, we are back at work and getting paid, but I am still far behind now with no way to make it up. At least getting the back pay would get me closer to where I was.”

ServiSource is an affiliate of a group of nonprofits whose work includes the AbilityOne Program, the largest source of employment for people with disabilities across the United States. Mark Hall, of ServiSource, described the plight of its 79 AbilityOne employees who were furloughed “and just couldn’t understand why and wanted to get back to their jobs.”

Mail clerks, dining room attendants, facilities workers and administrative support

personnel, the AbilityOne employees earn an average of over \$13 per hour with an additional \$4.27 in hourly health and welfare benefits. With the cost of living what it is in this area, these workers often live paycheck-to-paycheck.

BOTH PANELS offered suggestions and recommendations for avoiding similar circumstances in the future. The requests included:

- ❖ Legislation that guarantees back pay to contractor employees;
- ❖ Mandate processing and paying of invoices as essential activities that must continue during any future shutdown;
- ❖ Expand the agencies and functions considered essential to the security and stability of the country.

“Like everyone else in the room today,” said

Connolly, “I hope that we never experience another government shutdown.

However, we do not know what the future holds. Therefore, Congress must take action to lessen the impact on contractors, work with agencies to improve their communication with contractors ahead of a shutdown, and most importantly, ensure that contractor employees are able to receive back pay.”

“We saw work on 22 programs of significant importance to our country stall or come to a screeching halt.”
— Roger Krone, CEO, Leidos

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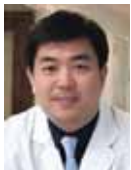
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BY LIEUTENANT ANGEL MEDINA
FAIRFAX COUNTY FIRE & RESCUE DEPARTMENT
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Recently, members from Station 24, Woodlawn and Station 9, Mount Vernon, C-Shift met at Station 24 to conduct training related to rescuing a downed firefighter in a hazardous environment.

The training started with a review of the Rapid Intervention Team (RIT) Rescue Pack. Each component of the RIT pack was explained along with when and how to use it. For those who do not know, a RIT is established at structure fires in which a crew from a unit is assigned to be ready to enter a fire to save any firefighters who may require rescue during the incident.

Crews then put full gear on and prepared for the practical component of the training. The scenario was a firefighter who called a mayday and needed to be rescued. Their objective was to assess the situation, force entry into the building, use either the hose or search rope (to help guide them back to safety), and locate the downed firefighter.

Firefighters had to force entry into the building using our forcible entry prop that is very realistic.

Each firefighter had to place one of their protective hoods (a part of firefighter gear that covers neck, ears, hair) over their face piece



FC&RD PHOTO

Firefighters In full gear train to rescue a downed firefighter.

so they could not see — which is usually the case in fires. They then had to locate the downed firefighter, utilize the RIT pack and remove the firefighter from the hazardous environment to safety.

Members of both stations did an outstand-

ing job performing the assigned task. Training together like this is important as both stations frequently respond and work together on structure fires. We hope we never have to use this training in an actual fire. However, we will be ready to save one of our own if it occurs.

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Senior Living

Skincare after 55

Adjusting the regimen for senior skin as one ages.

BY MARILYN CAMPBELL

From 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 your 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 wide-brimmed 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 age your skin prematurely. Indoor tanning and sun lamps expose your skins to UV rays which can also make your skin age faster."

Watch for skin cancer that can occur because of too much exposure to the sun, 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



PHOTO BY MARILYN CAMPBELL

Berries of all types are rich in antioxidants.

"Berries are great for the skin because they help keep inflammation down. Green, leafy vegetables especially parsley and lettuces offer tremendous nutrition."

— Sara Ducey, Professor of Nutrition, Montgomery College

skin ages. Eliminating smoking, decreasing alcohol consumption and eating fresh fruits and vegetables and foods rich in Omega-3 offer the nutrients necessary for healthy, glowing skin, says Sara Ducey, professor 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.



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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 mixed-media 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



PHOTO BY KATHRYN CONEWAY

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 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. 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

It’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-that-be 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 ravioli-making 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 farm-fresh 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.leafendallhouse.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.

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 mgmv.org/public-education-events/vce-horticulture-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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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, mini-golf and camping. Amenities vary by location. Excludes the Water Mine, regulation golf and food vendors. Visit www.fairfaxcounty.gov/parks/honoring-americas-veterans-memorial-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-sherwood-regional.

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. 1-5 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 savorys, 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 Verdenice, 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



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 cancellation 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. Four-legged 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.

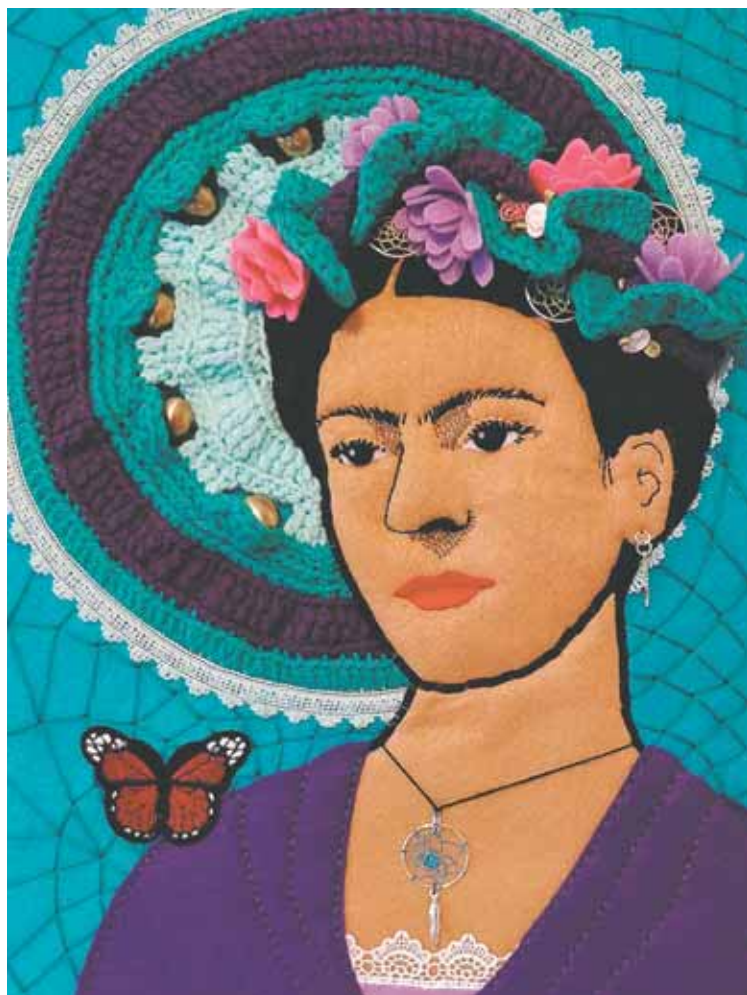
JUNE 6-JULY 21

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 sixth-grader 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" 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 38th 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 Pavé 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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The Wolverines' Liam Airey pulls into third on a 6th inning hit by Jacob Trumbo.



PHOTOS BY LYNN DEAN/ W/P BASEBALL

Wolverine catcher Alex Grove receives the throw from third-baseman Gavin Luscombe in time to nab TC's Jaden Cox at the plate. This would be as close as the Titans would get to scoring on this night.

WP Baseball Team Wins Gunston District Title

The West Potomac baseball team defeated T.C. Williams 9-0 on Friday night, May 17, to claim the Gunston District title for a second straight year. As last year's actual championship game was rained out though, this was the first time in 31 years that the Wolverines actually got to win the title on the field.

In the game, the Wolverines' senior right-handed pitcher Jimmy Curley threw a complete game 3-hit shutout, while striking out

15 and walking none. He threw 14 balls in 7 innings for an 81.6 percent strike performance. Offensively, West Potomac was led by Justin Bassett (2 RBIs, 3 stolen bases, 2 runs), Jacob Trumbo (2 RBIs), and Liam Airey (1 RBI, 1 run, 1 double), who each contributed 2 hits.

The play of the game was in the bottom of the third inning as West Potomac had just taken a 2-0 lead. Jack Bachmore's hustle on a 2-out grounder to shortstop resulted in an errant throw into the runner which

led to a collision, an error, a run scored, and an injury to the Titans' top player Nathan Keough causing him to have to leave the game. The inning extended, West Potomac tacked on 2 more runs to lead 5-0. With a record of 15-5, this West Potomac squad has guaranteed itself of being no worse than the second best team in school history as it tries to negotiate a Occoquan Region bracket that will likely have them trying to defeat old Patriot District foes Robinson, Lake Braddock, and West Spring-

field in succession. These are the same three teams — in the same order — that they beat in 1994 to win the program's only Northern Region tourney title on their way to the state final that year.

Wolverine coach Jimmy Linza is now the last coach to win a title at West Potomac (2019), Hayfield (2011), and Mt. Vernon (2004). West Potomac will open Regional play on Friday, May 24 at 6:30 p.m., hosting the winner of Tuesday's Hayfield-Robinson contest.

NEWS

Mount Vernon Awards Teacher Fellowships

Six educators chosen to conduct research.

George Washington's Mount Vernon has selected six educators to participate in an opportunity to enhance their 18th-century knowledge, explore different teaching techniques, and create new curricula for Mount Vernon during their residential fellowship at the Fred W. Smith National Library for the Study of George Washington. Five teachers have been selected for The Life Guard Teacher Fellowship, which enables classroom teachers and educators to work on projects in a variety of themes inspired by the life, leadership, and legacy of George Washington.

One teacher has been selected for the Reese Teacher Fellowship. This fellowship is awarded to a teacher whose project will connect high school students with text-based primary sources to increase student engagement with the history of the 18th century.

The Life Guard Teacher Fellows Program and The Reese Teacher Fellowship are facilitated by The Fred W. Smith National Library for the Study of George

Washington, which opened Sept. 27, 2013. The library safeguards original Washington documents and serves as a center for scholarly research and leadership training.

The Life Guard Teacher Fellows Program is made possible by the support of The Life Guard Society, a select group of donors to the Mount Vernon Ladies' Association who champion education-based causes and initiatives. The Reese Teacher Fellowship is made possible by the William Reese Company. The 2019-2020 fellows will conduct on-site research on an array of topics, beginning this fall and continuing through summer 2020.

The program is available to classroom teachers (grades K-12), curriculum specialists, media specialists, and to others with expertise in creating classroom materials. The next round of proposals for consideration are due Feb. 28, 2020.

Fellowship recipients include:

❖ Jennifer Burgin – Life Guard Teacher Fellow

Burgin is a National Board Certified Teacher who teaches Kindergarten at Oakridge Elementary School in Arlington. She will work with Helen Haas to create a bilingual children's picture book to introduce George Washington, Mount Vernon, and the 18th-century to both English and Spanish speaking students.

❖ Nick Costa – Reese Teacher Fellow

Costa currently teaches 7th grade US History at Gouverneur Middle School in Gouverneur, N.Y. He will create a digital breakout box using 21st-century technology and Mount Vernon's collections to help engage students in teamwork and critical thinking. Students will use historical thinking and problem solving skills along with primary sources to solve a history mystery and expand their own personal knowledge of George Washington's world.

❖ Helen Haas – Life Guard Teacher Fellow

Haas teaches Kindergarten at Our Lady of Perpetual Help School in Downey, Calif., where she also led the implementation and development of the dual language immersion program. She will work with 2019-2020 Teacher Fellow Jennifer Burgin to create a bilingual children's picture book to introduce George Washington, Mount Vernon, and the 18th-century to both English and Spanish speaking students.

❖ Matthew Van Horn – Life Guard Teacher Fellow

Van Horn teaches 8th grade history and is a department chair at Saeger Middle School in St. Charles, Mo. He will create a series of document sets that will explore the day-to-day lives of the enslaved people at Mount Vernon. Students will examine primary and secondary sources to answer essential questions that will help them under-

stand the experiences of the men and women enslaved at Mount Vernon and the diverse slave culture that existed on George Washington's plantation.

❖ John Clinton Walsh – Life Guard Teacher Fellow

Walsh currently teaches 8th grade American History at Discovery Middle School in Orlando, Fla. He will create a DBQ-style lesson that will ask students to use multiple primary and secondary sources related to the Revolutionary War era to evaluate the question: To what extent did the service of black soldiers influence views and policies regarding slavery in the years following the Revolutionary War?

❖ Tecoya Brantley-Williams – Life Guard Teacher Fellow

Brantley-Williams teaches Government, Macroeconomics, Economics, and Law Education at Swansea High School in Swansea, S.C. She will create an inquiry-based project in which students will discover George Washington's authentic character and compare it to his public persona. Students will use this knowledge to inform their own autobiographical narration on social media. Throughout the project, students will develop analytical and synthesis skills and learn the importance of discretion as they tell their own story.

Noise

FROM PAGE 3

bought a house near a military airfield if noise bothers you," said another. The banter went back and forth.

"It's perfectly normal for people to speak up and to complain about something that's bothering them in the community, in their own homes," someone stated.

Capps is part of Nextdoor Newington too, and was called "unpatriotic," but felt that was a little much. "We should be able to live peacefully in our home," she said.

The comments continued: "I used to command the unit that is at Davison Army Airfield and flew the same helicopters you are complaining about. The airfield has been there long before Laurel Hill was a thought. Frankly it's not that loud. I echo what everyone else has said. Get over it. Move. Something."

Joan Johnson is part of Nextdoor Newington, and communicated with Fort Belvoir in 2013 about the same issue, which she says has gotten better since then. The spokesperson at Fort Belvoir at that time said "the operators tell me that, while it appears the aircraft are flying low, they are in fact at or above flight level." Capps hit a brick wall when she tried to contact Fort Belvoir, a federal military source and the Federal Aviation Administration.

On the Fort Belvoir website, it states that "the Community Relations Branch is responsible for all aspects of the command's community relations program to include developing understanding and support of the missions and functions of Fort Belvoir and being good neighbors by fostering relationships and understanding the needs of surrounding communities." Capps feels that this can be resolved with the flight situation going back to the way it was a few years ago with limited hours and adjusted altitude requirements. Maybe the helicopters could limit to flying over Fort Belvoir land, she thought. These are on Beyer's list too.

Her house location isn't that close though. "It's much worse for some people," she said.

BULLETIN BOARD

FROM PAGE 7

SATURDAY/JULY 20

Boating Safety Classes. 7:30 a.m.-5 p.m. at the Washington Farm United Methodist Church, 3921 Old Mill Road. Register with Jeff Burt at jdburt@verizon.net or 703-307-6482.

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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.

When the post-scan appointment had been 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" more than ever before. I can't say it's a perfect 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.

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CRIME

FROM PAGE 5

8200 block of Lakepark Drive, gun from residence
 3500 block of Mount Vernon Memorial Highway, property from vehicle
 6700 block of Oak Drive, bicycle from residence
 6800 block of Richmond Highway, cigarettes from business
 7800 block of Richmond Highway, bicycle from location
 8100 block of Richmond Highway, property from location
 8500 block of Richmond Highway, purse from location

MAY 17 LARCENIES

2300 block of Huntington Avenue, merchandise from business
 7900 block of Janna Lee Avenue, wallet from location
 7900 block of Richmond Highway, merchandise from business
 3600 block of Robert E. Lee Place, catalytic converter from vehicle
 3700 block of Rolling Hills Avenue, engine from vehicle
 8600 block of Walutes Circle, property from vehicle

MAY 16 LARCENIES

3100 block of Lockheed Boulevard, property from residence
 5900 block of Richmond Highway, purse from vehicle
 7700 block of Richmond Highway, tool from residence
STOLEN VEHICLES
 6000 block of Richmond Highway, 1994 Toyota Corolla

MAY 15 LARCENIES

4000 block of Fielding Street, tools from school
 6900 block of Harrison Lane, cell phone from school
 2300 block of Huntington Avenue, beers from business
 5700 block of Metroview Parkway, cash and property from vehicle
 6200 block of Richmond Highway, merchandise from business
 6300 block of Richmond Highway, ice cream from business
 8000 block of Richmond Highway, cash from business
 6600 block of South Kings Highway, wallet and purse from location
STOLEN VEHICLES
 2800 block of Woodlawn Trail, 2013 Ford Explorer

MAY 14 LARCENIES

8600 block of Cushman Place, leaf blower and ladder from residence
 2300 block of Huntington Avenue, merchandise from business
 7700 block of Richmond Highway, tools from business

MAY 13 LARCENIES

1600 block of Belle View Boulevard, merchandise from business
 2300 block of Huntington Avenue, property from residence
 2500 block of Huntington Avenue, cell phone from location
 6300 block of Richmond Highway, purse from location
 6800 block of Richmond Highway, medication from business
 7700 block of Richmond Highway, keys and credit card from location
 8700 block of Richmond Highway, wallet from location
 7200 block of Valon Court, package from residence

MAY 10 LARCENIES

8200 block of Richmond Highway, merchandise from business
 6000 block of Richmond Highway, purse from business

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3808 Colonial Ave | \$849,500

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9316 Heather Glen Dr | \$775,000

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**4706 Tarpon Ln
\$715,000**

One Story luxury-expanded & updated Ranch just steps to Mount Vernon Yacht Club. Prime location on 1/2 Acre Lot Just steps from river. Spectacular property, bright, White custom Kitchen, updated

baths, main level master suite, newly finished lower level with direct walkout, 2 Fireplaces, oversized 2 Car Garage, spectacular grounds with large brick patio!



**4710 Dolphin Ln
\$629,500**

Exceptional opportunity near river just steps from marina and club house in prestigious Yacht Haven Estates! Imposing home in commanding setting on elevated grounds overlooking neighborhood with some views of water, huge room sizes and very few steps offer great potential for creating

your own estate with close to one level living. Features include 5 bedrooms/4 full baths and amazing oversize two car garage. Rare opportunity to acquire property with true nautical estate vibe in premier setting for remarkably reasonable price!



**9505 Lynnhall Pl
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**9112 Volunteer Dr
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and private bath, 2 fireplaces in family and living room, hardwood floors on both levels, two car garage, & incredible sun room overlooking half acre rear grounds complete with two storage sheds.



**3601 Riverwood Rd
\$785,000**

Nicely situated 4 Bed, 2.5 Bath updated home in lovely Riverwood Community. Home features: updated custom Kitchen with granite countertops, stainless steel appliances, beautiful hardwood floors on main and upper level, master

suite with private bath and custom closet, replacement windows by Pella, gas fireplace, screened porch, fenced rear yard, and side load 2 car garage. Community has serene riverfront walking path and beachy area!



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