

## 'The Butterfly Effect' Art, philanthropy highlighted in King Street mural.

BY JEANNE THEISMANN  
GAZETTE PACKET

The Butterfly Effect Mural, a global art and philanthropy project, made its Alexandria debut June 29 as members of the community

joined Vice Mayor Elizabeth Bennett-Parker in creating and installing the local mural on the side of the Bloomers retail building on King Street.

"I'm excited to bring the Butterfly Effect to Alexandria," Bennett-Parker said. "It will build community, promote vibrancy on upper King Street and highlight nonprofits in a fun, interactive way."

**"[The Butterfly Effect Mural] will build community, promote vibrancy on upper King Street and highlight nonprofits in a fun, interactive way."**

— Vice Mayor Elizabeth Bennett-Parker

The Butterfly Effect Mural project was created in 2013 by California artist Tasha Wahl, who was inspired by Edward Lorenz's "Butterfly Effect" theory that even the softest flutter of a wing can affect the molecules around it, setting off a chain reaction that amplifies into major change. In three years, more than 200 butterfly murals have been installed worldwide with more than \$100,000 being raised for various charities.

The public art and philanthropy project features a butterfly mural that will be on display through

Sept. 8 at 924 King St. Visitors are invited to take a picture with the butterfly wings and select a charity. SEE ART, PAGE 16



PHOTO BY JANET BARNETT/GAZETTE PACKET

Vice Mayor Elizabeth Bennett-Parker, second from right, is joined by members of the Commission for the Arts, Del Ray Artisans and community volunteers in painting the Butterfly Effect Mural June 29 in Old Town. The mural is located at 924 King Street and will be on display through Sept. 8.

## RiverRenew Pushes Forward with 2025 Deadline

Engineers present final plans for sewer renovation.

BY LIAM BOWMAN  
GAZETTE PACKET

Engineers with Alexandria Renew Enterprises outlined their plans at a community

listening event on Thursday, June 27, to renovate the city's sewer system.

The project, called RiverRenew, will involve the digging of a tunnel along Alexandria's waterfront

and the use of new technology to redirect millions of gallons of sewage. This effort is intended to reduce the number of combined sewage overflows into the city's waterways.



Ed Cronin, one of the project's engineers, outlines RiverRenew at a community listening event on June 27.

The impetus for this renovation project came from the state legislature which, in 2017, passed a law mandating that Alexandria remediate its sewer system by July 1 2025. Since 2018, Alexandria Renew has been, "leading the implementation of this program, but still in partnership with the city," according to Caitlin Feehan, the program manager of RiverRenew.

In compliance with the law passed by the state legislature, the project will focus on decreasing the instances in which sewage would be released into local wa-

terways, as well as decreasing the overall amount of combined sewage overflow. RiverRenew is projected to have the effect of decreasing, "140 million gallons of [combined sewage overflow] per year to 17 million gallons, and going from 70 [overflow] events to four events," said Justin Carl, one of the project's engineers.

Cost is a major factor in an undertaking of this scale, and the RiverRenew program is projected to cost somewhere between \$370 million and \$555 million. "It's an absolutely capital-intensive busi-

SEE RIVERRENEW, PAGE 16

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**Sonia Price, founder of the Alexandria Community Spelling Bee, poses for a photo with a group of students at the dedication ceremony of the Flags for Heroes display June 29 at Simpson Stadium Park in Del Ray. The display is sponsored by the Rotary Club of Alexandria and each flag is dedicated to a community hero.**



PHOTOS BY JANET BARNETT/GAZETTE PACKET

**Rotary Club of Alexandria president-elect Sharon Meisel, center, makes remarks at the Flags for Heroes dedication ceremony June 29 at Simpson Stadium Park.**

# Home of the Brave

## Flag display honors community heroes.

By JEANNE THEISMANN  
GAZETTE PACKET

**T**he opening ceremony for the second annual Flags for Heroes display was held June 29 at Simpson Stadium Park as more than 200 U.S. flags fly in honor of community heroes.

"We had a great opening ceremony," said Sharon Meisel, president-elect of the Rotary Club of Alexandria and organizer of the event. "City Councilman John Chapman was our special guest speaker and he was very encouraging and loved the flags."

Flags for Heroes, a project of the Rotary Club of Alexandria, is located at the intersection of E. Bellafonte Ave. and Route 1 in Del Ray. The flags will be on display through July 7.

With a \$50 donation to the Rotary Club of Alexandria, sponsors dedicated flags to their personal heroes, such as a member of the military, first responder, teacher, coach, family member or friend. A card attached to each flag bears the name of both the hero



**Rotary Club president Paul Anderson, left, with president-elect Sharon Meisel, City Councilman John Chapman and Rotarian Tom Roberts at the Flags for Heroes dedication June 29 at Simpson Stadium Park.**

and sponsor and will be presented to the honoree following the closing ceremony.

Rotarian Jim Carmalt, a soloist with the Alexandria Singers, opened the ceremony with the National Anthem and Meisel wel-

comed the crowd and explained the history of the display. Proceeds from Flags for Heroes will go to support local youth programs, scholarships and Rotary's community projects.

In attendance at the ceremony were Engie Mokthar, who presented checks from the Alexandria West Rotary Club to Little Friends for Peace founder MJ Park, and Sonia Price, founder of the recently held Alexandria Community Spelling Bee. Several spelling bee participants were on hand to celebrate the heroes being honored in the display.

"They were great examples of Rotary's many projects," Meisel added.

Meisel said that high winds brought down a few flags over the weekend but that volunteers returned the following day to anchor them with stakes and twine.

"It still looks pretty impressive from the road but if you walk among the flags, please be careful of the stakes in the ground," Meisel said. "We don't want anyone tripping or stepping on them."

In addition to individual sponsors, local businesses provided corporate sponsorships for the project.

"This is a very special way to celebrate the heroes in our lives," Meisel said.

See [rotaryclubofalexandria.net](http://rotaryclubofalexandria.net).



**Kamden Lucas salutes the flags at the Flags for Heroes display at Simpson Stadium Park.**



**Volunteer Nelva Hernandez, left, assists Rotary club member Jim Carmalt in placing a dedication placard on a flag.**



**MJ Park, representative of Little Friends for Peace, at the Flags for Heroes display.**



**A placard is attached to each flag with the name of a community hero.**





Emma Richardson (center) with a diagram of an excavated ship.



Benjamin Skolnik (center) leads visitors through the documentation process.

# An Afternoon of Archaeology Museum hosts hands-on event with excavated ships.

BY LIAM BOWMAN  
GAZETTE PACKET

**T**he interior of the old DASH bus barn boils in the summer heat. Visitors slowly trickle in past the rows of decommissioned school buses and gather around a few gray swimming pools lined against the back wall. The pools are maintained by the Alexandria Archaeology Museum and hold the remains of three 18th-century ships, recently unearthed in Alexandria's historic Old Town.

The visitors had come to the warehouse for an "Afternoon with Archaeologists," hosted by the Alexandria Archaeology Museum. The event, which was held June 29, was designed to educate local citizens about the town's history through involvement in the archaeological process.

"The recovered ship remains tell a story of Alexandria's construction and expansion," said Benjamin Skolnik, the archaeologist in charge of the event.

The ships were discovered in 2015, during the construction process of the Robinson Landing townhouses and the nearby Hotel Indigo. Development halted and archaeologists were allowed to excavate the site in compliance

with the Archaeological Resource Protection Code. The 1989 city law, "requires the evaluation of all development projects ... to determine the potential for impacting archaeological resources and whether there is a need for preservation action prior to site development."

The excavation lasted into 2016 and eventually yielded the remains of four ships. The first ship, found under what is now the Hotel Indigo, was sent to Texas A&M University for a conservation process.

The other three remain in the care of the Alexandria Archaeology Museum and it is unclear whether they will be put through the same process. "It's definitely an option, but it's a question of cost," said Emma Richardson, the museum's education specialist. "We've hit a happy compromise where development is paying for historic preservation."

After a short introduction, Skolnik and his colleagues hauled two of the ship's timbers to a tarp spread onto the floor. The wooden planks were covered with splotches of congealed tar and oakum, a fiber used for waterproofing.

The visitors were split up into two teams, each given a clipboard,



Benjamin Skolnik leads a tour.

and given a chance to test out their archaeology skills by documenting the ship's planks.

Participants were encouraged to measure, touch, and make observations about the object's condition. "The tar still feels sticky," said one visitor.

The exercise was meant to illustrate how documentation is integral to the archaeological process. "One of the most important parts of archaeology is documenting,"

said Skolnik. "Otherwise you've just dug a hole for fun."

By documenting the remains, the museum's archaeologists have been able to piece together what happened to these ships. The remains were covered with axe marks, which suggests that the boat was stripped for firewood, after which, "all four ships were used in land reclamation," said Skolnik. The event was kept to a strict time limit, as the planks

needed to be returned to the pools for preservation. However, the Alexandria Archaeology Museum plans to continue its public outreach, with three more "Afternoon with Archaeologists" events scheduled for this summer.

Meanwhile, the documentation process on these ships is far from over and is expected to last into the fall. "There's over 1,000 pieces that [still] need to be documented," said Richardson.

## CRIME REPORT

The following incidents were reported by the Alexandria Police Department.

### SUNDAY, JUNE 30

The Alexandria Police Department is investigating a "shots fired" call in the 1400 block of Princess Street. There are

no reported injuries.

### THURSDAY, JUNE 27

The 1300 block of Kenwood Avenue is closed due to an accident. There were live power lines down and power outages in the area.

### WEDNESDAY, JUNE 26

The Alexandria Police Department is investigating an attempt burglary in the unit block of West Taylor Run Parkway.

### MONDAY, JUNE 24

The Alexandria Police Department is

investigating a robbery from a person in the 1200 block of Wythe Street, which resulted in a minor injury.

The suspect was taken into custody by officers.

### SATURDAY, JUNE 15

The Alexandria Police Department is investigating a robbery from a person in the 5400 block of Bradford Court, which resulted in a minor injury.



# Not Guilty Due to Insanity

**Murder defendant to be committed to state facility.**

**P**ankaj Bhasin, a 35-year-old New Jersey resident, was found not guilty by reason of insanity of first-degree murder in the Alexandria Circuit Court on Monday, July 1.

On the morning of July 13, 2018, police responded to the 1200 block of King Street in Alexandria. The defendant, Pankaj Bhasin, had just exited from a building housing a business called Window Universe. The defendant had his pants down and was covered in blood. He attempted to enter the car of a stranger, whose occupants quickly left the vehicle and called 911. When the police arrived on the scene, they removed the defendant from the vehicle. The police proceeded to enter Window Universe, where they discovered the body of Bradford Thomas Jackson, a 65-year-old Alexandria resident. Jackson had suffered numerous stab wounds. The investigation produced no tangible evidence of a connection between the victim and Bhasin.

A trial was held in March of 2019 at which the defendant pleaded not guilty by reason of insanity. During the trial, several mental health professionals diagnosed the defen-

dant as suffering from bipolar disorder with "mood-congruent psychotic features." Two experts testified the defendant met the legal standard of criminal insanity at the time of the offense. The jury deliberated for three and a half days but was unable to reach a verdict, and a mistrial was declared on March 27, 2019. The Commonwealth engaged in post-trial conversations with members of the jury and learned that a significant majority had voted to find the defendant not guilty by reason of insanity. On April 25, 2019, the Court appointed an independent psychologist at the Commonwealth's request to evaluate the defendant's sanity at the time of the offense. The psychologist's report was received by the Court in June 2016, and largely paralleled the findings of the defendant's expert witnesses. The psychologist concurred in the opinion that the defendant had been criminally insane at the time of the offense. In light of this evidence and the relevant ethical obligations incumbent on prosecutors, the Commonwealth determined that it did not have a reasonable probability of prevailing at a retrial of this matter. Accordingly, on July 1, the parties agreed to a finding that the defendant was not guilty by reason of insanity. The Court entered an order committing the defendant to a secure facility of the Virginia Department of Behavioral Health and Developmental Services.

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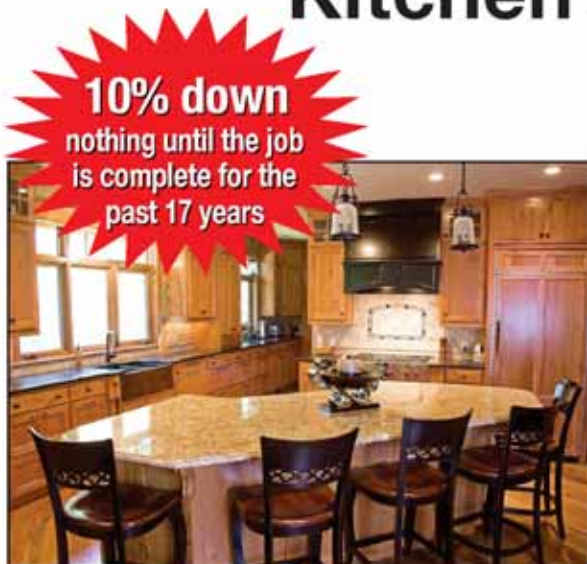
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## PEOPLE



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ACS Sing Off Grant recipient: Falls Church High School Vocal Ensemble.

## Alexandria Choral Society Awards Grant

**A**lexandria Choral Society (ACS), as part of its youth education outreach program, awarded its annual Sing-Off Grant program award to the Falls Church High School Vocal Ensemble during its concert An Infinite Universe in May.

The Falls Church High School Vocal Ensemble is one of the school's two ensembles, and is a select, auditioned ensemble. Under the direction of CJ Redden-Liotta, who is in his third year as director of Choral Activities and piano instructor at Falls Church High School, the choirs sing two traditional concerts and a pops concert each year.

ACS President Andrea Steinacker also presented Redden-Liotta with a \$1,000 grant for the Falls Church High School music program.

The Falls Church High School Vocal Ensemble per-

formed two works for ACS's audience, "Jubilate Deo" by Peter Anglea and "The Road Home" by Stephen Paulus. At the conclusion of the concert, they joined the full Alexandria Choral Society for "Underneath the Stars" by Kate Rusby and Jim Clements and "Cells Planets" by Erika Lloyd and Vince Peterson.

Alexandria Choral Society looks forward to continuing this grant program into the future as part of its final concert of each season to continue this legacy of youth outreach and to show students that there is singing after graduation.

For more information, visit [www.alexandriachoralsociety.org](http://www.alexandriachoralsociety.org).

Alexandria Choral Society is a 90-member classical chorus that rehearses and performs in the City of Alexandria, and will mark 50 years of singing in the 2019-2020 season.



Jenna Mulvihill serves at Open Table.

## Mulvihill Named Stratford's Legacy Scholarship Winner

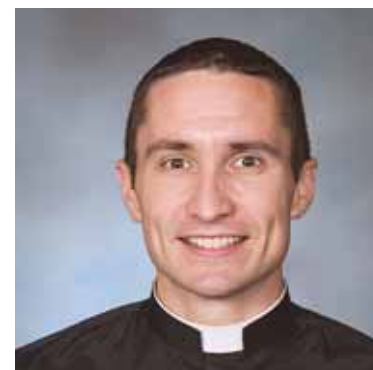
**T**hursday mornings at 5 a.m., Jenna Mulvihill isn't sleeping. Instead, she helps support the Open Table morning breakfast program at the Old Presbyterian Meeting House in Alexandria. Mulvihill got involved with Open Table when she was 13.

"I think that people disregard homeless people too often. We need to understand that although they might seem different, we're all humans and need to be there for each other." In addition to cooking and preparing food, she has built many relationships within the program. "Something so simple as a friendly conversation can be

very meaningful to others, and a way of building emotional supports."

Mulvihill first got the itch to volunteer through the K-Kids Club during her time at Stratford Landing Elementary School. In addition to her passion for connecting with people, her 4.36 GPA has earned her a spot at the University of Virginia.

When talking about her future, she said, "I'm not sure yet how I'll impact the world but for now, I try my best to be a friend to everyone and be kind to everyone, which is something we need more of in the world."



## New Chaplain at Bishop Ireton

**R**everend Edward J. Bresnahan, chaplain at Bishop Ireton High School in Alexandria with residence at the Basilica of Saint Mary in Alexandria, has been assigned to Parochial Vicar at Saint Andrew the Apostle Parish in Clifton. Rev-

erend Noah C. Morey, Parochial Vicar at All Saints Parish in Manassas, has been assigned to chaplain at Bishop Ireton High School in Alexandria with residence at the Basilica of Saint Mary in Alexandria.

## Top Associates Recognized

Weichert, Realtors' Alexandria/Old Town sales office and two of its top-producing sales associates were recognized for exceptional performance in May.

The Alexandria/Old Town office, which is managed by Will Wiard, led its Weichert sales region for revenue units, resale revenue units, sales and resales during the month. The Weichert region is comprised of offices throughout Ar-

lington, Fairfax, Fauquier, Loudoun, Orange, Prince William and Warren counties.

Individually, sales associates Susan Smith and Suki Yoon-Kang Woodward from the Alexandria/Old Town office shared top honors for leading the Weichert sales region in resales for May.

The Weichert's Alexandria/Old Town office is located at 121 North Pitt St.

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PHOTO CONTRIBUTED

## Music Scholarship

**Sofi Harai, a 2019 graduate of Mount Vernon High School, is this year's recipient of the Suzanne McGee Memorial Music Scholarship Award which recognizes outstanding musicians in the area. Harai will be attending Berklee College of Music, Boston, Mass., as a vocal performance major this fall. From left are her parents Attila Harai and Jennifer Ceriale, Sofi Harai, Roger McGee, Carrie Garland, and Anne Kisthardt.**





PHOTO BY UNITED WAY NCA

From left: Michelle Bosch, vice president and GM for Enterprise Holdings in Washington D.C.; Pierrette Peters, principal, Francis C. Hammond Middle School; Gregory C. Hutchings, Jr., Superintendent of Schools, Alexandria City Public Schools; Rosie Allen-Herring, president and CEO of United Way of the National Capital Area; Justin Wilson, mayor, City of Alexandria; Cindy Kowal, director of operations, Communities in Schools Northern Virginia.

## School Supplies for Hammond Students

Francis C. Hammond Middle School hosted the third annual United Way of the National Capital Area's "Stuff the Bus" campaign and collection drive to help children start school with the supplies they need to succeed in the new school year. Thanks to generous Enterprise Holdings employees in the Washington, DC metro area, 240 backpacks full of school supplies were assembled, donated and

delivered to students at Hammond throughout the event. Enterprise Holdings employee volunteers assisted with schoolyard cleanup, painting of the laundry room and helping teachers pack up materials and move classrooms.

Enterprise Holdings, in partnership with United

SEE DELIVERING BACKPACKS, PAGE 10



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# OPINION

## Metro Outperforms

To the Editor:

No one will ever suggest that I am a Pollyanna, particularly when it comes to Metro, which I have frequently criticized over the past 20 years as a daily rider.

But when Metro announced its “platform improvement project” in May of 2018, to say that I was distraught would be an understatement. The prospect of enduring an entire hot summer, crammed into shuttle buses loaded with sweaty, impatient and equally distraught riders was not a pleasant thought.

The doubling of my average commute-time added to my concerns.

Putting aside the underlying reasons for years of maintenance neglect at each of the affected Metro stations, and after some early and expected hiccups, I am compelled to acknowledge that Metro, and its partners (including the city and DASH), have done an excellent job of getting commuters from Alexandria to their jobs in the District. While nothing can truly replace direct rail service, the disruption has made me appreciate the subway more, and has also renewed my confidence in Metro. Now let’s hope that the work actually wraps up on time!

**Matt Harris**

Alexandria,

*The writer serves on the DASH board of directors, but his opinions are his own and are not written on behalf of DASH, or the DASH board of directors.*

## Easy Fix At Intersections

To the Editor:

The Allstate Insurance annual “Best Drivers” report has found Alexandria drivers rank among the worst in America by ranking 182 out of 200 cities.

I would suggest that one reason for this embarrassing fact has to do with the flagrant habit of drivers parking along an intersection so as to obscure visibility of crossing traffic. I have noticed this problem throughout the city for many years.

One day at the corner of Commonwealth and Mason I noticed an Alexandria Police officer monitoring traffic from his parked squad car.

I pointed to a vehicle parked to his left that was blocking visibility. He told me to “Call Parking Enforcement.”

When I got my license 60 years

ago, the rule was that parking should be a car-length away from an intersection.

One cannot drive more than three blocks to find violations. They should be ticketed.

**Bruce Miller**

Alexandria

## End Free Visitor Street Parking

To the Editor:

If the City of Alexandria is really interested in improving the environment and lowering the carbon footprint they should immediately get rid of free visitor street parking in Old Town.

Free visitor street parking in Old Town is an environmental, health, safety and welfare problem which also creates a crisis for residents to find street parking they pay for.

Studies show that free visitor street parking in urban, commercial areas attract cars (over mass transit and other transportation) which then cruise for free parking and in the process create environmental, health, safety and welfare problems for pedestrians — my wife was hit by a car

near City Hall — and bikes and produce copious amounts of air, water and noise pollution including fine particulate matter which has been shown to be a risk factor for a number of diseases including heart disease and asthma. Free visitor street parking in Old Town is in fact an expensive subsidy for the use of cars which was possibly appropriate as an economic impetus to come out of the depression in the 1930s, but problematic today.

In contrast, the transportation leadership in Arlington County got rid of almost all the free visitor street parking over 20 years ago replacing it with visitor pay street parking on commercial streets and resident only parking in residential areas.

My office is in Arlington and I observe the result which is fewer cars driving around in residential areas and more cars going directly into off street parking facilities — a more pedestrian friendly environment.

As a professional architect and planner of sustainable, walkable communities for over 29 years, I have personally brought up the environmental, health, safety and welfare problems of free visitor street parking to the city for over 8 years — the foot dragging on the city’s part is serious and both hypocritical and negligent. We also see problems in other areas of trans-



PHOTO BY HAL HARDWAY

## Snapshot

**Alexandria National Cemetery under the summer sun.**

portation and environment leadership in Alexandria City, like the dangerous lack of traffic calming on some residential streets for example.

**Chris Hubbard**

Alexandria

## Poor Planning?

To the Editor:

The fact that the U.S. Army Corps of Engineers (USACE) has yet to issue a Clean Water Act (404) permit to outright destroy irreplaceable wetlands, mature tree canopy, diverse wildlife, rare species, and protected open space for the Potomac Yard Metro Station (PYMS) Alternative B is hopeful for those wishing to see the Metro station built in a legally compliant and environmentally safe site.

It likely means that USACE and its attorneys are still grappling with what to do with the city’s incomplete and highly flawed analyses and Joint Permit Application (JPA). In fact, Alexandria’s Alter-

native B is the worst choice of Practicable Alternatives for the proposed metro station, easily shown to be the most environmentally damaging of any to be considered.

On top of this, new reports keep coming in of glaring items completely missed in the analyses and JPA, such as the presence of the mid-Atlantic-rare Torrey’s Rush — a Virginia “critically imperiled” species that occurs directly in the “footprint” of Alternative B. Yet, no mention to date has been made of it.

The fact that Alternative B runs afoul of NEPA and other regulatory safeguards, exposing federal agencies to a rash of lawsuits they would easily lose, i.e., recent federal court victories involving the very similar Virginia Pipeline impacts to the Blue Ridge Parkway, water resources, and endangered wildlife, is certainly not lost on the USACE. Case in point, they are all excellent reasons and solid legal standing for denying this permit application.

**C. Dara**

Alexandria

## Alexandria Gazette Packet

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## HISTORY

# He Loved His People and His Community

BY CHAR MCCARGO BAH

**O**n any given day, you would find Roger C. Anderson serving his community, working with the youth and community leaders in his beloved City of Alexandria. Not an African American child that grew up in Alexandria in the 1950s, 1960s, 1970s and 1980s that has not been influenced by him.

After graduating from Parker-Gray in 1943, he attended Shaw University in Raleigh, N.C. At the age of 18, he was drafted for the U.S. Army. When he completed his service, he continued his education at Virginia State University and the University of New Mexico.

Throughout Mr. Anderson's life, he prepared himself to be a leader in his community. Once Mr. Anderson returned to Alexandria he became active in his community working with children and adults to make their lives better. He was one of the founders and was chairman of the Alexandria Society for the Preservation of Black Heritage, Inc. He became a coach of the Alexandria Romans, a player and a coach of the semi-professional

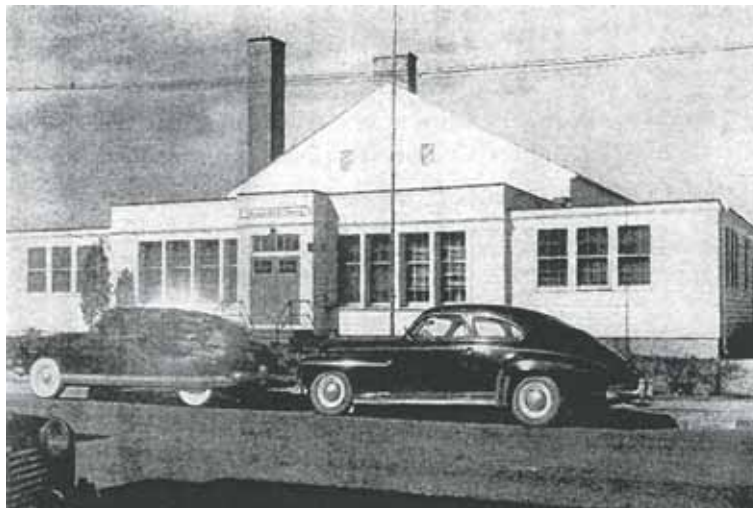


Roger C. Anderson.

### The Pendleton Street Recreation Center

Rams' football team. He was a member of the United Way, a member of Project Discovery Advisory Board, a Vista volunteer, and one of the founders of "We Care" – Alexandria's first anti-drug community organization, a founder of the Black Patriots Foundation and the host of "Black Reflections," a TV Show on local cable network. He was also a member of Alexandria's Departmental Progressive Club.

Mr. Anderson held many jobs during his career, but many people in Alexandria remember him as director of the Pendleton Street Recreation Center, supervisor of the Cameron Street Recreation



CITY OF ALEXANDRIA PHOTO

Center, hall monitor in the Alexandria Public Schools and director of the swimming pool at Bailey's Crossroads. He was a community leader and a strong advocate for the African American community.

The children he supervised became better adults because of his influence.

He not only instructed the youth to respect themselves and their elders, but he listened to their concerns and problems.

He was passionate about the history of his people. In 1983, Mr. Anderson was interviewed by the Washington Times newspaper about the opening of the Alexan-

dria Black History Resource Center (Alexandria Black History Museum) where he managed the renovation of the center. He said, "My generation grew up not knowing very much about our ancestors, not dreaming they were anything more than slaves ... etc." He was proud that Alexandria finally got a center that would display Alexandria's rich African American History.

His grandfather, Henry Anderson, came to Alexandria after 1870 from Fauquier, Va. and he lived at 515 North Henry St. His parents, Clifton C. Anderson and Hattie Proctor Anderson, purchased their property at 1004 Pendleton St.

When he and his wife, Nellie Huffman, married on Jan. 21, 1954, they later purchased a house next door to his parents at 1006 Pendleton St. where they raised their four children Stanley, Kurt, Lorri and Barry.

With all the work that Mr. Anderson did for the youth, he still had time to use his leadership skills in his church. In his early years, he was a member of Alfred Street Baptist Church. He transferred to Roberts Memorial United Methodist Church where he immediately started a food distribution program, became a trustee and a member of the men's choir, and he participated in other administrative boards in the church.

By the 1990s, that soldier was experiencing health issues and was forced to slow down. On Aug. 7, 1999, Roger C. Anderson died. He was buried among other soldiers at Quantico National Cemetery. He was a soldier, a leader, an activist and a teacher. He made a difference to so many youth in Alexandria, including this writer.

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

## Military Spouses in Safe and Healthy Homes

BY RILEY CONRAD

AMERICORPS OUTREACH COORDINATOR  
REBUILDING TOGETHER DC • ALEXANDRIA

**J**essica is a life-long resident of Alexandria and has been a proud homeowner in the city for 40 years. At age 77, she "hopes the rest of [her] days will be here in Alexandria." Her late husband served in the Army and struggled with mobility issues as they raised their children and built a life in the home where Jessica now lives alone. After her husband passed, she said "every time I turned around there was something else" not working. We were able to replace her furnace, a fence that had fallen down, and rotten porch steps. We also fixed severe plumbing problems throughout the house. Our community partners, volunteers, and professional contractors helped us make these repairs at no cost to Jessica.

### REBUILDING TOGETHER

### BULLETIN BOARD

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

#### SOBER-RIDE FOR JULY 4

**Free Sober Rides.** Thursday, July 4, 7 p.m. through Friday, July 5, 2 a.m. Area residents, 21 and older, may download Lyft to their phones, then

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's Independence Day SoberRide promo code will be posted at 6 p.m. on July 4 on [www.SoberRide.com](http://www.SoberRide.com).

#### SUMMER 2019

##### Free Meals Available for All Children.

Free breakfast, lunch and snacks are available to all Alexandria City residents 18 years old and

She told us that we "have the right name, 'Rebuilding Together.' That's what they have done for me and others."

We have served Alexandria for 33 years, and we are proud to serve military spouses like Jessica. If you know a homeowner in Alexandria that needs help or you want to support our efforts to keep the people of Alexandria living in safe and healthy homes, please call us today at 703-836-1021.

Rebuilding Together DC • Alexandria is an award-winning, mission-driven organization that creates healthy neighborhoods for residents by maintaining housing for low-income homeowners, revitalizing community spaces, and creating homeownership opportunities. Since 1986, more than 29,000 volunteers have worked on 2,200 projects, leveraging \$8.8 million worth of in-kind value to the area. We are now accepting applications from homeowners for free home repairs. Visit [www.RebuildingTogetherDCA.org](http://www.RebuildingTogetherDCA.org) or call 703-836-1021.

younger at multiple ACPS sites, City recreation centers/programs and other sites over the summer. All meals will be served free of charge regardless of what a child's meal benefit was during the regular school year. A parent or guardian should accompany children on the first visit to provide permission to receive meals and identify any food allergies. At a site, children will go through the cafeteria line and pick up the meal.



Volunteers replacing a neighbor's fence that had fallen down.

There is space at each site for community members 18 years old and younger to enjoy their meal. Times of service are posted on each school door. Program sites, dates, times and locations are subject to change. Please contact sites directly to confirm. Visit [www.acpsk12.org/news/?p=13816](http://www.acpsk12.org/news/?p=13816) for more.

#### THROUGH SEPT. 30

**Senior Cool Care Program.** Through

Sept. 30, eligible Alexandria seniors who need cooling in their homes can benefit from the City of Alexandria Senior Cool Care Program. Contact the Division of Aging and Adult Services to find out if you are eligible. For more information, call 703.746.5999 8:30 a.m.-4:30 p.m. or email [DAAS@alexandriava.gov](mailto:DAAS@alexandriava.gov).

SEE BULLETIN, PAGE 18

ALEXANDRIA GAZETTE PACKET ♦ JULY 4-10, 2019 ♦ 9





PHOTOS BY CHRIS CRUZ FOR VISIT ALEXANDRIA

**Christylez Bacon performs at the Portside in Old Town Summer Festival.**

**Cissa Paz performs Brazilian music at the Portside in Old Town Summer Festival.**



PHOTO BY SAM KITNER FOR VISIT ALEXANDRIA



PHOTO BY SAM KITNER FOR VISIT ALEXANDRIA

**The Office of Historic Alexandria presents hands-on history activities at the Portside in Old Town Summer Festival.**



**NOVA Pride and SafeSpace NOVA presented hands-on activities for families at the Portside in Old Town Summer Festival.**

## Festival Fun on the Waterfront

**M**ore than 12,000 attendees enjoyed a day of live music, award-winning Port City brews, local food, hands-on arts and history activities and fun at the Portside in Old Town Summer Festival on Alexandria's waterfront on June 22.

The festival was produced by Visit Alexandria through the King Street Corridor

Initiative, a partnership focusing on beautification, programming and marketing of Alexandria's historic downtown corridor, spearheaded by the City of Alexandria and Visit Alexandria with additional support from private funders. Musical acts included Elena & Los Fulanos, Christylez Bacon & Nistha Raj, Bhairavi Beatbox, Feedel Band, Cissa Paz, and Black Masala. Alexandria-

based musicians and founders of the Yellow Door Concert Series, Vaughn and Robyn Ambrose, were guest musical curators and emcees for the event. Activities included hands-on Portside History experiences exploring Alexandria's past as a key port of trade, presented by the Office of Historic Alexandria, an artist-led "Make-n-Take" visual arts activity presented by The Art League, an

instrument petting zoo from the new School of Rock Alexandria, and jewelry making and fun with bubbles in celebration of Pride Month, presented by NOVA Pride and Safe Space NOVA. Attendees also enjoyed an array of lawn games and explored Mirror Mirror, the rainbow-hued public art installation created by SOFTlab through the City of Alexandria's Office of the Arts.

## Delivering Backpacks Full of School Supplies

FROM PAGE 7

Way of the National Capital Area's Middle School Success Program, is focused on middle-grade success to an on-time high school graduation.

The program's mission is to provide

academic, social and health support to low-income middle school students so they are properly prepared to transition to high school, perform at their grade level, and stay on track to succeed.

Communities in Schools Northern Vir-

ginia is the school coordinator at Hammond and helps to create an environment where academics, enrichment, health and social supports, family engagement, youth and community development improve student well-being. They collect school supplies,

personal care items and healthy food options and distribute them to students in need.

For more information about United Way of the National Capital Area, visit [UnitedWayNCA.org](http://UnitedWayNCA.org).



# ENTERTAINMENT



PHOTO BY STEVE HIBBARD/GAZETTE PACKET

Director Tim Caron, of McLean, leads the cast of “The Knights of Salisbury” in rehearsing some songs.



PHOTO CONTRIBUTED

The four Knights in the band — C.J. Andrews, Larissa Dowling, Pete Peterson and Nick Adjami.

## A Rock Musical About the Mid-1960s

“The Knights of Salisbury” at D.C.’s Capital Fringe Festival July 13-21.

BY STEVE HIBBARD  
GAZETTE PACKET

**M**cLean resident Tim Caron, 28, a first-time playwright, composer, co-director, co-producer, and lyricist, will debut his original musical, “The Knights of Salisbury,” at D.C.’s Capital Fringe Festival July 13-21. The play, with a cast of 12 members, is a rock-musical set along the north shore of Massachusetts in the mid-1960s. It follows four high-schoolers who form a band and the young married couple who agrees to be their managers. He said the show is based on childhood memories, experiences playing in bands, and his relationships with parents and friends.

Before moving to the District in 2009, Caron who is an attorney, spent his childhood in Andover, Mass. He said he was partly inspired by Bruce Springsteen’s high school band, the Castiles, which was managed by a middle-aged couple on the Jersey Shore.

“I’m a big Springsteen fan. I read a biography about his band in high school on the Jersey shore and how he was supported by a couple. I took the basic themes of a couple managing kids in a rock band and infused it with my own experience playing music in undergrad and law school,” he said.

**CARON SAID** he finished writing the play in March 2017, after working on it for one year. “Some of the songs I’ve been holding onto for years, and this project was an excuse to complete it. The music was a weird mix of some of it from years ago, while some of the songs were relatively recent,” he said. In all, he composed 20 songs for the show.

His goals were to make a good retro show without falling into the trap of having to rely on pre-existing songs. He also added a Lebanese-American character based on his family’s own heritage — his maternal grandfather was Lebanese-American. “I hope it



PHOTO CONTRIBUTED

Two principal actors in “The Knights of Salisbury:” Mo Hafez and Nadine Foty.

helps the audience to have an understanding that the immigrant community wasn’t just Irish and Italian,” he added.

And with the adults managing the band, he added, “Hopefully the audience will come away with more understanding that rock wasn’t just upstart kids being rebels on their own, but getting help from the adults.” In real life, Caron performs with a band he co-leads, the Heartless Romantics.

Pete Peterson, 18, of Alexandria has the role of Jake Flaherty, who plays guitar in the show. “He’s one of the founding members of the band. He’s not as outspoken as the others — a little more shy and less confident. A lot of that stems from his father getting on him for not being the traditional son. Jake is more into music than sports, so in his father’s eyes, he’s being lazy and not doing things,” said the recent T.C. Williams graduate.

**AS FAR AS CHALLENGES**, Peterson, who will be attending VCU to study cinema, said: “The whole experience was a lot different from the other musicals I’ve been in because it’s an original piece. There’s no source material that I can look at other than the demos Tim’s given me.”

He added: “I’m getting a good experience

of how to take an entirely original piece and making it into a finished product.” In real life, Peterson plays guitar in the rock band, Chad’s House.

Arlington resident William Colligan, 55, who works for the Department of Defense, plays four different roles in the play, including the supportive father named Bill to one of the band mates. “There are different challenges to try to look distinctly different so that takes creative costuming and accents and different ways of speaking,” he said. “The other thing I prepared for, I tried to study a Boston accent, which is one of the hardest accents you can do in theater because it’s so inconsistent.”

“The Knights of Salisbury” will be performed July 13 at 11:30 a.m.; July 14 at 6 p.m.; July 16 at 5:45 p.m.; July 20 at 3:15 p.m.; and July 21 at 8:15 p.m., at the Capital Fringe Festival. The venue, which is Metro accessible, is located at the Westminster Presbyterian Church, 400 I Street, SW, Washington, D.C. 20024.

For more information about the show, visit the Facebook page: <https://www.facebook.com/THE.KNIGHTS.OF.SALISBURY/>



PHOTO BY STEVE HIBBARD/GAZETTE PACKET

Director Tim Caron, of McLean, checks the sound equipment.

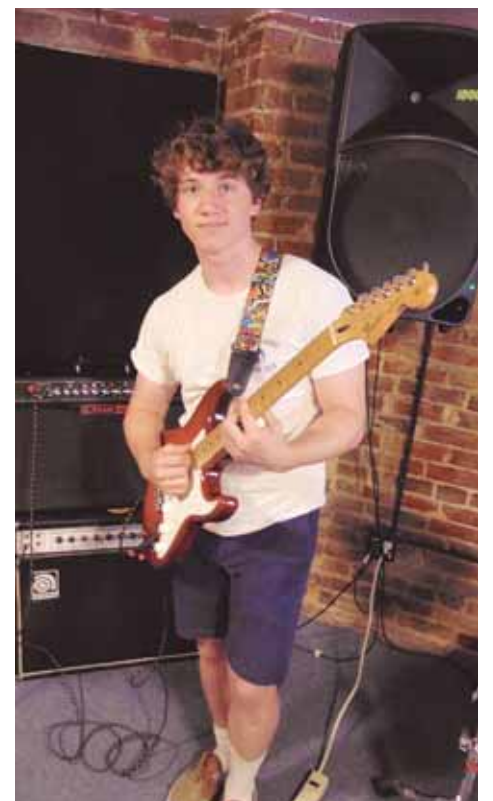


PHOTO BY STEVE HIBBARD/GAZETTE PACKET

Pete Peterson, recent T.C. Williams High School graduate, plays guitar in the show.



# ENTERTAINMENT

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

## ONGOING

**Band Members Needed.** Join the Mount Vernon Community Band, a group of players who enjoy playing many styles of band music in a relaxed atmosphere. Rehearsals are Tuesdays 7:30-9:30 p.m. in the Mount Vernon High School Band Room, 8515 Old Mount Vernon Road. No auditions. All instruments needed. Contact Eric Leighty directly 703-768-4172 or visit [www.mvbands.com/join-us/](http://www.mvbands.com/join-us/).

### Art Exhibit: Notes of Color.

Through July 21, gallery hours at the Athenaeum, 201 Prince St. The Washington Sculpture Group presents Notes of Color. Visit [nvfaa.org](http://nvfaa.org) or call 703-548-0035.

### Art Exhibit: Labyrinths and/or Mazes.

Through July 28, gallery hours, Potomac Fiber Arts Gallery, Torpedo Factory Art Center, Studio 29, 105 North Union St. Potomac Fiber Arts Gallery announces the opening of its juried show, Labyrinths and/or Mazes. Sometimes one is led to success and sometimes one hits a dead end. Gallery embers have pushed their paths and have come up with wonderful results. Themed work will be eligible for recognition by the jurors. Non-themed work may also be exhibited. Visit [www.Potomacfiberartsgallery.com](http://www.Potomacfiberartsgallery.com) or call 703-548-0935.

### 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 more.

### Art Exhibit: More Than A Body.

Through Aug. 4, gallery hours, at Target Gallery at Torpedo Factory Art Center, 105 N. Union St. Target Gallery, the contemporary exhibition space for the Torpedo Factory Art Center, presents their competitive annual solo exhibition featuring Northern Virginia-based artist Julia Kwon. Kwon uses traditional Korean inspired textiles to create a dialogue on othering and objectification she experiences as a Korean-American woman. Julia Kwon: More Than A Body will be on view June 14-Aug. 4.

Visit [torpedofactory.org/target](http://torpedofactory.org/target). Ceramics Go Casual. Through Aug. 4, gallery hours at Scope Gallery, ground floor Studio 19 of the Torpedo Factory Art Center, 105 North Union St. The “Siestaware” Kiln Club show features calm colors and organic contours in a collection of blissed out dishes and shapely sculptural work by the Kiln Club artists. Call Scope Gallery at 703-548-6288 or visit [www.scopegallery.org](http://www.scopegallery.org).

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/](http://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/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets).

## THURSDAY/JULY 4

An American Celebration At Mount Vernon. 8 a.m.-5 p.m. at George Washington’s Mount Vernon, 3200 Mount Vernon Memorial Highway. Salute the first commander in chief during Mount Vernon’s annual Independence Day event. Celebrate Independence Day with daytime fireworks, military re-enactments, and a wreath-laying ceremony. Enjoy birthday cake (while supplies last) and visit with General and Mrs. Washington. Listen to a performance by the National Concert Band during its “Red, White and Blue” concert and observe a ceremony to honor new citizens. Rain or shine. Included with general admission. Visit [www.mountvernon.org/plan-your-visit/calendar/events/an-american-celebration](http://www.mountvernon.org/plan-your-visit/calendar/events/an-american-celebration) or call 703-780-2000.

July 4th Plant Sale. 9 a.m.-1 p.m. at Waynewood Recreation Park, 1027

Dalebrook Drive. Plants known to thrive in this area will be sold by the Garden Club of Waynewood, whose members will be available to answer questions. Email [bjbulleit@gmail.com](mailto:bjbulleit@gmail.com) or [pattimorrison1613@yahoo.com](mailto:pattimorrison1613@yahoo.com).

## Declaration of Independence

**Reading.** Noon-1:30 p.m. in Historic Pohick Church, 9301 Richmond Highway, Lorton. The community is invited to a reading of the Declaration of Independence in Historic Pohick Church by historical re-enactor, the Rev. Dr. Thomas Costa, portraying the Rev. Mr. Massey, rector of Pohick Church in 1776. The reading will take place at noon, with free docent tours of the colonial church of George Washington and George Mason following the reading. Free. Call 703-339-6572, or visit [www.pohick.org](http://www.pohick.org).

## Independence Fireworks at Mount

**Vernon.** 6-9:45 p.m. at George Washington’s Mount Vernon, 3200 Mount Vernon Highway. Enjoy a patriotic evening filled with fireworks, Mansion tours, musical performances, and games. This fireworks show, beginning at approximately 9:30, is synchronized with patriotic music. Visit Washington’s Tomb at night—this event is one of the few times this area is open in the evening—and watch sparks fly at blacksmith shop. Concessions from the Mount Vernon Inn Restaurant will also be available. Rain or shine. A separate ticket is required for this special evening. \$20-\$36. Visit [www.mountvernon.org/plan-your-visit/calendar/events/independence-fireworks](http://www.mountvernon.org/plan-your-visit/calendar/events/independence-fireworks) or call 703-780-2000.

## FRIDAY/JULY 5

**Mount Vernon Nights:** Ellis Dyson & The Shambles (Gypsy Swing). 7:30-8:30 at Grist Mill Park, 4710 Mount Vernon Memorial Highway. Performances will feature musical styles from soul to and pop and bluegrass and rock. Bring a picnic dinner and a blanket and enjoy one of Fairfax County’s summer traditions. Visit [www.fairfaxcounty.gov/parks/performances/mt-vernon-nights](http://www.fairfaxcounty.gov/parks/performances/mt-vernon-nights) for more.

### Serenade! The Human Journey.

7:30 p.m. at St. Paul’s Episcopal Church, 228 S Pitt St. Classical Movements and The John F. Kennedy Center for the Performing Arts co-present the 9th annual Serenade! Choral Festival, welcoming vocal ensembles from all over the world over for a meaningful exploration of “The Human Journey: Music,



PHOTO BY JIM TURNER

**Brynna Rae Shank on stage during a performance of EyeSoar.**

## EyeSoar

Alexandria’s Jane Franklin Dance will present EyeSoar at the Capital Fringe Festival. Space is getting tighter and longtime occupants of the Four Mile Run (Shirlington, VA) nestle with change. Through an audio, video, and movement-based performance, EyeSoar captures the evolving space, people, and organizations in this industrial neighborhood. Saturday, July 13, 5:45 p.m.; Thursday, July 18, 8:30 p.m.; Sunday, July 21, 1:30 p.m.; and Sunday, July 28, 4 p.m. at St. Matthews Lutheran Church, 222 M St. SW, Washington, D.C. \$20. Visit [www.janefranklin.com/capital-fringe](http://www.janefranklin.com/capital-fringe) or call 703-933-1111.

Migration & Identity,” part of the Kennedy Center’s year-long series of programs, The Human Journey. Free with registration at [www.eventbrite.com/e/serenade-the-human-journey-st-pauls-episcopal-in-alexandria-va-tickets-59775560310](http://www.eventbrite.com/e/serenade-the-human-journey-st-pauls-episcopal-in-alexandria-va-tickets-59775560310).

## FRIDAY-SUNDAY/JULY 5-7

**Waterfront Beer Garden.** Friday, 5-8 p.m.; Saturday, noon-8 p.m.; Sunday,

noon-4 p.m. at Waterfront Park, 1 King St. Toast to summer at the Waterfront Beer Garden by Port City Brewing Company. Enjoy award-winning craft beer plus local food and entertainment including live music and DJs. Attendees can also enjoy lawn games, live music from artists like NACIM and DJs such as DJ G throughout the weekends. Free admission; food and drink available for purchase. Visit [PortsideInOldTown.com](http://PortsideInOldTown.com) for more.

# 3 Spots for a Refreshing Summer Drink

BY HOPE NELSON

**W**hen it comes to outdoor activities, July and August are a mixed bag. Alternately sunny and perfectly warm one day, rainy and humid the next, and straight-up broiling on a third, tough location decisions abound for happy-hour-goers and patio-sitters. Here are three of the city’s best bets for cocktails and beer — no matter the weather.

### People’s Drug, 103 N. Alfred St.

Just a stone’s throw from busy King Street, People’s Drug feels at once close at hand and a remote speakeasy. Small

and intimate, but often bustling, its drink offerings skew cocktail-heavy, but that’s not a bad thing. Go with it and you’ll be pleased with the result. Heading over for brunch? Check out the Optimal Shandy — vodka, local honey, lemon and a splash of Port City’s Optima Wit beer. Or turn up for a postwork happy hour and you’re likely to find a Hemingway daiquiri (the old-fashioned kind, not the swim-up pool-bar variety) or classic Rob Roy awaiting your arrival. Order a helping of truffle fries to go alongside and you’ll be cooled-off in no time.

### Lost Dog Café, 808 N. Henry St.

The opposite side of the beverage spectrum from People’s Drug, Lost Dog Café skews incredibly beer-heavy — which

should suit diners just fine. The Route 1 outpost of the regional restaurant offers dozens of ever-changing beer options spanning a variety of styles. Looking for a light brew to go with a heavy pizza? Fine Creek Brewing’s Helles Lager fits the bill. Or venture to the other side of the spectrum with the likes of Grimm Artisanal Ales’ Double Negative stout. Across the balance are sour beers, ciders, IPAs and wheat beers, all vying for a spot at your table.

### Los Tios Grill, 2615 Mount Vernon Ave.

There are few Friday nights better than those where the weather is just cool enough — but, preferably, sunny too — to sit out on Los Tios’ long patio, taking in the goings-

on across Mount Vernon Avenue while noshing on chips, salsa, burritos and fajitas. And what goes better with top-shelf Mexican fare than top-shelf margaritas and mojitos? So many margaritas fall down on the job in the sugar department, coming on much too strong with the sweet stuff while letting the tequila and citrus flavors take a back seat. Los Tios’ concoctions balance quite nicely indeed, allowing for all ingredients to showcase their talents. The same goes for Los Tios’ mojitos, complete with sugarcane stalks and fresh mint.

*Hope Nelson owns and operates the Kitchen Recessionista blog, located at [www.kitchenrecessionista.com](http://www.kitchenrecessionista.com). Email her any time at [hope@kitchenrecessionista.com](mailto:hope@kitchenrecessionista.com).*



# ENTERTAINMENT

## SATURDAY/JULY 6

**Old Town North Walking Tour.** 10-11:30 a.m., begins at the waterfront at Pendleton Street, Alexandria. North Old Town Citizens' Association (NOTICE) sponsors a free and informative tour about the history of Old Town North July 6 and 13. Contact [mikeatalexhouse@gmail.com](mailto:mikeatalexhouse@gmail.com) to register.

**Used Book Sale.** 10 a.m.-2 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane. Selection of over 20,000 gently used books, including children's books, fiction, history, biography, home and garden, cooking, crafts, sports, religion, travel, CDs, DVDs, and more. Unless specially priced, \$1 for hard backs, 50 cents for large paperbacks, and 25 cents for mass market paperbacks. Visit [www.fairfaxcounty.gov/library/branches/friends-of-sherwood-regional](http://www.fairfaxcounty.gov/library/branches/friends-of-sherwood-regional).

**Story Time for Little Historians.** 11 a.m. at the Alexandria Black History Museum, 902 Wythe St., Alexandria. Enjoy cultural stories and creative craft activities that introduce world history and folklore. This week features Drum Dream Girl: How One Girl's Courage Changed Music by Margarita Engle. Afterwards, explore the museum exhibits to learn about local Black history. All ages welcome, but most suitable for children 4 and older. Admission is \$3 per person. All children must be accompanied by an adult. Call 703-746-4356 or RSVP at [shop.alexandriava.gov/Events.aspx](http://shop.alexandriava.gov/Events.aspx).

**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](http://www.nps.gov/gwmp/planyourvisit/dykemarsh.htm).

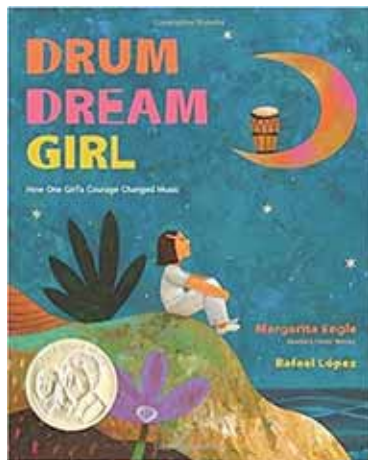
**Summer Saturdays.** 11 a.m.-4 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. Join Gunston Hall for a summer of fun. Each Saturday in June, July, and August, stop by for a historic adventure on the grounds and in the Visitor Center. Included with regular admission. Call 703-550-9220 or visit [www.gunstonhall.org/visit/guide/upcoming-events](http://www.gunstonhall.org/visit/guide/upcoming-events).

**Mount Vernon Nights: The Tom Cunningham Orchestra** (Big Band). 7-8 p.m. at The Workhouse Arts Center, 9518 Workhouse Way, Lorton. Performances will range from disco to Indian Bollywood and acoustic blues to big band. Bring a picnic dinner and a blanket and enjoy one of Fairfax County's summer traditions. Come early to the Workhouse Arts Center to explore its vibrant arts scene. Visit [www.fairfaxcounty.gov/parks/performance/mt-vernon-nights](http://www.fairfaxcounty.gov/parks/performance/mt-vernon-nights) for more.

## SUNDAY/JULY 7

**Book Discussion.** 1-3 p.m. at Glory Days, 3141 Duke St., Alexandria. Authors discuss their new book on Col. John S. Mosby's combat operations in Fauquier County, following volumes on other area battles. Visit [www.hmshistory.com](http://www.hmshistory.com) for more.

**Chamber Concert Series.** 3-5 p.m. at The Lyceum, 201 S. Washington St. The Washington Metropolitan Philharmonic Association sponsors a chamber music series, weekly through Sept. 15, at the Lyceum in Old Town featuring small ensembles and soloists. This week's performance features composer and pianist Haskell Small. Free. Donations are appreciated. Visit [www.wmpmusic.org](http://www.wmpmusic.org) or call 703-799-8229.



## Story Time for Little Historians

Enjoy cultural stories and creative craft activities that introduce world history and folklore. This week features Drum Dream Girl: How One Girl's Courage Changed Music by Margarita Engle. Afterwards, explore the museum exhibits to learn about local Black history. Saturday, July 6, 11 a.m. at the Alexandria Black History Museum, 902 Wythe St., Alexandria. All ages welcome, but most suitable for children 4 and older. Admission is \$3 per person. All children must be accompanied by an adult. Call 703-746-4356 or RSVP at [shop.alexandriava.gov/Events.aspx](http://shop.alexandriava.gov/Events.aspx).

## MONDAY/JULY 8

**Yoga for Gardeners I.** 9:30-10:30 a.m. at Green Spring Gardens, 4603 Green Spring Road. (Adults) This class features a gentle introduction to the Vinyasa method which helps participants increase the strength, flexibility and endurance necessary for gardening. Class held indoors. \$91/person for eight hour-long classes. Register online at [www.fairfaxcounty.gov/parks/parktakes/](http://www.fairfaxcounty.gov/parks/parktakes/) using code 6E6.C2FC or call Green Spring Gardens at 703-642-5173.

**Garden Sprouts Summer- Nature Playgroup.** 10-11:30 a.m. (3-5 yrs.) Your preschooler enjoys nature-themed toys and puzzles while you meet other playgroup parents one Monday a month. Through games, songs, activities and a garden walk we explore July's topic: Camping. \$8/child. Register online at [www.fairfaxcounty.gov/parks/parktakes/](http://www.fairfaxcounty.gov/parks/parktakes/) using code F8D.F5EB or call Green Spring Gardens at 703-642-5173.

## TUESDAY/JULY 9

**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. To reserve a spot, register online at [mgnv.org/public-education-events/vce-horticulture-programs-registration](http://mgnv.org/public-education-events/vce-horticulture-programs-registration). Questions? Telephone 703-228-6414 or email [mgaralex@gmail.com](mailto:mgaralex@gmail.com).

## WEDNESDAY/JULY 10

**Lee District Nights: Dale Jett and Hello Stranger** (traditional Carter Family, country). 7:30 p.m. at Lee District Amphitheater, 6601 Telegraph Road, Alexandria. Enjoy an evening of al fresco music at Lee

District Park. Head to the amphitheater on Wednesdays for this series concerts featuring a variety of musical acts from jazz to big band, classic to bluegrass, swing to folk and vintage rock 'n roll. Visit [www.fairfaxcounty.gov/parks/performance/lee-district-nights](http://www.fairfaxcounty.gov/parks/performance/lee-district-nights) for more.

## THURSDAY/JULY 11

**Waterfront Bagpipe Concert.** 8-8:30 p.m. at Waterfront Park, 1A Prince St. Celebrate Alexandria's Scottish heritage as bagpipes and drums provide the soundtrack. Free event features music and a performance by area Scottish dancers.

## JULY 11-29

**Musical: "Be More Chill."** at the Ainslie Arts Center on the campus of Episcopal High School, 3900 West Braddock Road. Be More Chill follows nerdy loner Jeremy, who ingests a supercomputer called a "SQUIP" in order to become cool and popular. Be More Chill is directed by Izzy Smelkinson with music direction by Marika Countouris. In addition to mounting the first professional production of the show in the D.C. metro area, Monumental Theatre Company will also be employing an all-female design team. Visit [www.monumentaltheatre.org/be-more-chill.html](http://www.monumentaltheatre.org/be-more-chill.html) for tickets.

## FRIDAY/JULY 12

**Mount Vernon Nights: The 19th Street Band** (country rock). 7:30-8:30 at Grist Mill Park, 4710 Mount Vernon Memorial Highway. Performances will feature musical styles from soul to and pop and bluegrass and rock. Bring a picnic dinner and a blanket and enjoy one of Fairfax County's summer traditions. Visit [www.fairfaxcounty.gov/parks/performance/mt-vernon-nights](http://www.fairfaxcounty.gov/parks/performance/mt-vernon-nights) for more.

## JULY 12-14

**Plein Air at Mount Vernon.** Noon-4 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. Visiting artist Simon Bull paints in the gardens on a mural-sized canvas and answers visitor questions. Included with admission (\$20 for adults; \$19 for seniors; \$12 for ages 6-11; free for children ages 0-5). Call 703-780-2000 or visit [mountvernon.org/pleinair](http://mountvernon.org/pleinair).

## SATURDAY/JULY 13

**Workshop: Casting Concrete Leaves.** 9:30-11 a.m. at Green Spring Gardens, 4603 Green Spring Road. (Adults) Capture the beauty of ornamental leaves by casting them in concrete to decorate home or garden. Green Spring staff demonstrates casting and painting techniques and assists participants in making a treasure to take home. The cost is \$43/person for the program and \$25/person for the supply fee. Register online at [www.fairfaxcounty.gov/parks/parktakes/](http://www.fairfaxcounty.gov/parks/parktakes/) using code 95A.5596 or call Green Spring Gardens at 703-642-5173.

**Watercolor Workshop: Monet & Water Lilies.** 9:30 a.m.-3:30 p.m. at Green Spring Gardens, 4603 Green Spring Road. (Adults) Monet contributed to the art world with his monumental water lily paintings. Be inspired by Monet's style and create water lily paintings using techniques like glazing, dry-brush, wet on wet, washes and more with the help of instructor Dawn Flores. Supply list e-mailed before class. The cost is \$93/person. Register online at

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[www.fairfaxcounty.gov/parks/parktakes/](http://www.fairfaxcounty.gov/parks/parktakes/) using code 7A1.D2F2 or call Green Spring Gardens at 703-642-5173.

**Old Town North Walking Tour.** 10-11:30 a.m., begins at the waterfront at Pendleton Street, Alexandria. North Old Town Citizen's Association (NOTICE) sponsors a free and informative tour about the history of Old Town North. Contact [mikeatalexhouse@gmail.com](mailto:mikeatalexhouse@gmail.com) to register.

**Beyond the Battlefield.** 10 a.m.-noon at Lee-Fendall House Museum & Garden, 614 Oronoco St. A guided walking tour of Civil War sites in Historic Old Town featuring locations and stories associated with soldiers, citizens, and the enslaved, including the occupation of Alexandria and emancipation. \$15 in advance, \$20 gate. Visit [www.leafendallhouse.org](http://www.leafendallhouse.org) or call 703-548-1789.

**Here is to a Healthier You.** 10:30-11:30 a.m. at Ebenezer Baptist Church (Education Building), 301 N. Patrick St. Min Kirshnamurthy, in-store nutritionist at Giant in Fairfax, VA, will present "Eight Steps to a Wealth of Health." Free. RSVP required at 703-683-1473 or [www.eventbrite.com/e/here-is-to-a-healthier-you-tickets-62311502381](http://www.eventbrite.com/e/here-is-to-a-healthier-you-tickets-62311502381).

**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](http://www.nps.gov/gwmp/planyourvisit/dykemarsh.htm).

**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](http://www.gunstonhall.org/visit/guide/upcoming-events).

**Old Town Pub Crawl.** 1:30-6 p.m. Port City Brewing Company will host its sixth annual Old Town Pub Crawl in Alexandria. Over the course of the afternoon, more than 1,000 participants will visit eight bars and restaurants in Alexandria's Old Town. Port City team members will be handing out pub crawl passes at all eight pub crawl stops from 1:30-2:30. Participants who have their passes stamped at all participating venues can pick up their commemorative pint glass from 5-6 p.m., while supplies last; no purchase required. Port City will also host an official post-crawl after party at Murphy's Grand Irish Pub (713 King St.). Participants are invited to join the Port City team for more food, fun, and beers. Visit [www.portcitybrewing.com/events/6th-annual-port-city-old-town-pub-crawl](http://www.portcitybrewing.com/events/6th-annual-port-city-old-town-pub-crawl) for more.

**Lecture: Five for Freedom.** 2 p.m. at the Alexandria Black History Museum, 902 Wythe St. John Brown and raiders, including 5 African American men, descended on Harpers Ferry, WV, in 1859. The lives of these "Five for Freedom" have been overshadowed by their leader. Join author Eugene L. Meyer for a lecture about the lives of these men. \$5. Register at <https://shop.alexandriava.gov/EventPurchase.aspx>.

**EyeSoar.** 5:45 p.m. at St. Matthews Lutheran Church, 222 M St. SW, Washington, D.C. Alexandria's Jane Franklin Dance will present EyeSoar at the Capital Fringe Festival. Space is getting tighter and longtime occupants of the Four Mile Run (Shirlington, VA) nestle with change. Through an audio, video, and



FILE PHOTO BY TOM ROTH

**As a tradition that spans over 50 years, the George Washington Chapter of the Virginia Society, Sons of the American Revolution (VASSAR), organized an Independence Day Commemoration at George Washington's Mount Vernon estate, with over 40 members of the SAR participating. The 2018 parade up the bowling green in front of the mansion was led by the Frederick Town Fife and Drum Corps 1745-1817 and the VASSAR Color Guard. Independence Day will be celebrated at Mount Vernon on Thursday, July 4 with festivities including daytime and evening fireworks. Visit [www.mountvernon.org](http://www.mountvernon.org) for more.**

movement-based performance, EyeSoar captures the evolving space, people, and organizations in this industrial neighborhood. \$20. Visit [www.janefranklin.com/capital-fringe](http://www.janefranklin.com/capital-fringe) or call 703-933-1111.

**Alexandria's Birthday Celebration.** 6-10 p.m. at Oronoco Bay Park, 100 Madison St. Alexandria celebrates its 270 birthday and America's 243rd birthday in one big celebration. Guests can enjoy a performance by the Alexandria Symphony Orchestra, patriotic birthday cake and food vendors. The event culminates in a fireworks show over the Potomac River. Visit [www.visitalexandriava.com/alx-bday/](http://www.visitalexandriava.com/alx-bday/).

**Mount Vernon Nights: The United States Army Blues (jazz).** 7-8 p.m. at The Workhouse Arts Center, 9518 Workhouse Way, Lorton. Performances will range from disco to Indian Bollywood and acoustic blues to big band. Bring a picnic dinner and a blanket and enjoy one of Fairfax County's summer traditions. Come early to the Workhouse Arts Center to explore its vibrant arts scene. Visit [www.fairfaxcounty.gov/parks/performances/mt-vernon-nights](http://www.fairfaxcounty.gov/parks/performances/mt-vernon-nights) for more.

## SUNDAY/JULY 14

**A Taste of Scotland.** 1-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. (Adults) It's not just haggis and shortbread. Discover the diversity of Scottish food and how it reflects Scot-land's history, land and people. Hear about traditional dishes linked to national celebrations, and sample au-thentic Scottish fare. Afterwards, the culinary theme continues at the tea table. \$42 (program + tea), \$18 (program only). Pro-grams are by reservation only. Call 703-941-7987, TTY (703) 324-3988.

**Chamber Concert Series.** 3-5 p.m. at The Lyceum, 201 S. Washington St. The Washington Metropolitan Philharmonic Association sponsors a chamber music series, weekly through Sept. 15, at the Lyceum in

Old Town featuring small ensembles and soloists. This week's performance features trombonist Tyler Castrucci, accompanied by pianist Tyler Welch. Free. Donations are appreciated. Visit [www.wmpamusic.org](http://www.wmpamusic.org) or call 703-799-8229.

**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](http://www.nps.gov/gwmp/planyourvisit/forthuntconcerts.htm) for performer.

## TUESDAY/JULY 16

**Genealogy: United States Census.** 1-3 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Genealogist Sharon Hodges will speak about how to fully understand what a U.S. census record actually says. The presentation is called "There's More to the Census Than What's Online." Free, open to the public. Visit [www.mvgenealogy.org](http://www.mvgenealogy.org) for more.

## WEDNESDAY/JULY 17

**Lee District Nights: City of Fairfax Main Street Community Band.** 7:30 p.m. at Lee District Amphitheater, 6601 Telegraph Road, Alexandria. Enjoy an evening of al fresco music at Lee District Park. Head to the amphitheater on Wednesdays for this series concerts featuring a variety of musical acts from jazz to big band, classic to bluegrass, swing to folk and vintage rock 'n roll. Visit [www.fairfaxcounty.gov/parks/performances/lee-district-nights](http://www.fairfaxcounty.gov/parks/performances/lee-district-nights) for more.

## THURSDAY/JULY 18

**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/person. Pro-grams are by

reservation only. Call (703) 941-7987, TTY (703) 324-3988.

**EyeSoar.** 8:30 p.m. at St. Matthews Lutheran Church, 222 M St. SW, Washington, D.C. Alexandria's Jane Franklin Dance will present EyeSoar at the Capital Fringe Festival. Space is getting tighter and longtime occupants of the Four Mile Run (Shirlington, VA) nestle with change. Through an audio, video, and movement-based performance, EyeSoar captures the evolving space, people, and organizations in this industrial neighborhood. \$20. Visit [www.janefranklin.com/capital-fringe](http://www.janefranklin.com/capital-fringe) or call 703-933-1111.

## FRIDAY/JULY 19

**Mount Vernon Nights: Shenandoah Run (folk).** 7:30-8:30 at Grist Mill Park, 4710 Mount Vernon Memorial Highway. Performances will feature musical styles from soul to and pop and bluegrass and rock. Bring a picnic dinner and a blanket and enjoy one of Fairfax County's summer traditions. Visit [www.fairfaxcounty.gov/parks/performances/mt-vernon-nights](http://www.fairfaxcounty.gov/parks/performances/mt-vernon-nights) for more.

## SATURDAY/JULY 20

**Blue Sky Puppet Theatre.** 10 and 11:15 a.m. at Durant Arts Center, 1605 Cameron St. One of the East Coast's finest children's theater companies visits Alexandria to perform an off-beat twist on a classic tale, The Three (Not So) Little Pigs. The wolf is a vegetarian and the pigs jam on rock and roll guitars. Since 1974, Blue Sky Puppet Theatre has been one of the finest touring children's theatres on the East Coast. \$6 per person. To buy online, visit [alexandriava.gov/Arts](http://alexandriava.gov/Arts) click on Durant Arts Center.

**Walking with Washington Tour.** 10 a.m.-noon, starting at the Ramsay House, Alexandria Visitor Center, 221 King St. Explore important sites associated with George Washington in his hometown. This guided walking tour focuses on significant people and events in his life and

American history and his character and values. Stops at Ramsay House, Market Square, Carlyle House, The Bank of Alexandria, Wise's Tavern, Duvall House/Tavern, Gadsby's Tavern, Washington's townhouse, and Christ Church. Reservations not required. Free. Recommended for ages 10 and above. Call 703-746-3301 for more.

**Composting Basics.** 10:30 a.m.-noon at Beatley Library Reading Garden, 5005 Duke St. Turn yard clippings, kitchen waste and excess paper into black gold for a garden. Extension Master Gardeners will demonstrate how to start composting at home, what to put into a compost pile, how to easily maintain it so the materials break down properly, and how to apply it in a garden and lawn. Free. Questions? Telephone 703-228-6414 or email [mgaralex@gmail.com](mailto:mgaralex@gmail.com).

**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](http://www.nps.gov/gwmp/planyourvisit/dykemarsh.htm).

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**Mount Vernon Nights: Thrillbillys (roots rock).** 7-8 p.m. at The Workhouse Arts Center, 9518 Workhouse Way, Lorton. Performances will range from disco to Indian Bollywood and acoustic blues to big band. Bring a picnic dinner and a blanket and enjoy one of Fairfax County's summer traditions. Visit [www.fairfaxcounty.gov/parks/performances/mt-vernon-nights](http://www.fairfaxcounty.gov/parks/performances/mt-vernon-nights) for more.



# Burnout at Work

## Recognizing the symptoms and strategies for relief.

BY MARILYN CAMPBELL  
GAZETTE PACKET

**M**aria Cogswell says she used to sob in her car each day as she drove to her job on Capitol Hill. She complained of stomach cramps and indigestion during the time she spent in her office.

"I was rude to people and short and irritable with my friends," she said. "I was miserable. My brain was fried and I was completely burned out at work. Eventually I just quit my job."

Cogswell is not alone. According to a recent Gallup study two-thirds of full-time workers experience burnout on the job. Researchers who conducted the study concluded that employee burnout can lead to a downward spiral in performance and can damage an employee's self-esteem and confidence. In fact, the World Health Organization (WHO) recently labeled workplace burnout as an "occupational phenomenon" that could lead to health issues.

"Burnout is a state of physical, emotional and mental exhaustion that negatively affects self-esteem," said Linda McKenna Gulyn, Ph.D., Professor of Psychology at Marymount University. "It affects the quality of services the burned-out employee provides. For example, nursing is a field with high burn-out, so this is a concern if the employee is not able to perform well."

The feeling that one has little or no autonomy at work can cause frustration and stress that leads to burnout. "Keep in mind [that] those jobs, across all professions in which the employee has little control and competing demands of both family and work, lead to this serious problem of burnout," added Gulyn, who taught the topic of stress and burnout in a recent class.

Learn to recognize the early signs of burnout, advises Carolyn Lorente, Ph.D., Professor Psychology at Northern Virginia Community College. "Often times the first indicator of work burnout and stress may be felt in our bodies," she said "Especially for those of us who learned as children to tough it out, we may have been socialized to not cue into our stressors or emotions. This can really take a toll on our physical health. We may find ourselves getting more frequent headaches, having stomach issues, or catching colds more often."

Such extreme levels of chronic stress can damage one's overall physical and mental wellbeing, added Chris Harrison, Professor of Health and Physical Education at Montgomery College. "Individuals reach the condition of burnout when they are exhausted and can't replenish their energy levels, they lack motivation, develop a chronic pessimistic attitude with feelings of frustration and hopelessness. ... Job related burnout can result in lower productivity, lower quality of work, increased accidents and increased absenteeism," continued Harrison, who teaches a class called "Controlling Stress and Tension."

One of the most effective ways to ease stress and prevent burnout before it happens is to make time throughout the day to practice self-care, advises Lorente who encourages people to take what she calls "peace pauses."

"For instance, during a lunch break take a walk outside rather than eating inside, treating yourself



PHOTO BY MARILYN CAMPBELL

**Yoga and meditation teacher Debbie Helfeld practices alternate nostril breathing which she says can relieve the type of stress that can lead to workplace burnout.**

to a favorite afternoon tea or coffee, or listening to books on tape or an interesting pod-cast to and from work."

Stress often comes from feeling a lack of control over how one's time is spent, advises Lorente who is also a psychotherapist at Belle Point Wellness clinic where she helps patients manage stress. "These peace-pauses can help us begin to take back even small parts of how our day goes and help protect against stress-related ill health," she said.

Make time to take care of one's physical health, advises Harrison. "Work to improve your sleep habits, eat a healthy diet and participate in regular physical activity," she said. To ease stress, Harrison also recommends a holistic approach. "Explore activities ... such as yoga, meditation, guided imagery or tai chi," she said. "Mindfulness is the act of focusing on your breath flow and being aware of what you're sensing and feeling in the present moment without interpretation or judgment."

Yoga and meditation teacher Debbie Helfeld recommends alternative nostril breathing for calming.

Adjusting the way one views stress and changing one's thoughts, behaviors and relationships might be necessary, suggests, Jerome Short, Ph.D., Licensed Clinical Psychologist and Associate Professor of Psychology at George Mason University. "The more that we view stress as a challenge and we develop coping skills the more we can experience growth and not harm," he said.

For those who feel a sense of hopelessness, Harrison suggests exploring available options. "Discuss specific concerns with your supervisor," she said. "Maybe you can work together to change expectations or reach compromises or solutions. Try to set goals for what must get done and what can wait."

Sometimes the best option is to get help from a therapist or simply change jobs, says Short. "In the workplace, it helps to have new challenges, a sense of purpose, autonomy to make decisions, and opportunities to master skills," he said.

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Kelvin Coles, engineer, (left) discusses construction details.



Engineer Jennifer Jordan answers questions.

## RiverRenew Pushes Forward with 2025 Deadline

FROM PAGE 1  
ness,” said John Hill, chair of Alexandria Renew’s board of directors. “Two-thirds of your dollar is going to capital.” This capital includes a tunnel boring machine, sewage treatment equipment, and new facilities that can better handle heavy amounts of rainwater.

As with many older cities, Alexandria suffers from an outdated sewer system. The current combined sewer system, con-

structed in the 19th century, uses the same pipes for both rainwater and sewage collection. When there are heavy amounts of rainwater, the system exceeds capacity and releases sewage into Alexandria’s waterways. According to the project’s engineers, RiverRenew will allow the city’s sewers to better handle large amounts of rainfall, thereby reducing the amount of sewage released into local waterways.

To pay for the RiverRenew project, Alex-

andria Renew Enterprises has increased its rates for residential customers. In May, the board of directors approved raising the rates for the next two fiscal years. The rate increase will be 13 percent for the 2019 fiscal year and 11 percent for the 2020 fiscal year.

The project is still in its planning stages, but those involved are aiming to meet the 2025 deadline. “For a program of this size and scale it’s a pretty aggressive timeline

to achieve getting all this planned, designed, constructed, and operational,” said Feehan.

Similar renovations to sewer systems have been carried out in cities like New York and Portland.

Feehan mentioned D.C.’s Anacostia River Tunnel Project, a more recent example, as a possible model for the planned RiverRenew program. “Anacostia went online last year and it seems to be really working,” said Feehan.

## Art, Philanthropy Highlighted in King Street Mural

FROM PAGE 1  
ity of their choice from a list of 250 local and national nonprofits to receive a donation. Funding for the donations is being provided by Wahl and an anonymous donor through ACT for Alexandria.

Bennett-Parker first learned about the Butterfly Effect on Instagram and applied for the opportunity to bring a mural to Alexandria. Upon selection by Wahl earlier this year, Bennett-Parker worked with her to customize the mural by including the phrase “Be the Change You Want to See in the World” in Spanish and Arabic, as well as the hashtag #InclusiveALX.

Donations are made by emailing a photo of the mural to [alxbutterflyeffect@gmail.com](mailto:alxbutterflyeffect@gmail.com) with the name of the selected charity in the subject line. Alternatively, a text can be sent to 202-681-7594 with the picture and name of the preferred charity. A full list of available charities can be found at [www.bit.ly/alxbutterflyeffect](http://www.bit.ly/alxbutterflyeffect).

An additional \$500 will be donated to the charity receiving the most social media posts including @elizabethforalx with the hashtags: #inclusiveALX and #butterflyeffect and the charity of choice.

“The Butterfly Effect highlights the opportunity for everyone to embody the philosophy of Mahatma Gandhi, becoming the change they want to see in the world by facilitating small acts of kindness, encour-



Vice Mayor Elizabeth Bennett-Parker works on the Butterfly Effect Mural June 29 in Old Town.

aging generosity and promoting creativity,” Bennett-Parker said. “I’m thankful to Tasha Wahl for her vision in starting this global



Brian Kelley, vice chair of the Commission for the Arts, Vice Mayor Elizabeth Bennett-Parker, ACT for Alexandria CEO Heather Peeler and Commission for the Arts chair Tinsin Green pose outside 924 King St. after working on the Butterfly Effect Mural June 29.

project and for choosing Alexandria; to Asana Partners and Bloomers for providing the space for the mural; and to the mem-

bers of the community who brought it to life.” See [www.elizabethforalx.com/butterfly-effect-mural](http://www.elizabethforalx.com/butterfly-effect-mural).





PHOTO BY JANET BARNETT/GAZETTE PACKET

## Prom Night on the Waterfront

West Springfield High School students Annika Urps, Charlie Peterson, Jake Betancourt, Sydney Anderson and Justin Beattie enjoy the Old Town waterfront prior to their May 31 prom night festivities at the Torpedo Factory Art Center.

## Religion Instructor Sentenced

**For illegal sexual conduct with minor student.**

**A**n Alexandria man was sentenced on Friday, June 28 to 10 years in prison for enticing a minor to engage in sexual conduct and transferring obscene matter to a minor.

According to court documents, Seitu Sulayman Kokayi, 30, was a content developer at the University of Maryland University College campus and a Quran instructor at a mosque in Washington, D.C. from 2009 until his arrest in August 2018. The victim was 15 years of age and was a student of Kokayi until the time of his arrest. Over a three week period in August 2018, Kokayi and the victim communicated by phone on 256 occasions for over 32 hours. They also had 43 FaceTime sessions. Kokayi engaged the minor victim in sexually explicit conversations, proceeding to entice the child to disrobe and engage in sexual acts over FaceTime. Kokayi also exposed himself to the victim, masturbating on FaceTime with the victim on multiple occasions. Also

according to court records, Kokayi promoted support for the Islamic State and other violent activity by sending videos and other jihadist propaganda to his students, family members and friends.

This case was brought as part of Project Safe Childhood, a nationwide initiative launched in May 2006 by the Department of Justice to combat child sexual exploitation and abuse. Led by U.S. Attorney's Offices and the Child Exploitation and Obscenity Section (CEOS), Project Safe Childhood marshals federal, state, and local resources to better locate, apprehend, and prosecute individuals who exploit children via the internet, as well as to identify and rescue victims. For more information about Project Safe Childhood, visit [www.justice.gov/psc](http://www.justice.gov/psc).

G. Zachary Terwilliger, U.S. Attorney for the Eastern District of Virginia, and John P. Selleck, Acting Assistant Director in Charge of the FBI's Washington Field Office, made the announcement after sentencing by U.S. District Judge Leonie M. Brinkema. Assistant U.S. Attorneys Kellen S. Dwyer, Dennis M. Fitzpatrick and Department of Justice Trial Attorney Joseph Attias prosecuted the case.

## Food Lion Donates to SSA

**S**enior Services of Alexandria (SSA) has received \$2,700 from the Food Lion Feeds Charitable Foundation. SSA will use the gift to support its Senior Nutrition Program, which includes Meals on Wheels and the Groceries to Go program.

"We are so grateful to the Food Lion Feeds Charitable Foundation. The Senior Nutrition Program is truly life-sustaining and Food Lion's funding allows us to deliver nutrition to the most vulnerable Alexandrians," said Mary Lee Anderson, SSA's executive director.

SSA works in partnership with the city's Division of Aging and Adult Services to provide meals to the city's most vulnerable residents 365 days a year and delivers over 48,000 meals each year. These daily routes provide nutrition and human contact for se-

niors struggling with chronic illness, recovering from surgery, or living alone. Groceries to Go provides limited-mobility seniors with personal grocery deliveries, no minimum order or fees. Volunteers phone clients, shop, deliver, and put away groceries for seniors who want to continue cooking for themselves but who cannot tackle the barriers that come with grocery shopping.

Established in 2001, the Food Lion Feeds Charitable Foundation provides financial support for programs and organizations dedicated to feeding the hungry in the communities it serves. Since its inception, the foundation has awarded more than \$12 million in grants.

For more information, visit [www.foodlion.com/in-our-community](http://www.foodlion.com/in-our-community).

### Legals

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 831: CMMS Study

RFP Close Date and Time: August 15th, 2019, 4 p.m., local time  
Non-Mandatory pre-proposal conference/site visits: July 17th, 2019 @ 10 a.m. local time:  
Purchasing Conference Room, 100 N. Pitt St, Suite 301, Alexandria, Virginia 22314

For general inquiries contact Jordan Howar, Contract Specialist, at 703.746.3997.

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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### Announcements

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### Announcements

### Announcements



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## Coup de Gras



By KENNETH B. LOURIE

Now that I'm unburdened from the website weight I've been carrying for the past few weeks, I will, for the second week in a row, not write about cancer.

This week's topic will be manufacturer's coupons and the trick certain supermarkets are playing on us unsuspecting consumers.

Like many of you, or maybe not that many, I use coupons to save money. In fact, I have become rather adept at doing so. I'm not willing or talented enough to go on television – and tell my tales; I'm not that good. As an example, I'm not able/inclined to download and print the digital coupons some brands/sites offer.

All I know to do is clip/use the paper coupons inserted in the Sunday newspapers and "clip" the digital coupons offered on certain supermarket and drugstore websites.

In my "couponing" I am aware and mindful of the doubling and occasionally even tripling coupon opportunities. Moreover, I am similarly aware of the less frequent doubling/tripling of coupons with values of one dollar or more.

Most of the time, I am using coupons whose face value is less than one dollar whose amount is then doubled (a 75 cent coupon is worth \$1.50). In addition, I'm always looking to use my "couponing" skills with items that are already on sale for super savings.

Unfortunately, the opportunity doesn't present itself as often/on as many items as I like to purchase. Although, until recently, there had been a savings opportunity when the identical-to-the-paper digital coupon appeared on the supermarket's website. On those occasions, one could use both the paper and digital coupons on the same item, to double dip, so to speak (and a super-duper savings if that item were already on sale); a loophole which has since been closed.

Another loophole, of sorts, one that saves the supermarket's money – at the consumer's expense, literally and figuratively, involves their digital coupons. Not only can you no longer 'double dip,' but if you "clip" the digital coupons, the ones under one dollar, the face amount doesn't double as it would for a similarly valued paper coupon.

Who does that help? The convenience of digital coupons. I'm not buying it anymore.

In summary, two ways here I see the supermarkets making money where previously they hadn't.

First, they're encouraging consumers to use digital coupons, like it's money for nothing. Really it's money for something, just not the consumer's something. Granted, there seem to be more digital coupons than paper coupons but the more digital coupons you use, especially instead of paper coupons for the same item, the more money you lose (by not benefiting from the doubling opportunity afforded by paper coupons).

Second, for whatever coincidental/conspiratorial reason, there are fewer coupon inserts in the Sunday papers. There's less to cut on Mondays, when I plan my week's "consumer-ing." The result is that due to this lack of paper coupons, consumers are being forced to go digital, and by doing so, are losing our ability to double down.

Rather than supply the demand in paper, the supermarkets are demanding the supply by forcing our hands to go mouse-clicking.

You may view this coupon pursuit as a bit of a fools errand, but I view it more as a challenge, and as a way to overthrow the conspirators, while there's still time.

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

## BUSINESS DIRECTORY

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## BULLETIN

FROM PAGE 9

### MONDAY/JULY 8

**Homicide Support Group.** 6:30-8 p.m. at Convergence, 1801 N. Quaker Lane. Monthly support group for Alexandria or Arlington residents who have lost a loved one through homicide. Offered by the Alexandria Victim/Witness Program, and Virginia Victim Assistance Network. Registration is required. Free. Call 703-314-5762.

**Board of Zoning Appeals Meeting.** 7 p.m. in the City Hall Council Chambers, 301 King St. The City of Alexandria's Board of Zoning Appeals will hold its regular public hearing. Visit [www.alexandriava.gov/Planning](http://www.alexandriava.gov/Planning) for more.

**Application Deadline:** Community Police Academy. Get to know the Alexandria Police Department (APD) in a half-day session. Learn about various aspects of the Police Department, including: patrol operations, use of force policies, the K9 Unit, Special Operations Team, crime scene investigation and criminal investigations. The session will be held at Alexandria Police Department Headquarters, 3600 Wheeler Ave., Saturday, July 20, 8:30 a.m.-1 p.m. Limited to 45 participants per session. Participants must be at least 18 years of age and live or work in the City of Alexandria. Criminal history checks will be conducted on all applicants for final approval of acceptance. Visit [www.alexandriava.gov/Academies](http://www.alexandriava.gov/Academies) or email [virginia.obranovich@alexandriava.gov](mailto:virginia.obranovich@alexandriava.gov).

### FRIDAY/JULY 12

**Public Input Deadline.** The City of Alexandria is seeking community input on the future of its flagship facility through a City Hall Visioning Study. City Hall is the center of civic activity for Alexandrians, is a source of community pride, and will remain the seat of City government. It was originally constructed in 1871, and after many decades of service since its last renovation, major updates are needed throughout the building to better serve staff, residents and visitors. The draft approaches will be available for public comment at a City Hall Visioning Community Meeting on July 31, from 6:30 to 8:30 p.m., in City Hall, Sister Cities Conference Room 1101 (301 King St.). To complete the City Hall Visioning Questionnaire by July 12, and for more information, visit [alexandriava.gov/CityHall](http://alexandriava.gov/CityHall).

### TUESDAY/JULY 16

**Public Information Session.** 6 p.m. at the Oswald Durant Arts Center, 1605 Cameron St. The City of Alexandria invites residents to participate in a public comment period for a water protection permit required to construct the Potomac Yard Metrorail Station. The public comment period, through July 31, includes a public information session at 6 p.m., followed by a public hearing at 7 p.m. To learn how to submit document requests or comments, or for more information, visit [alexandriava.gov/PotomacYardMetro](http://alexandriava.gov/PotomacYardMetro).

### THURSDAY/JULY 18

**Open House:** Veterans Curation Program. 10 a.m.-2 p.m. at 816 North Saint Asaph St. The Alexandria Veterans Curation Program currently provides vocational rehabilitation and innovative training to 12 recently-separated veterans using archaeological collections administered by the U.S. Army Corps of Engineers. This event will provide visitors with a chance to meet the veterans and to learn more about the program. RSVP (appreciated but not required) by July 11 to [ecagney@newsouthassoc.com](mailto:ecagney@newsouthassoc.com). Visit [veteranscurationprogram.org](http://veteranscurationprogram.org) for more.

### FRIDAY/JULY 19

**Volunteers Wanted:** Emergency Exercise. The City of Alexandria is seeking volunteers to participate in Capital Fortitude, a full-scale emergency exercise designed to evaluate the National Capital Region's ability to dispense medication quickly in response to an anthrax attack. This Point of Dispensing (POD) exercise, administered by the Alexandria Health Department, will take place on Friday, July 19, from 9 a.m.-noon at the T.C. Williams Minnie Howard Campus, 3801 W. Braddock Road. That day, volunteers will move through a simulated medication dispensing site. Volunteers will receive a summer kit for safe and healthy fun in the sun. Participants are required to register online at [alexandriava.gov/Health](http://alexandriava.gov/Health).



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McEneaney Associates has always had one motto in mind... not to be the biggest, but the best. This year marks our 39th year in Alexandria, and we are celebrating our investment in helping to build our town into the thriving community it is today. To learn more about our Associates and our firm, visit [www.WeAreAlexandria.com](http://www.WeAreAlexandria.com)

#WeAreAlexandria



### Old Town | \$2,300,000

Built in 1800, this charming semi-detached home, with off-street parking, sits on one of Alexandria's original town lots. Many original details include front staircase, hardwood floors, moldings, plus 5 fireplaces. Renovated eat-in kitchen adjoins the family room, light-filled office with skylights, 4 spacious bedrooms and 4 full baths. Elegant master suite with fireplace, window seat, updated bathroom and abundant closets. Outdoors is delightful, with an in-ground pool, 2 brick patios, a working fountain plus outdoor kitchen including refrigerator for entertaining.

**Babs Beckwith 703.627.5421**

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



### Fort Hunt | \$860,000

This rarely available beautiful colonial features three finished levels with a welcoming 2-story foyer, an open floor plan with soaring cathedral ceilings, luxurious master suite, hardwood floors, new carpet, 2 fireplaces, 4 bedrooms, 3.5 baths, private pool, and patio.

**David Rainey 703.286.1333**

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



### Belle Haven | \$899,000

Style & Design! Meet in this charming Charleston-style home with formal spaces and cozy places to relax and entertain! Four bedrooms plus den, family room and flexibility for in law or au pair living! Two car garage and lovely gardens!

**Kate Patterson 703.627.2166**

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



### Villamay | \$898,000

Completely updated home with an unbelievable outside terrace designed with grilling stations, bar area seating eight, fireplace, fountain, and outdoor living spaces maximized. Gourmet travertine kitchen with island and huge, skylit family room with fireplace.

**Catherine Davidson 703.201.1998**

[www.cmdrealty.net](http://www.cmdrealty.net)

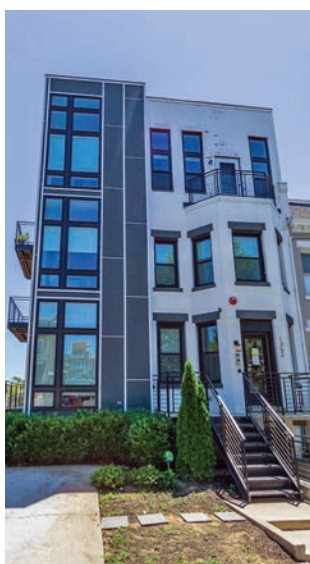


### Wellington Heights | \$599,900

Beautiful home perfectly sited on this half-acre lot! 3 bedrooms, 2 full baths, garage space and lots of storage. Fantastic outdoor/patio spaces. Bright, open, sunny floor plan makes this home extremely livable for today's active lifestyles. Waynewood E.S. district.

**George Myers 703.585.8301**

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



### DC/Columbia Heights \$629,900

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



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