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25 CENTS

June 6, 2019

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Presentation of the Colors by the US Army Color Guard at the 75th D-Day Commemoration Ceremony at Waterfront Park in Old Town.

'A Night of Fear and Awe'

D-Day survivor recalls the Battle of Normandy.

By Jeanne Theismann GAZETTE PACKET

hat a night it was" is how Lincoln Harner describes June 6, 1944, as he watched two German Luftwaffe planes battle the Allied Forces along the beaches of Normandy. "It was a night of fear and awe. And it is hard to

separate the two."

Harner, a technician fifth grade in the U.S. Army's 987th Field Artillery Battalion, was with the British 50th Infantry Division to offer artillery support during the D-Day landings in Normandy. The former Alexandria resident shared his recollections of the invasion known as Operation Overlord at the 75th D-Day Commemoration Ceremony June SEE 'A NIGHT', PAGE 7



Reenactors portraying Gen. Omar Bradley and a WWII soldier participate in the 75th D-Day Commemoration Ceremony June 1 at Waterfront Park.



WWII and D-Day survivor Lincoln Harner, center, of the US Army 987th Field Artillery Battalion (Gold Beach), with LTC John Roche, Commander **Headquarters and Headquarters Battal**ion 29th Infantry Division, and Cedric Chetall, Capt. NW France, at the 75th D-**Day Commemoration Ceremony June 1** at Waterfront Park.

'Challenge of Our Generation'

Planning Commission approves stricter building, open space regulations, citing climate change.

By Dan Brendel, María Areyán and BRIDGETTE ADU-WADIER Gazette Packet

ronmental Action Plan, one of several of the city government's top-

he Planning Commission unanimously approved stricter environmental standards and open space guidelines for new development, over some concern about cost, paving the way for City Council's final vote in coming weeks.

These actions relate to a more comprehensive two-vear overhaul. currently underway, of the Envilevel plans articulating strategic objectives and roadmaps.

GREEN BUILDING POLICY

As the primary impetus for tightening the city's building regulations, commissioners and advocates cited buildings' contribution to climate change. Buildings accounted for 57 percent of the city's greenhouse gas emissions in 2015, according to a city government departmental staff report.

SEE COMMISSION, PAGE 4

Vote for Clerk Of Circuit Court

Two candidates vie for Democratic nomination; eight-year term.

> BY DAN BRENDEL AND MARÍA AREYÁN Gazette Packet

n the Democratic primary on Tuesday, June 11, voters may choose between two candidates who differ in the degree to which they see the Clerk of the Circuit Court as a partisan political office.

The winner will advance to the November general election. Republicans will choose a nominee in a canvass — a vote like a primary, but not publicly funded on Thursday, June 6. Sean Lenehan, Alexandria's GOP Chair,







declined to comment about potential Republican contenders. However, as with other local offices, since Alexandria leans so heavily blue, whoever wins the Democratic primary also stands a good

chance to win this fall. Anyone

SEE TWO VIE, PAGE 15

ALEXANDRIA, VA 22314 To: 1604 King St ADDRESS SERVICE REQUESTED MATERIAL

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Margaret Janowsky, owner of Del Ray Café, displays samples of soups and French pastry at the annual Taste of Del Ray June 2 at Pat Miller Neighborhood Square.



Rachel and Rob Rudik and Dan and Jaime Riehl enjoy the Taste of Del Ray June 2 with baby Dylan Riehl.



Evening Star executive chef Jonathan Till prepares a vegan appetizer of a potato chip topped with sour cream and caviar at the annual Taste of Del Rav.

Ove at First Bite Sell-out crowd for Taste of Del Ray.

By Jeanne Theismann Gazette Packet

sell-out crowd of more than 500 people turned out for the 11th annual Taste of Del Ray June 2 at the Pat Miller Neighborhood Square.

Sponsored by the Del Ray Business Association, 18 neighborhood restaurants participated in the popular foodie competition.

Attendees enjoyed unlimited tastes from top Del Ray restaurants and cast their votes for the People's Choice award. Guest judges, Chefs Pablo Ranea and Vikram Sunderam, announced their own favorites. The judges' choice winners were: First place - Del Ray Pizzeria/DRP Reserve

for Jicama shrimp taco; Second place — Stomping Ground for jerk pulled pork with cilantro aioli and red onion on mini buttermilk biscuit; Third place - Swing's Coffee Roasters for hopped cascara soda. The people's choice winners were: First place — Pork Barrel BBQ for Del Ray smoked white chicken chili; Second place — Del Ray Pizzeria/DRP Reserve for Jicama shrimp taco; Third place -Northside 10 for risotto fritters with tomato gravy. New this year was a VIP ticket option that offered first bites and a wine tasting with early admission.

Participating restaurants included: Al's Steak House, Catch On The Ave., Cheesetique, Del Ray Cafe, Del Ray Pizzeria, Evening



Bill Hendricksen and Laurie McNamara at the Taqueria Poblano booth at the Taste of Del Ray.

Star Cafe, Hops N Shine, Junction Bakery & Bistro, KAiZEN Tavern, Lena's Wood-Fired Pizza & Tap, Live Oak Restaurant/Charlie's On



Taste of Del Ray organizer Pat Miller with **Sheriff Dana** Lawhorne.

The Avenue/The Garden in Del Ray, Nectar Coffee & Wine Bistro, Northside 10, Pork Barrel BBQ, St. Elmo's Coffee Pub/Market 2 Market Del Ray, Stomping Ground/ Bagel Uprising, Swing's Coffee Roasters and Taqueria Poblano. See www.visitdelray.com.

> **Mark Williams of** Al's Steak House prepares steak and cheese sandwiches at the 11th annual **Taste of Del Ray** June 2 at Pat Miller Neighborhood Square.



Bryan and Laura Walker sample Del Ray Café's gazpacho with baby Ethan at the Taste of Del Ray.



Raising funds for the Alexandria Boys and Girls Club at the annual Taste of Del Rey are club members Demi and Sincere Smith with older sister Deja Hamilton.



Lindsay Kephart of Cheesetique assists kitchen manager Natasha Shishkevish Rich with raclette at the annual Taste of Del Ray.



Alexandria Gazette Packet & June 6-12, 2019 & 3

Commission Approves Stricter Building, Open Space Regulations

'Climate

change is the

generation."

challenge of our

- Jim Kapsis,

Environmental

Policy Commission

From Page 1

"Climate change is the challenge of our generation," said Jim Kapsis of the city's Environmental Policy Commission, an advisory body, at the Planning Commission's meeting on Tuesday, June 4. "The development process is one of the few tools in the city's toolbox ... to address that problem. A majority of our emissions in this city are from buildings and transportation. So that's why this policy is so truly important."

The new policy, effective March 2020, would increase standards for new private and public projects requiring Development Site Plans or Development Special Use Permits, two kinds of city government approvals. Minimum standards would increase to LEED Silver (or equivalent), a certification rating, for private development; and to LEED Gold for public development, including schools.

Further, the policy sets the more aggressive expectation that new public buildings should meet standards for "net zero energy" and on-site treatment of stormwater through "green infrastructure." Net zero energy buildings offset their energy consumption with on-site generation — e.g., solar, geothermal. Green infrastructure — e.g., rainwater collection systems, permeable pavements, rooftop vegetation — uses the natural filtration capacity of soil and plants to reduce pollutant runoff from roofs

and parking lots.

The new policy would reduce greenhouse gas emissions from new buildings by an estimated 20 percent and the city's overall emissions by 3 percent, according to a staff report.

It would also reduce potable water consumption in new buildings by an estimated 29 percent.

Some thought the policy doesn't go far enough. David Peabody, a city resident, wants to see the city's entire building stock convert to net zero energy. He cited a 2018 United Nations report that says, in order to stem the impact of climate change, "global net human-caused emissions of carbon dioxide need to fall by about 45 percent from 2010 levels by 2030, reaching 'net zero' around 2050."

Others worried that the policy as set forth may already prove unrealistic, especially given cost constraints.

The certification minimums could increase upfront costs by about one percent for private buildings and by nearly three percent for public buildings, according to a January report from WSP, a consultancy. Constructing public buildings to net zero

energy standards could raise upfront costs by nearly nine percent.

"[Green building] certification fees can negatively impact profit margins as the costs cannot be scaled across the relatively small building square footages," according to a staff report, citing earlier concerns from NAIOP, a commercial real estate development association.

"An increased standard for public buildings has the potential to increase city capital costs by \$30 to \$50 million over the next 10 years," according to WSP's report.

"I feel very strongly that we do not have the budget as a city to start building every school to net zero," said Commissioner Mindy Lyle, though she ultimately voted in favor. In particular,

she thinks Alexandria City Public Schools should focus first on eliminating mold problems in its schools, before investing extra to build to net zero standards.

Commissioner Stephen Koenig thought cost concerns might be overblown, in light of resultant utility cost savings over a building's multi-decade life.

"We just have to make [net zero energy] the default. We have to stop diddling around

about cost effectiveness," he said. "How does not paying for electricity for 30 years not manage to buy us some [solar panels] on the roof now?"

Council will render a final decision at its public hearing on Saturday, June 22.

OPEN SPACE IN PRIVATE DEVELOPMENT

The Planning Commission also voted Tuesday to take a step toward bolstering, in its view, the provision of open space through private development.

Ten "Shared Expectations" would inform developers about how the city expects them to incorporate open space, and also guide the forthcoming refinement of city policies and regulations.

Among other things, the expectations delineate four roles that open space might serve: form definition (how open space relates to building shape and volume); visual relief between adjacent buildings; outdoor living (areas for sitting and recreation); and environmental benefit.

By adding formal consideration under this framework, Commissioner Mate Macek hopes the community "will be better informed on the quality of open space," and not just the quantity.

The formal integration of open space and environmental concerns is new.

SEE OPEN SPACE, PAGE 5



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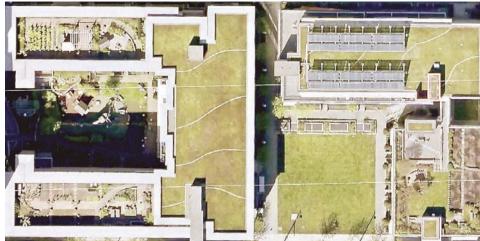
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Sources: Esri ("World Imagery" layer), DigitalGlobe, Earthstar Geographics, CNES/Airbus DS, GeoEye, USDA FSA, USGS, Aerogrid, IGN, IGP, and the GIS User Community

Planning Commissioner Stephen Koenig cited the Southeast False Creek development in Vancouver, Canada as "the best example I've seen of designing and constructing new roof surfaces for: humans (terraces); storm water (vegetative roof); power generation (photovoltaic [i.e., solar panels]); not mechanical equipment (district energy [i.e., heating and cooling from central plant shared by multiple buildings in a block or district])."

Open Space

From Page 4

"Open space as currently defined by the city does not necessarily mean 'green' open space," said Kapsis. "The [Environmental Policy Commission] is trying to change that by making sure that we prioritize open space that delivers environmental benefits."

Relatedly, the new expectations elevate the importance of above-grade open space, which often isn't publicly accessible, in addition to public open space at ground level. Koenig has expressed particular interest in maximizing vegetation and renewable energy infrastructure on rooftops.

"We only have so much land," said Commissioner Melissa McMahon. "As we develop out our most urban areas ... every inch of space we have is valuable."

The shared expectations would also see open space become a more "fundamental

consideration in the planning and design" process.

"Open space on private development should not be an afterthought and ... small pockets of residual open space should be avoided," according to a staff report. "The creation of residual spaces that are converted to open space due to unsuitability for other uses is discouraged. The open space(s) of a new development should have

a goal or purpose."

The Planning Commission will further consider updating the Environmental Action Plan's open space goals on Tuesday, June 25. Council would potentially take up its consideration at a special public hearing on Tuesday, July 9.

For more information, visit w w w . a l e x a n d r i a v a . g o v / EnvironmentalPolicyCommission.



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- Kerry J. Donley Former Mayor, City of Alexandria



"I proudly endorse Ben Ortiz. During my tenure as Clerk of Court, I've seen Ben grow from an entry level employee to my Chief Deputy Clerk. During this time he has shown great respect for the law, the justice system and for the public. With this responsibility, professionalism and dedication, he will serve Alexandrians and all customers to the best of his abilities. I endorse Ben Ortiz because I am confident that he will transition expeditiously to Clerk of Court and apply his experience and knowledge to meet the needs of the office, the court and more importantly to the City, its residents, and the general public. Ben will take the Clerk's office to another level and for this reason and many others, I ask that you follow my lead and vote Ben Ortiz as your next Clerk of Court."

- Ed Semonian, Alexandria Clerk of Court

PEOPLE



J.D. Parks, Camille Shaw, Charlotte Hall and Scott Shaw enjoy the Alexandria Seaport Foundation's Wine on the Water fundraising event June 1 at the Canal Center Plaza offices of Verdence Capital Advisors.



Courtney Pence, Alia Wagenhoffer and Erika Delman enjoy the view of the Potomac River at the Alexandria Seaport Foundation's Wine on the Water annual fundraiser June 1 at Canal Center Plaza.

ne on the Water ASF hosts annual riverfront fundraiser.

By Jeanne Theismann GAZETTE PACKET

ore than 300 people turned out for the Alexandria Seaport Foundation's annual Wine on the Water fundraising event June 1 at Canal Center Plaza.

Chuck Holt of Verdence Capital Advisors hosted the event on the 5th floor of the building overlooking the Potomac River and the Washington, D.C. skyline.

"With steel drums playing in the background, exceptional wines and charcuterie provided by UnWined, and fabulous live and silent auction items, the crowd was not in a hurry to leave such a spectacular venue," said ASF Executive Director Kathy Seifert.

Wine on the Water is held each

spring to support the foundation's mission of providing life, educational and career skills to young people in need of a second chance. One of those apprentices, Chris A., spoke to the crowd about his experience at ASF.

"ASF has given me a second chance at life and taught me to believe in myself rather than live in fear," Chris said. "The old motto at ASF was 'Building Boats ... Building Lives.' But they don't just build lives, they give life. The new motto is 'Futures. Handcrafted.' and because of ASF, I have the skills to craft a future I never thought possible." Seifert encourages community members to learn more about the ASF mission.

"If you would like to become a part of the Seaport Foundation's community, take a walk down to the river, and pay a visit to that



Mary Ellis Fannon and Donita Sharp enjoy Wine on the Water.

charming timber frame located between Founders Park and the



Susan and Charles Ballou at the Alexandria Seaport Foundation's Wine on the Water event June 1 at Canal Center Plaza.

Chart House," Seifert said. "You boat and changing a life." just might find yourself building a

See www.alexandriaseaport.org.

RWC Supports Alexandria Police Foundation

he Commonwealth Republican Women's Club (CRWC) recognized National Police Week by hosting Alexandria Police Chief Michael L. Brown and Virginia (Ginny) Obranovich from the Alexandria Police Foundation at the May CRWC meeting.

Brown discussed a variety of local law enforcement issues including crime, traffic, scooters, and opioid abuse. He stressed the department's efforts to build trust and working relationships within the commu-

Obranovich gave an overview of the history of the foundation and its current activities and community involvement.

CRWC President Eileen Brackens and Vice President Linda App expressed the club's support for law enforcement and appreciation for the bravery and dedication of Alexandria's police officers. On behalf of CRWC members, they presented contributions to the Foundation totaling over \$1,600.

CRWC is the Alexandria chapter of both the Virginia and the National Federation of Republican Women (VFRW and NFRW). CRWC encourages local conservative women of all ages to become more politically involved by helping support and elect Republican candidates to public office at the local, state, and national levels.

The club also has a conservative book club and organizes activities to support charitable organizations. More information is available at www.alexandriacrwc.org. ARCC www.alexgop.org) is the local chapter of the national Republican Party. AAYR is for Alexandria Area Young Republicans (www.alexyrs.org).



CRWC Vice President Linda App and President Eileen **Brackens presented CRWC contributions of over \$1,600** to the Alexandria Police Foundation represented by **Executive Director Virginia (Ginny) Obranovich and** Police Chief Michael L. Brown.



Alexandra resident and World War II veteran Lt. Col. Bernard "Barney" Nolan, along with his wife Sunny, applaud remarks at the 75th D-Day Commemoration Ceremony June 1 at Waterfront Park.

'A Night of Fear and Awe'

From Page 1

1 at Waterfront Park.

"We were late getting in," Harner told the crowd. "We were supposed to arrive between 10 a.m. and noon on D-Day, but we didn't get in until 7 p.m. due to heavy seas on the English Channel. We stayed on the landing ship docked on the beach through the night and watched all the battleships firing at the fortifications."

Harner landed on the British Gold Beach the evening of June 6 and went ashore early the next morning.

"The main objective of our battalion was Caen," said the 94-year-old Harner. "Caen was a vital road network. However, I never made it to Caen. It was heavily defended by the Germans and wasn't liberated until July 20."

The D-Day landings were a pivotal turning point in World War II and to this day remains the largest amphibious invasion in history. More than 160,000 troops landed in France and the Allies sustained at least 9,000 casualties on the way to opening up a Western front in the war against Germany.

It's unclear how many D-Day veterans are alive today with survivors now in their 90s

or 100s. Of the 73,000 Americans who took part, just 30 are scheduled to be in France for this year's anniversary.

Harner, whose WWII service also included the liberation of Paris, the Battle of the Bulge and the race across Germany to the liberation of Pilsen, Czechoslovakia, will commemorate the 75th D-Day anniversary at the National D-Day Memorial in Bedford, Va., along with other WWII veterans.

"I have never been back to Europe," Harner said. "But on June 10, I will fly to Paris and for the first time since 1944 visit the invasion beaches. Unfortunately, I will not get to Caen this time either. But I'm only 94 so maybe next year."

WWII veteran Lincoln Harner, right, joins in singing the National Anthem.





A visitor checks out a "Dingo" tank during the D-Day Commemoration Ceremony June 1 at Waterfront Park. Built in June of 1945, Dingos were originally designed in 1938 and used by British and Commonwealth forces throughout WWII.



Shaping the City: How Planning Commission Voted

Here's what the Planning Commission decided at its meeting on Tuesday, June 4. Commissioner Maria Wasowski was absent. Though it usually meets only once per month, the commission will hold a second meeting on Tuesday, June 25. The commission comprises seven City Council-appointed members, who influence development and land use decisions and policies; make recommendations to council; and exercise approval authority over property subdivisions and "by right" development site plans.

ltem	Applicant	Address	Request / Purpose	Outcome	Votes	Notes
Special Use Permit #2019-0023	Robert K. Miller	201 East Monroe Ave	Add floor area for the construction of a detached two-car garage	Approved	5 to 0	McMahon absent
Special Use Permit #2019-0029	Ren Yong Cai	300 King St (Kisso Asian Bistro)	Operate a restaurant with live entertainment on the basement level of a grandfathered restaurant	Approved	5 to 0	McMahon absent
: - (1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.	Eisenhower Mill Properties LLC	2331 Mill Rd	Allow flexibility for both office and retail uses within existing ground floor of the office building, in order to provide additional ability for the applicant to find a tenant to occupy vacant retail space	Approved	5 to 0	McMahon absent
Rezoning #2019-0004	David Vondle, Patricia Barry	101 East Windsor Ave	Change the zone from RB / Townhouse zone to R-2-5 / Single- & two-family zone	Approved	5 to 0	McMahon absent
Green Building Policy	City P&Z Dept.	Raise minimum green building standards for private new development and major renovations requiring DSP or DSUP approval to LEED Silver (or equivalent); public new development and major renovations requiring same to LEED Gold (or equivalent). Further, public buildings will meet Net Zero Energy and stormwater treatment standards, unless P&Z director grants exemption on a case by case basis. New policy effective March 2020. Net Zero Energy = "annual delivered energy is less than or equal to the on-site renewable exported energy."		Approved as amended	5 to 0	Macek recused
Open Space in New Development	City P&Z Dept.	Delineate "shared expectations" for city and builders about provision of open space through prviate development. Among other things, these expectations hone the definition of open space, elevates role of private and above-grade open space discourages "residual spaces that are converted to open space due to unsuitability for other uses."		Approved as amended	6 to 0	
Environmental Action Plan Phase 2	City P&Z, T&ES, GS, RPCA Depts.	above two items, though further delineates new short-, mid- and long-		Deferred to June 26 PC meeting	6 to 0	
Text Amendment #2019-0003	City P&Z Dept.	Amend Zoning Ordinance to allow forward-facing attached garages in neighborhoods with similar garage types and provide flexibility for building freestanding garages.		Approved	5 to 0	McMahon absent
Special Use Permit #2019-0024	Guidepost A, LLC	3475 N Beauregard St & 4610 King St (Guidepost Montessori)	Operate a private academic school with over 20 students and a day care center	Approved	5 to 0	McMahon absent
Development Site Plan #2018- 0022	DE 2903 Mt Vernon & 104 Hume, LLC	2903 Mount Vernon Ave (Bonaventure Offices)	Renovate existing service garage, add addition, convert building into ≈ 4,500 square foot office building	Approved	6 to 0	
Special Use Permit #2019-0015	Yates Old Town Service, LLC	510 N Fayette St	Change of ownership for light auto repair shop	Approved	Adminis trative	
Special Use Permit #2019-0017	Ashford TRS Alexandria, LLC	1767 King St	Change of ownership for a restaurant	Approved	Adminis trative	
Special Use Permit # 2019-0003	Dutpiz Inc.	1504-B Mount Vernon Ave	Change of ownership and minor amendment for additional seating, on premises alcohol sales	Approved	Adminis trative	. 11
Special Use Permit #2019-0027	Nga Ho	205 S. Whiting Street, Suite 100	New use for a restaurant	Approved	Adminis trative	
Special Use Permit #2019-0002	Jose Gochez	127 S. Peyton Street, #101	Change of ownership for a restaurant	Approved	Adminis trative	
Special Use Permit #2019-0031	Ahmad Waqif	3021 Colvin St	Change of ownership for automotive sales area and general automobile repair	Approved	Adminis trative	
Special Use Permit #2019-0036	Mungkorn Thong Inc.	530 First St	Change of ownership for a restaurant	Approved	Adminis trative	

Leading Cuban American Youth Orchestra

Alexandria Symphony Orchestra (ASO) Music Director James Ross led two performances of the Cuban American Youth Orchestra (CAYO) in its first appearance in Cuba recently. The orchestra, comprised of almost 80 young Cuban and American musicians between the ages of 18 and 24, launched its inaugural tour of Cuba.

From an outdoor concert in a public square in Matanzas to a performance in the historic Teatro Nacional in Havana, the youth orchestra demonstrated the universality of music and its ability to speak across cultures and generations. Participants

also pursued various educational and cultural exchange activities.

The American students spent a week in Cuba, along with faculty mentors from the Minnesota Orchestra plus various patrons and supporters. The tour was arranged by Alexandria's own Classical Movements, an international concert tour management company that specializes in bringing the world closer together through music. Classical Movements organized the 2015 tour to Cuba by the Minnesota Orchestra, marking the first performance by a U.S. orchestra in Cuba in more than 15 years.



Photo by Nate Ryan, courtesy of the Cuban American Youth Orchestra Alexandria Symphony Orchestra Music Director James Ross leads the Cuban American Youth Orchestra.



OPINION

Thank You Dad for a Great Childhood

By Char McCargo Bah

ne year after graduating from Parker-Gray School, John Leonard Taylor married his high school sweetheart, Beatrice Virginia Cross on Aug. 20, 1955. For three years, they lived with John's parents, Charles and Dorothy Taylor at 406 North Alfred St. After the birth of their second daughter, John and Beatrice moved to 411 North Pitts St. with their two daughters, Karen and Rhonda.

THE OTHER ALEXANDRIA

Karen and Rhonda have fond memories of their childhood growing up on North Pitts Street and on South Payne Street. During a conversation with these two women about their dad,

Karen said, "My dad taught me how to dance. When I was five or six years old, he took me to a children's debutante dance. I was dressed in a long dress and my dad and I danced, my first dance." These were special moments that the 63-year-old woman remembered from her childhood.

For Rhonda who will be 60 soon, also had a special bond with her father, "When I was four or five years old, my dad was babysitting me one day when mom was out, and he wanted to go to a show at the Lowes Theater. He attended the show with me in his arms. I was the only child there. Also my dad and I would joke a lot. He is very funny. He knew I would laugh at his jokes."

Mr. Taylor spent his career as a Metro bus driver, Metro operator and he retired as a Metro Station manager. He loved to drive. One of his outings with his daughters was when they were small; he took them to Norfolk for the day just to have lunch and returned home.

Both women said their father prepared them for life. He taught them how to check the oil in a car and change a tire. Mr. Taylor told his girls about having good work ethics and earning their own money. Also he shared with his girls what his father told him: Never take off



John L. Taylor

on a Friday or a Monday and make sure when you are at work, you are working.

But one of the most important lessons they learned from him was about family. During the period of segregation, their dad would take them on trips to the colored beaches with his siblings and their family, and his friends and their family. It would be five car loads of them going to the beach. Those same family members and friends would watch the football game every Sunday at their father's house. When they were living on North Pitts Street across from the Police Department, the police thought they were fighting inside the house because they became very loud when watching the games. Once the police arrived and found out that they were watching the game, the police would stay to see the game. To this day, their dad would invite family and friends over for



A 1961 picture of Rhonda (left) and Karen Taylor.

the Sunday football game.

These fond memories of their childhood have brought Karen and Rhonda closer to their parents. As their parents age, the yesteryears seem to be very important lessons about life. Their childhood with their parents may seem simple but meaningful. They always felt their parents gave them the best. Today, their parents' family consists of three grandchildren, 14 greatgrandchildren which includes triplets, and a host of other children they have included in their family. Karen and Rhonda want to let their Dad know that they appreciate all the special things he has done for them. They are proud that he is their Dad.

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

LETTERS TO THE EDITOR

'Deaf Ear Syndrome'

To the Editor:

Solving urban problems requires consensus building, based on shared interests and mutually agreed goals, with lots of public debate. This is the case for paving the tiny strip of Seminary Road that runs from #395 to Quaker Lane. A standing-room-only crowd of very interested Alexandria residents showed up on May 30 to voice their concerns. But something highly unusual happened beforehand.

The attendees thought the meeting scheduled by the Transportation and Environment Services (TES) was to get their input, before a final plan was circulated. Instead, 6-1/2 hours before the session started, the city put online

its formal decision, ignoring the favored options by those who live nearby.

Such action lacked transparency or honesty, as TES appeared ready to move ahead toward its artificial deadline of having this convoluted plan implemented by September 2019. Most residents fully support the routine paving of all our streets at regular intervals.

That is not an issue on Seminary. But those in attendance - emphatically — did not support cutting down one of the city's main East/West thoroughfares from four lanes down to two. "Complete Streets" is not a one-size-fits-all remedy for Seminary. Focus on improving traffic flow, not grinding it to a halt.

And any decision should be based strongly on citizen input, not by the limited Parking and Traffic Board, with the majority

serving in their first term. No one can ride a bike to work unless there is a shower available when you get there.

One of the most favored options — Option 4, to keep the four lanes — was not even discussed by staff. Why was that? You had hundreds of enthusiastic residents supporting it, versus three TES staffers opposing it. Earlier, several major Alexandria Civic Associations voted in support of a resolution circulated by the Seminary Hill Association. This represents a huge number of local residents who use Seminary Road on a daily basis. Given that some 20,000 people travel this route each day, it is not safe to emphasize bicycles versus cars. TES chief Yon Lambert noted that cyclists who ride to work in Alexandria represent about 2.5 percent of the city's estimated 160,000 residents. Bikers

should opt for a far safer path to downtown Alexandria via Holmes Run Park, not on Seminary or Van Dorn, which have steep hills and lots of traffic. For the few who do bicycle, wider sidewalks on limited streets might be a shared option with walkers and pushers of strollers. Stop the growing disease of the "Deaf Ear Syndrome" at City Hall, which is becoming as pervasive as measles.

Stop ignoring realistic objections by the citizenry, not just to improvements on Seminary Road, but also to things like the Kerig Estates, the Potomac Yard Metro station, the development of the waterfront and the West End. The city spends way too much money on legal fees, fighting citizen opposition to some poorly constructed plans. TES needs to work

SEE LETTERS, PAGE 11

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10 ALEXANDRIA GAZETTE PACKET * JUNE 6-12, 2019

LETTERS

FROM PAGE 10 with its citizens, not against them.

Kathleen M. BurnsAlexandria

Experience Matters

To the Editor:

On Tuesday, June 11, Alexandria will hold a Democratic primary for one office — Clerk of the Circuit

I am an attorney in private practice in Alexandria. I support Ben Ortiz, the current deputy clerk.

Ben has worked in the Clerk's office for more than 15 years under the tutelage of the retiring Clerk, the Hon. Edward Semonian, Jr.

The Alexandria Clerk's office is highly regarded among attorneys throughout Northern Virginia as being "user friendly" to those using its services.

Although Ben's opponent has garnered endorsements from many elected city officials, I further submit the endorsement that carries the most weight is that of Mr. Semonian.

He has endorsed Ben Ortiz.

I encourage all voters to consider Ben on June 11.

Robert C. Dunn
Alexandria

Empower Civic Associations

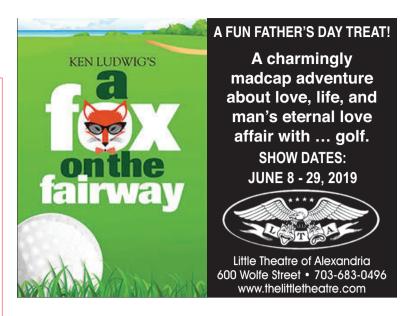
To the Editor:

In the current Transportation Master Plan, you SEE LETTERS, PAGE 13



Snapshot

Rainbow over Braddock Road – June 2, 7:04 p.m.





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PETS

'Cuddle Time:' Cozying Up with a Rabbit or Lizard



Janelle Smith and her guinea pig Winston T. Featherbottom.



Photo by Janelle Smith

Winston T. Featherbottom chills in the grass.



PHOTO BY OLIVIA KWONG Westley (left) and Buttercup, who has relaxed into a bunny flop.



Photo by Olivia Kwon

Westley (left) and his best bunny buddy Buttercup.

Non-traditional pets find their way into hearts of adopters

By Barbara S. Moffet Animal Welfare League of Alexandria

paghetti Blueberry," the bearded dragon, likes to ride on owner Teagan Robinson's shoulder and take a walk wearing a harness and leash. Janelle Smith's guinea pig, Winston T. Featherbottom, is fond of sitting in her lap, and he chirps excitedly when she comes home from work. Westley the rabbit flies over the back of the couch to join Olivia Kwong and her husband to watch TV and adores his bonded bunny buddy Buttercup.

As the Animal Welfare League of Alexandria (AWLA) staff and volunteers know well, dogs and cats aren't the only pets that

show affection. And the people who adopt these "non-traditional" shelter animals — rabbits,

guinea pigs, ferrets, rats, birds, turtles, snakes and even the occasional fish — report that those pets can and do express affection for their humans, along with plenty of beguiling behaviors.

Spaghetti Blueberry, also known as Ghetti B, changes color at night, transforming from goldish tan to pale yellow. When the reptile gets upset, Robinson says, her chin grows large, black and menacing (thus the "bearded" moniker) and her body flattens out like a pancake, a strategy developed to warn off birds of prey.

Ghetti B loves eating live crickets and salad, especially if the salad is "moving." "I put my finger in and move the salad around, and she'll go to town," Robinson said.

Robinson adopted Spaghetti Blueberry from the AWLA in January 2018 and has learned the bearded dragon Do's and Don't's. The animals need to bask in two different types of light for most of the day — a heat lamp and a UVB light — to regulate their body temperature and promote digestion, she said. Humidity in the animal's tank also needs to be just right: too much humidity and the bearded dragon might contract a respiratory infection, but too little and the animal becomes dehydrated. Once the proper conditions are established, though, bearded dragons are "super easy to take care of," Robinson confirmed.

Winston T. Featherbottom was named to sound like a "vain old English man" to match some of his characteristics, Smith said, and the tricolored guinea pig seems to recognize his name when he's called. "He has a huge personality for a tiny guinea pig," she said. Besides snuggling with Smith and her husband, Edward Bradshaw, in their home in Alexandria, the pet has formed a special bond with one of the couple's dogs, a pit bull-mastiff mix called Gracie. The guinea pig regularly grooms Gracie, and

the dog makes a point of greeting Winston in his room first thing every morning and last thing at night.

Smith said they chose a guinea pig at the AWLA in December 2017 after having a series of pet rabbits, rats, dogs and cats. They were looking for an animal that lived as long as a rabbit but with different needs and personality. "I was stopping in at the shelter to visit one of the guinea pigs, and he wouldn't have anything to do with me," she said. Winston (then known as Morgan) squeaked repeatedly for Smith to walk down and see him and seemed to already like her. She adopted him the same day.

Guinea pigs require a roomy pen — Winston's is larger than the average coffee table — with a solid floor rather than a wire or slatted one. Winston isn't very adventurous and doesn't often climb the ramp to his cage's upper level, but he's crazy about the little cardboard red barn in his cage, Smith said. Guinea pigs need Vitamin C in their diet, as their bodies are not able to produce it, so along with guinea pig pellets, Winston gets daily helpings of carrots and other fresh vegetables and fruits.

Olivia Kwong and her husband, Mike Daniels, were looking for a new kind of pet two years ago — they had had only fish — and spotted rabbits Buttercup and Westley on the AWLA's website. Buttercup is a white rabbit with tan markings, and Westley is black with touches of white fur. "I felt they were destined to be our bunnies," Kwong says. And destined to be together.

"They run over to each other so they can sit down and snuggle, it's the greatest thing ever," she said. "It's total bunny love. They



Photo by Teagan Robinson

Bearded dragon Spaghetti Blueberry and her canine housemate check on what's going on outside.



Photo courtesy, Animal Welfare League of

Teagan Robinson and her bearded dragon Spaghetti Blueberry, dressed up for Easter.

also try to steal food from each other's mouth, even hay." Besides hay (which rabbits need in an unlimited supply) and daily greens, Buttercup and Westley love occasional treats of carrots and dried or fresh fruit.

Why did Kwong and Daniels choose rabbits? "I just like their little personalities, and they're less noisy than dogs and generally easy to train to use a litter box," Kwong said. She says that some rabbits, however, tend to chew on furniture, and that it's important to find a veterinarian who's knowledgeable about taking care of rabbits.

Buttercup and Westley are "house rabbits" — allowed to roam the couple's Alexandria home under supervision rather than being confined to a pen. As they roam, their individual personalities are on full display: But-

tercup is more sedate but in control and is a "bunny who holds a grudge," Kwong says. "She'll remain mad for a couple of days after nail clipping." Westley is no pushover, she said, but definitely low man on the totem pole. He grunts when he's happy and is a more adventurous rabbit than Buttercup. "Sometimes a little black blur will go by, and it's Westley," Kwong says. "We call him our little explorer."

Note: Photographs of Spaghetti Blueberry, Winston T. Featherbottom, Westley and Buttercup all have been included in the AWLA's annual photo calendar. If your pet would like to be highlighted in the 2020 photo calendar and even win fun prizes, like a photo session with an AWLA photographer, visit AlexandriaAnimals.org/Calendar today.

The Animal Welfare League of Alexandria is a local 501(c)(3) organization. Operating the Vola Lawson Animal Shelter, which is Alexandria's only open-access animal shelter, the AWLA touches the lives of more than 6,000 animals every year, including strays, lost pets, local wildlife, rescued animals and animals surrendered by their owners. The AWLA is committed to addressing animal homelessness, promoting animal welfare and serving as an educational resource for the community. More information can be found at AlexandriaAnimals.org.

LETTERS

From Page 11

need read no further than its contents page to realize its fundamental flaw: No treatment of how to move peak vehicular traffic more efficiently in, out, and through Alexandria.

There is a whole chapter devoted to pedestrians and one to bicycles, but the one called "Streets" focuses mostly on safe bicycling and walking, not on vehicle mobility. The chapter description says in part, "City streets serve many functions, providing citizens of all ages and degrees of mobility the ability to walk down the sidewalk to grab a cup of coffee, speak with their neighbors, walk their children to school, or bicycle to work."

Oddly, the plan does not point to viable solutions to our growing problems of congestion and dangerous cut-through traffic. Consequently, the plan has clearly failed to address them despite the focus on getting people out of cars to bike, walk or use public transit options.

The one major change to the plan since its adoption in 2008 was the addition of the new Pedestrian & Bicycle Master Plan in 2016. Developed by a committee dominated by bicycle activists, the Pedestrian & Bicycle Pedestrian Master Plan was designed to be a tool for them to get what they always wanted: a citywide bike lane network.

Ever since, these bicycle activists have used the master plan as a club, bullying residents who object to road diets on arterial roads, as they are doing now with the pro-

posal to narrow Seminary Road. Yet, the residents in many parts of the city depend on that arterial capacity for commuting, shuttling kids, and running errands. For them, it would be difficult or impossible to manage their lives on a bike.

The Transportation Master Plan is now being revised. Renamed the "Transportation Mobility Plan," presentation documents available online reveal more of the same: a focus on getting residents out of cars, heavy emphasis on bicycling and walking, and another attempt at making

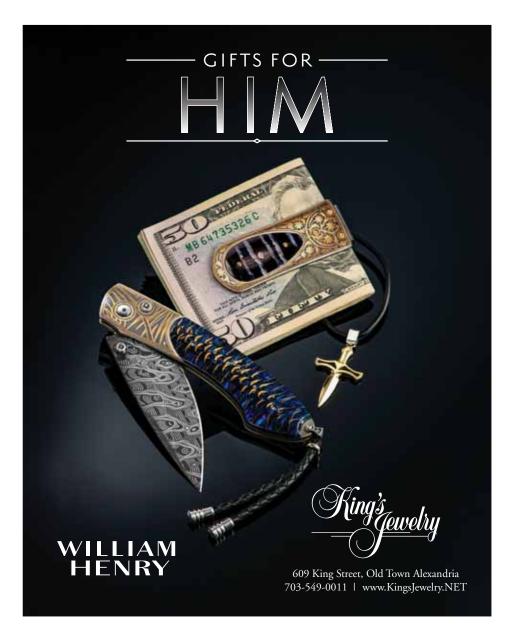
innovative transit solutions work.

Why are the voices of the neighborhoods not being heard? Perhaps because the civic associations are not included in the development of these policies. None of the boards involved in transportation planning since 2008 have included much, if any, representation from the civic associations. In stark contrast, the current planning committee includes two members of the local bicycle activist group BPAC.

The only mechanism we truly have to protect our neighborhood interests is our civic associations. They need to be empowered, not just on this issue, but also on many others that impact the quality of life of resi-

City leaders should start by adding members of the Alexandria Federation of Civic Associations to the transportation planning committee. Only then can "the rest of us" know that our concerns will be addressed

SEE LETTERS, PAGE 22



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WELLBEING



Photo courtesy of Northern Virginia Therapeutic Riding Program

Equine Therapy can be used to treat those with PTSD, says Olivia Taylor of the Northern Virginia Therapeutic Riding Program.

PTSD: Recognizing and Healing

"It's important for

people with PTSD

because they can

— Carol L. Cleaveland,

George Mason University

to have hope

get better."

During PTSD Awareness Month, clinicians work to raise awareness, treatment options.

BY MARILYN CAMPBELL

hey took all my clothes and made me walk naked for two days so I couldn't escape," said one woman. "They kill people over nothing," said another.

These are the descriptions from Latina immigrants of their experiences as they were smuggled from Mexico to the United States. These women and oth-

ers like them often experience rape, assaults, and gun violence, said Carol L. Cleaveland, PhD, Associate Professor of Social Work, George Mason University.

In a recent paper, "An Exploratory Study of Latina Immigrant Trauma," she and co-author Cara Frankenfeld, PhD, also of George Mason University, spoke with patients at Mason and Partners Clinic in Springfield, Falls Church and Manassas Park who described events that often left them with

Post Traumatic Stress Disorder (PTSD). During June, which is PTSD Awareness Month, mental health professionals are working to raise public awareness of the disorder and a knowledge of the treatments available to those who suffer.

There is often a lack of understanding which makes it difficult to identify said Cleaveland. "PTSD is a shift in how people think, feel and behave in response to a traumatic event they experience. It's something that induces profound terror," she said.

"[Symptoms include] intrusive thoughts and memories of the traumatic event, such as thinking about the event when you don't want to, having flashbacks or having a strong emotional reaction to a something that reminds you of the trauma," said Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College.

A person experiencing PTSD might avoid people or experiences that remind them of the trauma, said Bagshaw. "You [can experience] negative thinking about yourself and the world, such as having traumatic expectations or detaching from relationships."

Managing and healing even severe symptoms is possible with the right strategies. "There are several

very good treatments for trauma," said Bagshaw.

Among these healing methods is Cognitive Behavioral Therapy (CBT), a form of psychotherapy that teaches how to cope with dysfunctional emotions, behaviors, and thoughts. Another therapy is Eye Movement Desensitization Reprocessing (EMDR) which involves a patient briefly focusing on the traumatic memory under the guidance of a trained clinician and ultimately experiencing relief.

"There is research which shows EMDR is highly

effective in desensitizing the trauma," says Cleaveland.

Therapeutic riding is an emerging therapy that has not been studied extensively for PTSD. "[It] is teaching people to ride and work with horses with the goal of improving their physical or mental well-being," said Olivia Taylor, Program Director of Northern Virginia Therapeutic Riding Program (NVTRP). "One of the biggest benefits we see for our riders with PTSD is that riding puts them in

the moment, focused on creating a bond with their horse. They're not thinking about past events or being hypervigilant, but feeling peaceful in the moment."

For those who have strained interpersonal skills related to trauma, such as the ability to trust others, therapeutic riding provides a safe space for working on that proficiency, Taylor said. "Horses are empathetic, non-judgmental creatures, so therapeutic riding provides a great opportunity to work on building a trusting relationship with another living being," she said.

As an example, Taylor points to one NVTRP rider who suffers from debilitating and life-disrupting anxiety resulting from PTSD. "Over several weeks of riding, she has developed a very strong bond with the horse she rides," says Taylor. "They share an especially close relationship, and she credits the trust she has in him with her ability to overcome her fears of riding and progress more than she'd ever imagined. We find that this sort of trust and openness to an empathetic relationship carries over into riders' lives beyond the farm, helping them to rebuild healthy lives."

Two Vie for Democratic Clerk of Circuit Court Nomination

From Page 1

may vote in the primary, regardless of party affiliation.

The Clerk is one of a few constitutionally mandated elected offices at the local level, along with the Sheriff and Commonwealth's Attorney.

The office primarily keeps land and other public records and provides administration for the courts. Unlike other state offices with two- to four-year terms, the Clerk serves eight years.

BEN ORTIZ

A Puerto Rican immigrant and 15-veteran of the Clerk's office, Ortiz sees himself mainly as an administrator. He believes elected legislators primarily set the tone for the Clerk's office.

"If there's something I see that needs to be looked at, I would definitely pursue it, whether it be a change in policy, ... law, ... fee structure," he said. But "I'm not a politician, nor do I have a political agenda for the office. ... This office doesn't really have any political influence. We do not change or establish policies, we do not change or establish laws. Laws actually tell us how to run the of-

For example, the Clerk administers some 250 fees for myriad legal and records-related services. But the state legislature sets all the fees, the Clerk can't change them, he said.

He describes his main selling point as having thoroughly learned the office's workings. Currently the Deputy Clerk, he worked his way up from an entrylevel position through several of the positions he'd oversee.

Ortiz learned the ropes from Ed Semonian, the outgoing Clerk who's held that post for four decades. Ortiz would "continue ... Semonian's legacy" and after his term, if elected, aims to have "improved an office that needed little improvement."

He'd continue an initiative to

database system and aims to expand an electronic filing capability. Currently, lawyers and citizens wishing to file or obtain most documents must mail or deliver hard copies.

He'd seek to establish a network of attorneys to come into the office and offer pro-bono legal ad-

He thinks such a network would help citizens who may come in looking for legal advice, which Clerks aren't allowed to offer. He recounted assisting a Spanishspeaking woman with divorce paperwork. He could tell her what forms to fill out, but not advise what to write in them.

Ortiz has received endorsements from Semonian and former Mayor Kerry Donley.

GREG PARKS

A native Nebraskan and attorney with managerial experience in a variety of federal postings, Parks touts his credentials as a Democrat. He's an Alexandria Democratic Committee member with endorsements from numerous of Alexandria's Democratic officials. He says he's been politically involved since he was a young boy; his mother served as a School Board member and Nebraska state senator.

'This office is more than just an administrative position," he said. "If the office sees areas where the law as it is isn't what it should be, I think it's incumbent upon it to join with other public officials and say, ... maybe we need to change the law in this area, [such as] maybe we need to change this fee structure. ... [The Clerk is] elected for a reason [rather than appointed]."

For example, asked if he thinks any court fees regressively hurt those without means, he pointed to an \$86 fee to file a motion to restore lost driving privileges.

"Many individuals who are working to address problems with their license are indigent and this upgrade the office's 15-year old is one fee that is being added on

process as they seek being able to legally drive (which is often critical to holding employment, etc.)," he said.

Parks describes his main selling point as his training as an attorney. For example, the Clerk must sign off on a warrant for the Commonwealth's Attorney and

a lawyer's eye could help bolster the Clerk's "responsibility of being a check on the process."

He puts a major emphasis on enabling electronic filing. He Paperless system, which allows "users to initiate a [criminal or civil] case and file pleadings in the

top of many they will face in the police to seize property. He thinks case remotely." Otherwise, lawyers bill their clients for the time it takes to file in person, he said.

> Watch a debate between the candidates, recorded Tuesday, May 28, at www.facebook.com/ points to Arlington's Project AlexVADems. For voting information, visit www.alexandriava.gov/ Elections or call the registrar's office at 703-746-4050.





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New Pastor at Queen of Apostles

ffective Monday, July 1, and in accordance with routine clergy appointments made by the Most Reverend Michael F. Burbidge, Bishop of Arlington, Reverend Juan Espino, DCJM has been assigned as the new pastor of Queen of Apostles Parish in Alexandria. Reverend Leopoldo M. Vives, DCJM, pastor of Queen of Apostles Parish in Alexandria has been assigned out-





Espino **Vives**

side the Diocese of Arlington.

Entertainment

LTA Presents 'A Fox on the Fairway'

Madcap adventure about love, life, golf.

BY STEVE HIBBARD

he Little Theatre of Alexandria (LTA) is presenting Ken Ludwig's "A Fox on the Fairway" from June 8-29. A madcap adventure about love, life, and man's eternal love affair with ... golf. Ludwig's play will take the audience on a hilarious romp that pulls the rug out from underneath the stuffy denizens of a private country club. Filled with mistaken identities, slamming doors and romantic missteps, this furious-paced comedy recalls the best of the Marx Brothers' classics.

Director Scott J. Strasbaugh had this story on why he decided to direct the play: "I was on the Tee Box of the 11th hole at Augusta National. 'White Dogwood,' a 505yard Par 4 monster of a hole that begins at Amen Corner, where the wind is often a factor. The tee shot plays downhill and left to right. A pond guards the green to the left and a bunker is strategically placed right center. I was poised. I was ready. 'Thwap!' My drive goes straight up in the air, must have been 300 yards up — directly into the open beak of a brown thrasher. I was stunned. The bird then proceeded to fly my ball towards the green but heading straight for the pond. 'Noooo! You incompetent bugler!,' I shout. But it was too late. That darn featherbrain dropped my ball right in the drink

"I had to take a drop and lose a

"My third shot, I knew I was close to the hole, so I just needed to concentrate. I line up to the cup and take my shot, just when at the same time a bumble bee stings me in the ear. 'Yeeeoowww!,' I scream as my ball hooks left, ricochets off a tree and hits me right in the forehead, knocking me out cold before taking two bounces and landing on the beach ...

"When I came to, two hours later, I was at the clubhouse being revived by buckets of ice-cold water to the face from (producers) Russ Wyland and Luana Bossolo. They tell me, 'You know ... golfing really doesn't appear to be for you. But have you seen this script by Ken Ludwig called, 'A Fox on the Fairway'? It's a comedic farce.



The full cast of "A Fox on the Fairway" (seated from left): Raeanna Larson as Louise Heidbedder, Cameron McBride as Justin Hicks and Brandan Chaney as Dickie Bell. Standing from left: Lorraine Bouchard as Muriel Bingham, Ken Kemp as Henry Bingham and Patricia Nicklin as Pamela Peabody.



Director Scott J. Strasbaugh on the set.

Much like your golf game. Directing it, may be a whole lot easier," he said.

Strasbaugh, a professional actor who played Olaf in the film "Zoolander," said he was trying to restore his dignity. "It was quite embarrassing what happened out there on the course. I had to make funny for real and not by accident. Instead of Tee Time, I had to create comedic time. Instead of a good short game, I had to show a good game of quick wit, lightning fast banter and misunderstood innuendos. I believe with the cast of incredibly talented and equally funny actors, and behind-thescenes crew we've assembled for this comedy of errors, we accomplished that. Now — if I can just



Brendan Chaney stars as Dickie Bell and Lorraine Bouchard as Muriel Bingham in LTA's production of "A Fox on the Fairway."

get these dimple indentations on my forehead to go away, I'd be happy," he said.

Brendan Chaney is playing the role Richard "Dickie" Bell, a man about town — or at least he thinks he is. "I would compare him a little to Donald Trump, in that he doesn't seem to have the book smarts but has his own kind of smarts that always gets under people's skin and make them do what he wants. He also doesn't care what people think of his look in a way I think it's a distraction that allows him to get away with some of his antics. However, deep down I think he just wants to be liked," he said.

He said his challenges were: "Learning what chemistry you

have with a whole new cast of actors and how to play to everyone's strengths ... oh, and the Mulligan," he said.

Lorraine Bouchard is playing the role of Muriel Bingham, a tough old bird who commands respect. "But she has her secrets and a warm side that only a weasel can bring out," she said, adding, "The audience will forget all their cares when they have fun watching our ridiculous antics."

Ken Kemp plays the role of Henry Bingham who runs Quail Valley Golf and Tennis Club. "(And pulls the strings in the play), doing everything he can to make sure that Quail Valley beats Crouching Squirrel in the hotly contested, annual Interclub Championship.

His job is on the line, the pressure is on, and he's not above resorting to some shenanigans to make sure things turn out his way," he said.

He added: "Bingham tends to be long-winded (to put it kindly), so I had some long monologues to memorize. He also speaks in a British accent, and I had to find the right voice for him. When Scott cast me, I was already playing Henry Higgins in 'My Fair Lady,' so I just started from the standard British of Higgins, then I added a generous helping of James Mason, and a dash of the pomposity and gravitas of Kelsey Grammar in 'Frasier.'"

Patricia Nicklin plays the role of Pamela Peabody. "When Pamela is not serving on the executive committee of the board for Quail Valley Golf and Country Club, she stays busy getting married, and then divorced, breaking many hearts along the way. Pamela is sporty, tanned, glamorous, a bit loose, and a bit of a drinker. She knows little about golf, and a lot about cocktails," she said.

As far as challenges, she said: "I don't wear high heels, rarely have a tan, and I've been married only once, to my husband for the last 30 years.

I play tennis, not golf, and I don't hang out in bars. However, my inner Pamela has emerged during this play."

Cameron McBride plays the role of Justin Hicks, a sweet and goofy guy who tends to be ruled by his emotions, rather than by his brain. "He feels everything very strongly one way or another, and although that means he's a hard-worker and a loving boyfriend, it also means he gets into trouble and puts his foot in his mouth on occasion. However, at the end of the day he means well, and only wants the best for everyone in life," he said.

Raeanna Larson plays the role of Louise Heindbedder, a waitress at the country club. "She is a little ditzy and a little vacant, but she doesn't do anything by halves. When Louise is passionate about something, she goes all in, whether it's her feelings for her boyfriend or, of course, golf," she said.

The Little Theatre of Alexandria (LTA) is presenting "A Fox on the Fairway" from June 8-29. Show times are Wednesdays through Saturdays at 8 p.m.; Sundays at 3 p.m. Tickets are \$21 and \$24. The venue is located at 600 Wolfe Street, Alexandria. Visit www.thelittletheatre.com.

www.ConnectionNewspapers.com

ENTERTAINMENT

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

ONGOING

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.

Riding the Rainbow. Through June 30, 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.

Art Exhibit: Landscape X3. Through June 30, gallery hours at Gallery 311 at the Torpedo Factory, 105 N. Union St., Studio 311. In a new exhibit at the Torpedo Factory, painters Ellen Delaney and Gale Wallar and photographer Jo Ann Tooley take on the traditional subject of landscapes. Delaney's paintings consist of larger-than-life abstracts while Wallar's work emphasizes a majestic topography with defined shapes and edges. Tooley's black & white photographs strip nature of its color. Visit torpedofactory.org/partners/ gallery-311/.

4Living 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

Creative Summer Programs

Through Aug. 31 at Del Ray Artisans, 2704 Mount Vernon Ave. Del Ray Artisans' Creative Summer Programs is a series of workshops exploring the arts. Learn techniques in photography (macro and SmartPhone), painting, sculpture, mixed media, jewelry-making, sketching, and more; and discover how to use art for affirmation, communication, and intention. Details and registration at DelRayArtisans.org/programs/ creative-summer/

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/



Newly minted American citizens offer their pledge to the

Declaration Day

Join Gunston Hall in celebrating the anniversary of the Virginia Declaration of Rights, written by George Mason. This family-oriented program kicks off with a naturalization ceremony, followed by a variety of activities for all ages, a museum theater performance, and visits to Gunston Hall's brand-new exhibit: Revolutionary Rights. Saturday, June 15, 11 a.m.-4 p.m. at George Mason's Gunston Hall, 10709 Gunston Road, Lorton. Complimentary. Call 703-550-9220 or visit www.gunstonhall.org.

farmersmarkets

POOLS OPEN

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 25yard 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 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.

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

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.

First Friday: Family Art Night. 6-9 p.m. at Durant Arts Center, 1605 Cameron St. With Father's Day right around the corner, plan to create the perfect gift by attending Alexandria's Office of the Arts First Friday: "Family Art Night." A "meet and greet" begins at 6 p.m. Pizza, soda





Entertainment

and water will be on hand, complements of the Office of the Arts. Art activities begin at 6:30 p.m. No experience necessary. Reservation includes one art experience, art supplies, pizza and soda. Reservations are \$9 per person. Children under 5 years old are free. Children must be accompanied by one adult. Call 703-746-5565 or visit alexandriava.gov/

Hurricane Season Reading. 6:30 p.m. at Hooray for Books!, 1555 King St. Juvenile fiction author Nicole Melleby will visit Hooray for Books! to read her debut novel, Hurricane Season. The story follows sixthgrader Fig Arnold and features LGBTQ+ characters. The children's book is suitable for readers ages 10 and up. Free admission. Visit www.hooray4books.com or call 703-548-4092.

Opening Reception: "Art in Meditation – the Chakras." 7-9 p.m. at Del Ray Artisans Gallery, 2704 Mount Vernon Ave. "Art in Meditation – the Chakras" features area artists interpreting the chakra energies. The exhibit, juried by contemporary artist Jeff Erickson, will have an associated Art-To-Go marketplace. Visit DelRavArtisans.org/exhibits.

Sunset Movie Night - Thor:

Ragnarok. 7-11 p.m. at Mt. Vernon RECenter, 2017 Belle View Blvd. Summer Sunset Movie Nights at Mt. Vernon RECenter are back every Friday in June. Free. Visit ZelsmanPowersGroup.com for

FRIDAY-SATURDAY/JUNE 7-8

RENT: School Edition. Friday, 7 p.m.; Saturday, 2 and 7 p.m. at West Potomac High School, 6500 Quander Road. RENT is set in New York City's gritty East Village, and this revolutionary rock musical is an imaginative retelling of the classic Puccini opera, La Boheme. \$12. Visit westpotomactheatre.org or call 703-

FRIDAY-SUNDAY/JUNE 7-9

Celebrate Fairfax! Festival.

Northern Virginia's largest community-wide event, the 38 th annual Celebrate Fairfax! Festival, is set to take place on the grounds of the Fairfax County Government

Curves Above by Alan Sislen.



Sunset Movie Night

Summer Sunset Movie Nights at Mt Vernon RECenter are back every Friday in June, 7-11 p.m.. Visit ZelsmanPowersGroup.com for details.

Center, 12000 Government Center Parkway, Fairfax. The Celebrate Fairfax! Festival features 25 acres of concerts, family programs, exhibits, carnival rides and nightly fireworks. Among the festival's highlights are more than 120 performances on seven stages, including Better Than Ezra and Smash Mouth. Call 703-324-3247 or visit www.celebratefairfax.com.

SATURDAY/JUNE 8

Summer Saturdays. 11 a.m.-4 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. Join Gunston Hall for a summer of fun. Each Saturday in June, July, and August, stop by for a historic adventure on the grounds

and in the Visitor Center, Included with regular admission. Call 703-550-9220 or visit www.gunstonhall.org/visit/guide/

upcoming-events.

Floral Design – Contemporary
Pave Arrangement. 1-2:30 p.m. at Green Spring Gardens, 4603 Green Spring Road. (16-Adult) Certified Floral Designer Betty Ann Galway shares techniques for constructing and balancing a beautiful, contemporary, pavé floral arrangement of grouped flowers. Pavé design groups flowers in a grid, like a paver, for a gorgeous, modern effect. Make and arrangement to enjoy at home. Later, reuse the container to practice. Materials provided for \$30 supply fee. Program fee is \$39/person. Register online at www.fairfaxcounty.gov/parks/ parktakes/ using code 9C6.A2DC or call 703-642-5173.

SUNDAY/JUNE 9

Spring Car Show. 9 a.m.-2 p.m. at River Farm, 7931 East Boulevard Drive. Enjoy a fun community event benefiting the American Horticultural Society and River Farm. Enjoy classic cars, garden tours, children's activities, raffles, food/drink, botanical art, & ourand a Garden Shop. Rain date is June 16. \$10 per car for spectators; \$20 for show cars (pre-registration encouraged); \$5 for walk-ins/bikes; free for 12 & under. Visit www.ahsgardening.org/aboutriver-farm/events-programs/classiccar-show for more.

Dyke Marsh Meetup Walk with a **Ranger.** 11 a.m.-1 p.m. at Belle Haven Park/ Dyke Marsh Wildlife Preserve. Enjoy the outdoors on this 2-mile walk with a national park ranger to see the largest freshwater marsh in the nation's capital. Bring a pair of binoculars for viewing ar eagle's nest and other marsh life. Free. Call 703-235-1530 or visit www.nps.gov/gwmp/planyourvisit/ dykemarsh.htm.

Cruising the Past. 1-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. (Adults) Explore the glamorous heyday of ocean travel when great passenger liners sped

across the Atlantic with cargoes of celebrities and millionaires. View archival photos contrasting the luxury of first class with the discomfort of steerage, and compare the elegance of those bygone ships with their pres-ent-day counterparts. \$36 (program + tea); \$15 (program only). Pro-grams are by reservation only. Call (703) 941-7987, TTY (703) 324-3988.

Annual Picnic and Birthday Party.

1-5 p.m. at Pope-Leighey House, 9000 Richmond Highway. Celebrate Frank Lloyd Wright's birthday on the lawn of the Pope-Leighey House. Music, treats, and house tours and more. This event is BYOP – bring your own picnic. Save room for the tasty birthday desserts included in the price of a ticket, and beverages on offer from local vendors. No outside alcohol will be permitted on site. Rain or shine. \$15-\$30. Visit www.woodlawnpopeleighey.org/ for

Fort Hunt Park Concerts. Through Aug. 25, Sundays, 7-8 p.m. at Fort Hunt Park, Pavilion A, 8999 Fort Hunt Road. All are welcome for free community concerts held at Fort Hunt Park every Sunday. Free. Visit www.nps.gov/gwmp/planyourvisit/ forthuntconcerts.htm for performer.

TUESDAY/JUNE 11

Simpson Gardens Stroll. 10-11 a.m. at Simpson Park Gardens, 420 E. Monroe St. Stroll through Simpson Gardens with Extension Master Gardeners as they describe the gardens' variety of demonstration beds that combine sustainable gardening practices with appealing aesthetics: waterwise gardening, scented plants, plants that attract pollinators, plants that prefer shade, and plants that have appealing structure and texture. Free. Questions? Telephone 703-228-6414 or email mgarlalex@gmail.com.

THURSDAY/JUNE 13

Summer Garden Tour and Tea. 1-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. Adults. Tour the vibrant demonstration gardens with a

master gardener docent who highlights summer's standout plants, and tells stories of Green Spring past and present. Afterward, enjoy a tradition-al English afternoon tea. \$36 per person. Pro–grams are by reservation only. Visit www.fairfaxcounty.gov/parks/ parktakes/ or call 703-941-7987.

Archaeology After Dark: Cartography of a Port City. 6:30 p.m. at The Lloyd House, 220 N. . Washington St. City of Alexandria Archaeologist Benjamin Skolnik presents a new take on the history of the city as told through 15 seldom-seen maps. Alexandria history is combined with the history of cartography to show the many ways people, including City Archaeologists, make and use maps. \$12/person; \$10 FOAA/OHA members. Visit www.foaa.info/events

THURSDAY-SATURDAY/JUNE 13-15

RENT: School Edition. 7 p.m. at West Potomac High School, 6500 Quander Road. RENT is set in New York City's gritty East Village, and this revolutionary rock musical is an imaginative retelling of the classic Puccini opera, La Boheme. \$12. Visit westpotomactheatre.org or call 703-718-2500.

FRIDAY/JUNE 14

Sunset Movie Night: Aquaman. 7-11 p.m. at Mt. Vernon RECenter, 2017 Belle View Blvd. Summer Sunset Movie Nights at Mt. Vernon RECenter are back every Friday in June. Free. Visit ZelsmanPowersGroup.com for

SATURDAY/JUNE 15

Beech Tree Puppets, 10 and 11:15 a.m. at Durant Arts Center, 1605 Cameron St. Founded by Ingrid and Ole Hass in 2012, brings meaningful stories with sensory-friendly and Beech Tree Puppeteers feel that puppets can break down barriers, and provide insights and resolutions to cross cultural differences, and open people to new ideas and www.ConnectionNewspapers.com

tory Art Center #312, 105 N. Union St. Visit www.MultipleExposuresGallery.com or call 703-683-2205. 18 ALEXANDRIA GAZETTE PACKET JUNE 6-12, 2019

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 Fac-

Lost Boy Cider Opens This Weekend

By Hope Nelson

pples: They're not just for autumn anymore. As the summer heats up, Alexandria's first and only cidery prepares to open its doors with a two-day grand opening party this weekend. Lost Boy Cider, the brainchild of co-owners Tristan and Katie Wright, has been a long time

in the making, but all the hard work is poised to pay APPETITE

The idea for Lost Boy came into being in stages.

"Tristan has some allergies, one being gluten and another being soy. He realized that he couldn't really drink beer anymore," Katie Wright said. They thought back to their honeymoon in Ireland, where pubgoers drank cider instead of beer from taps, and considered the opportunities back home.

"It seemed like a hole in the market, something we didn't really have here,"

With that, Tristan Wright quit his commercial banking job and devoted himself full-time to the new cider venture. A 6,000square-foot warehouse space in Carlyle was procured; farms were sourced. Piece by piece, over several years the cidery took shape into a reality.

And it's coming out of the gate strong. Visitors to the cidery and tasting room during grand-opening weekend will be greeted by a half-dozen varieties of cider just waiting to be tasted.

"Our flagship cider will be called Comeback Kid," Wright said. "It is apples only; it's not flavored."

Other featured ciders include Lemonade Stand, brewed with lemons and mint; Thai Rope Walker with strawberries and Thai basil; the Slasher, brewed with raspberries;

But perhaps the most impressive sight is the Pixie Dust - brewed with passionfruit and butterfly pea flower, the flower "turns the cider purple. If you add citric acid " -

If You Go

LOST BOY CIDER, 317 Hooffs Run Drive Grand opening hours: Noon-9 p.m. Saturday and Sunday

Regular hours: Monday, Wednesday-Friday 4-9 p.m.; Saturday-Sunday noon-9 p.m.; closed

Try this: The Slasher cider. "It's kind of like a sour in beers," says co-owner Katie Wright.

say, squeezing a lemon into the glass - "it turns it magenta," Wright said.

One thing visitors will notice about Lost Boy's ciders is how dry they are, Wright said. A far cry from so many sugary-sweet commercial ciders found at the local grocery store, these ciders are apple-forward, without the copious amounts of sugar added to the more commercial versions.

And about those apples: They're all sourced from Virginia. Winchester's Glaize Orchard does the growing and pressing of the apples and then the juice arrives to the cidery in a tanker truck. Then Lost Boy's on-site fermentation tanks do their job of turning the juice into something a little

"The arrival of Lost Boy Cider in the City of Alexandria will help strengthen Virginia's reputation as a top destination for artisanal cider and build on the tremendous growth and momentum of our craft beverage industry," said Gov. Ralph Northam in a written statement. "This investment from Lost Boy Cider, and their commitment to sourcing the Virginia's apples that make ciders so distinctive, is a reflection of the economic impact that our agricultural and tourism sectors can have in cities as well as rural parts of the Commonwealth."

Lost Boy's grand opening event is from noon to 9 p.m. both Saturday and Sunday. Food trucks - Rocklands, Meggrolls and Basic Burger - will split time outside throughout the weekend from noon

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

CALENDAR

possibilities. Beech Tree Puppets have performed artful performances to schools, libraries and public theaters in the wider DC area. \$6 per person. To buy online, visit alexandriava.gov/Arts click on

Durant Arts Center

Gardening with Climate Change.

10-11:30 a.m. at Green Spring Gardens, 4603 Green Spring Road. (Adults) Horticulturist Brenda Skarphol highlights ideas from Climate-Wise Landscaping by Sue Reed and Ginny Stibolt to help make a garden better adapted to the changing climate. Learn about some of the best performing native and non-native plants and trees that adapt to erratic climate conditions. Discover ways to manage rainwater for better drainage. Class takes place outdoors in the gardens. \$18/person. Register online at

www.fairfaxcounty.gov/parks/ parktakes/ using code 1A9.709F or call Green Spring Gardens at 703-642-5173.

Declaration Day. 11 a.m.-4 p.m. at George Mason's Gunston Hall, 10709 Gunston Road, Lorton. Join Gunston Hall in celebrating the anniversary of the Virginia Declaration of Rights, written by George Mason. This family-oriented program kicks off with a naturalization ceremony, followed by a variety of activities for all ages, a museum theater performance, and visits to Gunston Hall's brand-new exhibit: Revolutionary Rights. Visit gunstonhall.org for more.

Mount Vernon's Garden-Chic Soiree. 6:30-8:30 p.m. at George Washington's Mount Vernon. Take a leisurely stroll through George Washington's estate while enjoying a menu of hors d'oeuvres curated by Michelin-starred chef and owner of Masseria in Washington, D.C., Nicholas Stefanelli. \$200 for nonmembers, \$175 for members. The dress code is garden chic. There will be no Mansion tours during this event. Visit mountvernon.org/ gardenparty.

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 16

Dyke Marsh Meetup Walk with a Ranger. 11 a.m.-1 p.m. at Belle Haven Park/ Dyke Marsh Wildlife Preserve. Enjoy the outdoors on this 2-mile walk with a national park ranger to see the largest freshwater

marsh in the nation's capital. Bring a pair of binoculars for viewing an eagle's nest and other marsh life. Free. Call 703-235-1530 or visit www.nps.gov/gwmp/planyourvisit/ dykemarsh.htm.

Fort Hunt Park Concerts. Through Aug. 25, Sundays, 7-8 p.m. at Fort Hunt Park, Pavilion A, 8999 Fort Hunt Road. All are welcome for free community concerts held at Fort Hunt Park every Sunday. Free. Visit www.nps.gov/gwmp/planyourvisit/ forthuntconcerts.htm for performer.

TUESDAY/JUNE 18

Alexandria Symphony Orchestra

Fundraiser. 6:30-9 p.m. at the Home and Gardens of Major Jonathan Wilbor, 310 S. Lee St. ASO's annual spring fundraiser featuring a live and silent auction. Holland America cruise raffle and great food and drink. \$185 individual; first-timer event tickets, \$125 Individual. Visit www.alexsym.org or call 703-548-

WEDNESDAY/JUNE 19

The Great Gatsby. 5:30 p.m. at Woodlawn & Pope-Leighey House, 9000 Richmond Highway, Picnic Theatre Company returns to Woodlawn Mansion garden for a Roaring Twenties cocktail hour and

performance of F. Scott Fitzgerald's The Great Gatsby. At 5:30 the garden opens for cocktails and picnicking, performance is at 6:30, with no intermission. \$15. Call 703-570-6903 or visit www.eventbrite.com/e/ picnic-theatre-company-presents-thegreat-gatsby-tickets-62057367256.

FRIDAY/JUNE 21

Garden Talk: Bring on the

Hummingbirds. 1:30-2:30 p.m. at Green Spring Gardens, 4603 Green Spring Road. (Adults) Perhaps one of the most beloved birds in gar-dening, hummingbirds astonish with their aerial acrobatics, their beauty and the important role they play as garden pollinators. Attend this talk and learn about plants to attract these beautiful birds. \$10/person. Register online at www.fairfaxcounty.gov/parks/ parktakes/ using code 37F.853C or

call 703-642-5173.

Summer Solstice: "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. **Sunset Movie Night - The**

Avengers: Infinity Wars. 7-11 p.m. at Mt. Vernon RECenter, 2017 Belle View Blvd. Summer Sunset Movie Nights at Mt. Vernon RECenter are back every Friday in June. Free. Visit ZelsmanPowersGroup.com for

SATURDAY/JUNE 22

Well Ray Festival. 9 a.m.-1 p.m. on Mt. Vernon Ave in the heart of Del Ray. The free, family-friendly event will take on Mt. Vernon Avenue with a celebration of the health and wellness lifestyle movement. Over 75 health and lifestyle inspired vendors will provide a variety of activities to allow festival-goers the opportunity to explore, heal, taste and move in



AHS president Beth Tuttle congratulations an award winner at the Fall 2018 Classic Car Show.

Spring Car Show

Enjoy a fun community event benefiting the American Horticultural Society and River Farm. Enjoy classic cars, garden tours, children's activities, raffles, food/drink, botanical art, & ourand a Garden Shop. Sunday, June 9, 9 a.m.-2 p.m. at River Farm, 7931 East Boulevard Drive. Rain date is June 16. \$10 per car for spectators; \$20 for show cars (pre-registration encouraged); \$5 for walk-ins/bikes; free for 12 & under. Visit www.ahsgardening.org/about-river-farm/events-programs/classic-car-

achieving a healthy life. Wellness and holistic health practitioners will offer services ranging from therapeutic treatments such as massages to acupuncture, physical therapy and nutritional counseling, health screenings, meditation, and more. Free admission. Rain or shine. Visit Well Ray Del Ray. com.

Watercolor Workshop - Still Life. 9:30 a.m.-3:30 p.m. at Green Spring Gardens, 4603 Green Spring Road. (Adults) Whether a beginner or an experi-enced painter, learn to paint

still life in watercolor with the help of artist Dawn Flores. Gain skills in building form, developing color harmony and paint-ing flowers, water, shadows, and backgrounds. Bring objects to make simple compositions, or challenge yourself

with crystal and silver. \$93/person. Register online at www.fairfaxcounty.gov/parks/ parktakes/ using code A4E.5C49 or call 703-642-5173.

Basic Pruning Workshop for Azaleas & Rhododendrons. 10

a.m.-noon at Green Spring Gardens, 4603 Green Spring Road. (Adults) Learn to prune like a pro with this hands on workshop led by Peter Deahl of The Pruning School. Gain skills and insight into shaping and rejuvenat-ing azaleas to make them more beautiful and healthy. Meet at Green Spring Horticul-ture Center. person. Register online at www.fairfaxcounty.gov/parks/ parktakes/ using code 91C.A1C2 or call 703-642-5173.





The Men's Lightweight 8

The Women's Lightweight 8

TC Sends Six Boats To Championship Races

.C. Williams sent six boats to Stotesbury Cup Regatta in Philadelphia and three to the SRAA Nationals Championship in Nashport, Ohio.

The women's lightweight eight and the men's junior four advanced to the finals at Stotesbury, where both boats came in fifth overall in their respective races, in a regatta that drew 975 boats and more than 5,000 competitors from around the country.

The lightweight women finished with a time of 5:00.07. First place finisher Mount Saint Joseph had a time of 4:43.90, followed by Radnor, with 4:49.74, and Merion Mercy Academy, with a time of 4:49.77.

The T.C. Williams lightweight men had a time of 4:47.08. First place finisher St. Joseph's Prep had a time of 4:32.30, followed by LaSalle at 4:32.73 and Gonzaga, at 4:39.71.

The men's senior four advanced to the semifinal in their race, placing 14th in a race that saw the top 18 advance. The men's junior four placed 22nd that saw the top 18 advance to the final. The girl's junior double placed 14th in a race that saw the top 12 advance. The women's frosh eight placed fourth in a race that saw the top two advance.

The Stotesbury Cup Regatta is held just



The Men's Junior 4

upriver from Philadelphia's famous boathouse row, and draws crew teams from around the country, who set up hundreds of tents along the historic river and mingle with other rowers.

The Schuylkill River is notoriously difficult, known for a quick current that primarily affects lanes three, four and five. As luck would have it, the T.C. Williams boats consistently drew the far lanes.

A week later, the men's and women's lightweight boats and the men's junior four traveled to Nashport, Ohio for the Scholastic Rowing Association of America. The men's lightweight eight placed third in their heat, advancing to the final, ultimately plac-

Learn To Row

Registration for the Summer Crew program has opened for a variety of 5-week, summer rowing programs at the Dee Campbell Rowing Center. Register at: https://www.tcwcrew.org/summer-crew.

ing sixth with a time of 4:48.96. St. Joseph's

Prep won the race with a time of 4:30.543, behind Belen Jesuit with a time of 4:34.219

and New Trier, with a time of 4:39.211. The

women's lightweight eight placed third in a heat that saw the top two advance, in-

cluding Mount Saint Joseph. The men's jun-

ior four placed sixth in a heat that saw the

The two championships were the final

races for men's lightweight coxswain, se-

nior Clare Williams. "Overall, this season

and rowing have been really meaningful

to me. The guys I row with inspire me ev-

ery day to mentally and physically push

myself," she said. "There's nothing more

worthwhile than racing with others who

top three advance.

enjoy the sport."

Sessions begin July 1 and run through Aug. 2.

Adult programs, either M-W-F, or T-TH, are \$310 for the summer; Youth programs cost \$285 for the summer.

Adults of any age are welcome; students who are rising into 7th through 12 grades are welcome to the youth programs.

Practice Times are:

Adult Sweep: 5:30-7:15 a.m.

Youth Sculling 6:45-8:15 a.m.

Youth Intermediate Sweep 7:00-8:45 a.m.

Youth Novice Sweep 7-8:45 a.m. Blue Plains Sprints: The summer season ends with the summer regatta, the Blue Plains Sprints. The Sprints will be held on the last Saturday August 3, 2019, 7:00 am to 9:00 am at the Dee Campbell Rowing Center, where everyone gets a chance to race.

Registration and more information available at www.tcwcrew.org.

TC Athletes Sign To Play at Colleges

wenty athletes from T.C. Williams
High School have signed with a
variety of colleges and universities and will be playing on their teams
next year — many with the help of
scholarships. They include:

Field Hockey

Reese Hardman, York College of Pennsylvania

Girls Basketball

Sasha Bates, Concord University
Trinity Palacio, University of Charleston
(WV)

Girls Soccer

Caroline Bates, Johns Hopkins University

Girls Crew

Paula Filios, University of Wisconsin-Madison

Blythe Markel, University of Alabama

Boys Soccer

Scott Fernandez, Tiffin University Jack Grainger, Old Dominion University Gabriel Hendi, Roanoke College Dennis Mensah, James Madison Univer-

Steven Navas, University of the District of Columbia

Evan Paez, James Madison University

Track and Field

Nyla Ward, Campbell University

Rugby

Sahle Theodros, Alderson Broaddus University

Football

Zaan Khan, Catholic University Dillon Miranda, Catholic University Leoul Mulugeta, Catholic University Tavarus Brown, Wesley College Josue Gomez, Livingstone College

Boys Basketball

Jaquan Johnson, Terry, Prince George's Community College

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Sealed proposals for the City of Alexandria per specifications will be received in the office of the Purchasing Division until the date and time designated as follows

RFP 817: Parking Management Services RFP Close Date and Time:

July 2nd, 2019, 3 p.m., local time Non-Mandatory pre-proposal conference/site June 14th, 2019 @ 10 a.m. local time: Purchasing Conference Room, 100 N. Pitt St, Suite 301, Alexandria, Virginia 22314

This will be a Living Wage Contract

For general inquiries contact Jeremy Carney, Contracting Officer, at 703.746.3882.

The City of Alexandria reserves the right to reject any and all proposals, cancel this solicitation, and to waive any informalities or irregularities in procedure. THE CITY REQUIRES ITS CONTRACTORS TO BE EQUAL OPPORTUNITY EMPLOYERS.

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Legals

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11pm-7:30am (off every other weekend)

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Email: humanresources@vinsonhall.org Vinson Hall is an Equal Opportunity Employer M/F/V/D.

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING is hereby given that Alexandria

Renew Enterprises (AlexRenew) will hold a PUBLIC HEARING

on its PROPOSED OPERATING AND CAPITAL BUDGET for

the FISCAL YEAR ENDING JUNE 30, 2020 on Tuesday, June

18th, 2019 at 6:00 p.m. The meeting will be held at AlexRe-

new's Environmental Center Building located at 1800 Limerick

Street, Alexandria, VA. The proposed budget is available for

examination by the public online at www.alexrenew.com and

during regular business hours at the above address. Copies

will be made available upon request - phone (703) 549-3381

Alexandria Renew Enterprises

BY: William Dickinson

Secretary - Treasurer

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Announcements

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Tel (757) 824-6289 see our website: oldemillpointe.com

Announcements

Announcements



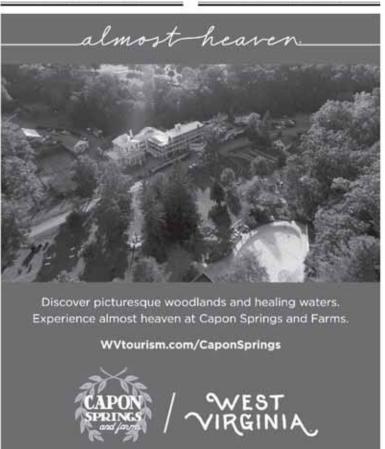
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From Weak To Week



By KENNETH B. LOURIE

For the next six weeks or so until mid-July when my bi-monthly CT scan reminder arrives in my inbox, I am on easy street/living the life of Riley. The email will confirm time and place when scans - and face-to-face appointments with my oncologist, are scheduled. Reminders which I really don't

I mean, my life is at stake here. What kind of moron ("Why? Are there more than one kind?" to quote Curly Howard of The Three Stooges.) forgets/ neglects medical appointments related to one's life when death is looming?

And death for me has been looming since late February 2009. That's when an (now my) oncologist dropped the figurative hammer on Team Lourie after a nearly two-month pursuit to determine the truth for just us: "Non-small cell lung cancer, stage IV," with a "13-month-to-two-year" prognosis.

Talk about devastating news. To say we were all stunned does a disservice to the word "stunned." To invoke Yoda from "Star Wars," speechless we

That was a long time ago, however, and much

has occurred. The details of which are somewhere between being lost in the ether and lodged in my brain, generally retrievable should the need arise. A need which I often have when writing this column but one which doesn't manifest itself too much in my daily activities.

Yes, I have cancer, but I try not to make a big or central thing about it. To say, "It is what it is" isn't meant to trivialize the overwhelming nature of a "terminal diagnosis;" it's more an attempt to compartmentalize it somehow. (I just hope the compartment has an infinite amount of space. Otherwise, I fear I'll be in trouble fairly soon.)

But not for the next six weeks. For the next six weeks, I am on cruise control. I will be going about my regular business without too much emotional interference

I wouldn't exactly say I'm on cruise-control/"passengering" in a self-driving car, but I am able to function without consulting the manual.

This "honeymoon" is as good as it gets for a patient whose life is lived from one diagnostic scan to the next, not knowing, generally, if the you-knowwhat has hit the fan. It's the sword of Damocles on steroids

But what else is new?

For a cancer patient? Not much.

This is the life, a life which for us fortunate few, we have to live, despite the initial words to the contrary spoken by our respective oncologists – who were consulting the manual: If patient "X" presents with such and such then his/her prognosis is so-so.

Just last week, my oncologist told me the average life expectancy "for lung cancer patients is one year." And even though I've lived an unexpected life - and met many others who likewise have lived beyond expectations, his assessment of my fellow lung cancer "diagnoses" was still horrifying. (Why not me? I think there's been a misspelling

Misspelling or not, I'll go on pretending life in the cancer lane, as bumpy and in as need of repair as any you can imagine - or have read about in this space, goes on without further adieu, so to speak.

My philosophy has been: "Until they tell me otherwise, and even if they do " I have tried, and hope I will continue to try, especially if the future news is not so good, to not become a victim of my own circumstances. And though I have occasionally received some discouraging news, I have tried not to give in to it.

"It's nothing until it's something and even if it's something, it's still could be nothing." That's how

For the past 10 years plus, I've rolled along managing the "slings and arrows" of my outrageous misfortune: a life-long non-smoker with no immediate family history of cancer diagnosed with an incurable form of lung cancer.

Lucky me. You bet I am.

Alive and reasonably well a decade after the hammer came down.

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



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Good is not good, where better is expected.

-Thomas Fuller

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LETTERS

From Page 13

in the development of the policies that will guide transportation decisions for the next decade.

> **Bill Rossello** Alexandria

Climate Threat Is Real

To the Editor:

There can be no middle ground here. We cannot compromise with delayers and deniers. The threat is real. Climate change is happening here and now. We see it in the eyes of climate refugees, in the devastating storms, in the erosion of shores, the warming of the seas, the melting of glaciers. Everywhere around us, we see a planet in disarray, and we have just around 12 years to transform our economy to preserve a stable climate for human habitation. 12 years to organize and mobilize. The Green New Deal is by far the best policy to do so, Everyone running for office in Virginia should talk about the GND and climate change, and every 2020 candidate who wants the support of young people should sign onto Rep. Ocasio-Cortez and Sen. Markley's resolu-

Shane Wade Alexandria

Resolving Food Deserts

To the Editor:

A food desert is defined as an area where people lack access to affordable and fresh food. Food deserts typically occur in lowincome areas usually with a high African-American or Hispanic population.

People in these areas rely on fast food restaurants and convenience stores for their food. A direct result of living in a food desert is obesity and diabetes, and that is why in 2017 Washington D.C. ranked 50th out of

Alexandria is the opposite of a food desert. We have a Trader Joe's, a Whole Foods, a lot of other grocery stores, and markets on the weekends that sell fresh produce and meat. In southeast D.C. the U.S. government has determined some areas as food deserts. I could get on a ferry and be in southeast D.C. in less than an hour. It makes no sense that people who live no more than 10 miles from Alexandria should have to survive on fast food, but I found a common food desert solution that could help our neighbors across the

With all the food we have in Alexandria sadly not all of it is eaten. Most of us can admit to throwing out that apple that we thought was "bad." Also grocery stores don't sell all the food in the store. Once the food passes a certain date they legally can't sell it, but that doesn't mean the food can't be eaten. What we should do is work with the grocery stores and collect all the produce that would have been thrown out. Then take this food to food banks in southeast D.C.

Tim Sloan T.C. Williams student

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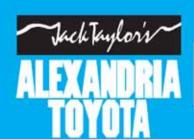
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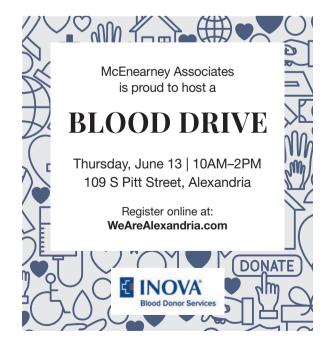
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