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.

RiverRenew Pushes Forward with 2025 Deadline
Engineers present final plans for sewer renovation.

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 waterways, 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-intense business,” said Justin Carl, one of the project’s engineers.

Ed Cronin, one of the project’s engineers, outlines RiverRenew at a community listening event on June 27.
Chris and Gordon moved their parents into retirement communities recently. In the last few weeks they helped 3 more longtime homeowners downsize, organize, fix-up & sell – then move to retirement communities and smaller homes.

“It’s a natural for us,” says Gordon. “Chris and I feel the last 20 years of our lives have prepared us for this specific job—helping folks manage the move from a home, maybe owned for 50 years, to a new lifestyle. It takes patience and care from all involved to make such a move. We have a tremendous team and WE CARE.”

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Alexandria | 22304
Under $1.7M

COMING SOON
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Old Town | 22314
$1,350,000

COMING SOON
3800 Chanel Road
Overlook Knolls | 22003
$715,000

COMING SOON
6712 Harrison Lane
Kings Colony | 22306
Under $500K

COMING SOON
9062 Tower House Place
Riverview at Mt. Vernon | 22308
Under $1.6M

COMING SOON
107A E Del Ray Avenue
Del Ray | 22301
$725,000

FOR SALE
6025 Grove Drive
Belle Haven | 22307
$1,150,000

UNDER CONTRACT
8000 Washington Avenue
Alexandria | 22308
$690,000

UNDER CONTRACT
110 E. Rosemont Avenue
Rosemont | 22301
$470,000
The 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 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 welcomed 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.
An Afternoon of Archaeology

Museum hosts hands-on event with excavated ships.

By Liam Bowman
Gazette Packet

The 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, 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," Skolnik said. "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 Prince 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.

Pankaj 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 defendant 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.
Alexandria Choral Society Awards Grant

Alexandria 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 choir sings 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 performed two works for ACS’s audience, “Jubilate Deo” by Peter Angelia 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 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. 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.

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.

Mulvihill Named Stratford’s Legacy Scholarship Winner

Thursday 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

Rev. 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 Andrews the Apostle Parish in Clifton. Rev. 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 Arlington, Fairfax, Faquier, 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.

Th Weichert’s Alexandria/Old Town office is located at 121 North Pitt St.
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 laund- dry room and helping teachers pack up materials and move classrooms. Enterprise Holdings, in partnership with United Way NCA

See Delivering Backpacks, Page 10
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 concern.

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.

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 imperative 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 off street parking facilities — a more pedestrian friendly environment.

As a professional architect and planner of sustainable, walkable communities for over 20 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 transportation 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 grasping with what to do with the city’s incomplete and highly flawed hypotheses and Joint Permit Application (JPA). In fact, Alexandria’s Alternative B is the worst choice of Practicable Alternatives for the proposed metro station, obviously 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 afoot 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

What are the potential benefits and drawbacks of Metro’s “platform improvement project”? How does the writer’s experience compare to that of Alexandria’s drivers? What is the writer’s opinion on the project’s impact on the environment and health of the community? How does the writer compare Alexandria’s transportation planning to that of Arlington County? What specific problems does the writer observe in Alexandria’s transportation system and what are the potential consequences? How does the writer’s experience and observations inform their views on the project’s potential impact on the environment and public health?
**He Loved His People and His Community**

**By Char McCargo Bah**

On 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 chair- man 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 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 Foun- dation and the host of “Black Reflections,” a TV Show on local cable network. He was also a member of Alexandria’s Depart- mental 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 Center, hall monitor in the Alex- andria Public Schools and director of the swimming pool at Bailey’s Crossroads. He was a community leader and a strong advo- cate 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 his- tory of his people. In 1983, Mr. Anderson was interviewed by the Washington Times newspaper about the opening of the Alexan- dria Black History Resource Cen- ter (Alexandria Black History Mu- seum) where he managed the renovation of the center. He said, “My generation grew up not know- ing very much about our ances- tors, not dreaming they were any- thing 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 Ander- son was interviewed by the Clifton C. Anderson and Hattie 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 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 to time to use his leadership skills in his church. In his early years, he was a member of Alfred Street Baptist Church. He trans- ferred to Roberts Memorial United Methodist Church where he imme- diately started a food distribution program, became a trustee and a member of the men’s choir, and he participated in other administra- tive 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 sol- diers at Quantico National Cem- etery. He was a soldier, a leader, an activist and a teacher. He made a difference to so many youth in Alexandria, including this writer.

**Military Spouses in Safe and Healthy Homes**

**By Riley Conrad, AMERICORPS OUTREACH COORDINATOR Rebuilding Together DC • Alexandria**

She told us that we “have the right name, Rebuild- ing 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 volun- teers 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.RebuildingTogetherDC.org or call 703-836-1021.

**Volunteers replacing a neighbor’s fence that had fallen down.**
Delivering Backpacks Full of School Supplies

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 Virginia 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.
A Rock Musical About the Mid-1960s


By Steve Hibbard
Gazette Packet

McLean 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 agree 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 on my own, but getting help from the adults.” In real life, Caron performs with a band he co-leads, the Heartless Romantics.

“The whole experience was a lot different from the other musicals I’ve been in because it’s so inconsistent.”


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

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 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/
ENTERTAINMENT

Submit entertainment announcements at 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 Legacy directly at 703-768-4712 or visit www.mrvbands.com/join-us/.


Art Exhibit: Labirthyns 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, Labirthyns and/or Mazes. Someone is one to success and sometimes one hits a dead end. Gallery embers have pushed the idea forward and have come up with wonderful results. Themmed work will be eligible for recognition by the jurors. Non-themed work may also be exhibited. Visit www.Potomacfiberartsgallery.com or call 703-548-0935.

4Living Legends of Alexandria: African American Artists. 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 at Torpedo Factory Art Center, presents their competitive annual solo exhibition, 4Living Legends of Alexandria. Northern Virginia-based artist Julia Kwon. Kwon creates multimedia works, including hand-dyed textiles to create a dialogue on the objectification she experiences as a Korean-American woman. Julia Kwon: More Than A Body will be on view June 14-Aug. 4.

TUESDAY/THURSDAY 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 Independence Day event. Celebrate Independence Day with daytime performances, military re-enactments, and a wreath-laying ceremony. Enjoy birthday cake (while supplies last) and visit with General and Mrs. Washington. Join in the performance by the National Concert Band during its “Red, White and Blue” concert and observe events that marked our country’s birth. Rain or shine. Included with general admission; food and drink available. Visit www.mountvernon.org/plan-your-visit/calendar/events/independence-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 or part-mormion1613@yahoo.com.

Declarations 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 Pohick Church by historical re-enactor, the Rev. Dr. Thomas Costa, portraying the Rev. Mr. Mason, 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.

Independence Fireworks at Mount Vernon. 6:45 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 Mount Vernon — 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-$85. Visit www.mountvernon.org/plan-your-visit/calendar/events/independence-fireworks or call 703-780-2000.

FRIDAY/JULY 5
Mount Vernon Nights: Ellis Dynon & The Shambles (Gypsy Swing). 7:30-8:30 at Mount Vernon’s Mount Vernon Memorial Highway. Performances will feature musical styles from gypsy to pop and bluegrass and rock. Bring a picnic dinner and a blanket and enjoy one of Fairfax County’s summer traditions. Visit www.mountvernon.org/parks/performances/mt-vernon-nights-for-mount-vernon-nights-series.

Serenade the Human Journey. 7:30 p.m. at St. Paul's Episcopal Church, 228 S. St. Charles Clary Movements and The John F. Kennedy Center for the Performing Arts will present the 9th annual Serenade! Choral and Vocal Ensembles from all over the world will offer a meaningful exploration of “The Human Journey.” Music, Migration & Identity,” part of the Kennedy Center’s year-long series of The Human Journey. Free with registration at www.eventbrite.com/e/serenade-the-human-journey-st-pauls-episcopal-in alexandria-tickets-59775560310.

FRIDAY-SUNDAY/JULY 5-7
Waterfront Beer Garden. Friday, 5-8 p.m.; Saturday, noon-8 p.m.; Sunday, 1 p.m.-8 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 for more.

By Hope Nelson

When it comes to outdoor activities, July and August are a mixed bag. Alternately sunny and pelted with a 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 and a splash of local Optima Wit beer. Or turn up for a postwork happy hour and you’re likely to find a Hemingway daiquiri (the old-fashioned kind with a 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 swells 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 hearty pizza? Fine Creek local favorite Hen’s Hell Lager fits the bill. Or venture to the other side of the spectrum with the likes of Grimm Artisanals’ Double Negative stout. Across the balance are sour kinds, not the swim-up pool-bar variety or — beers ciderers, 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 going-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 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 sugar cane stalks and fresh mint.

Hope Nelson owns and operates the Kitchen Recessionista blog, located at www.kitchenrecessionista.com. Email her any time at hope@kitchenrecessionista.com.
SATURDAY/ JULY 6
Old Town North Walking Tour. 10-11 a.m. at the waterfront at Pendleton Street, Alexandria. North Old Town Citizens’ Association (NOWCA) sponsors a free and informative tour about the history of Old Town North. July 6 and 13. Contact mikaelatealehouse@gmail.com to register.

Used Book Sale. 10 a.m.-2 p.m. at Sherwood Regional Library, 2501 Sherwood Hill 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 hardbacks, 50 cents for large paperbacks, and 25 cents for mass market paperbacks. Visit 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.alexandriavir.gov/events.

Traffic Free Day. 10-11 a.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 mid-Atlantic. 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.

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 703-559-9220 or visit www.gunstonhall.org/visit/guide/upcoming-events.


Vista Picnic Dinner. 3-5 p.m. at the waterfront at Pendleton Street, Alexandria. Local Black history. All ages welcome, 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.alexandriavir.gov/events.

MOUNTAIN VIEWS: William Morris. 550-9220 or visit www.fairfaxcounty.gov/parks.

MONDAY/ JULY 8
Yoga for Gardeners I. 9:30-10 a.m. at Green Spring Gardens, 4603 Green Spring Road, Fairfax. 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. $9/ person for eight-hour-long classes. Register online at www.fauquierart.org/gardens/park-takes/using-code-665-C2PC 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, arts-and-crafts and a garden walk we explore aspects of nature. $8/ child. Register online at www.fauquierart.org/gardens/park-takes/using-code-FRD-FESB 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 provide shade, and plants that have appealing structure and texture. Free. To reserve a spot, register online at mgv.org/public-education-events/veehorticulture-programs-registration. Questions? Telephone 703-228-6414 or email mgvpublic@gmu.edu.

WEDNESDAY/ JULY 10
Lee District Nights: Dale Jett and Hello Stranger (Country/ Roots/Folk family). 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 featuring a variety of musical acts from jazz to big band, classic to bluegrass, swing to folk and vintage rock ‘n roll. Visit www.fauquierart.org/parks/performance/lee-district-nights-for-more.

THURSDAY/ JULY 11
Waterfront Bagpipe Concert. 8-8:30 p.m. at Waterfront Park, VA 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.

FRIDAY/ JULY 12
Mount Vernon Nights: The 19th Street Band (country rock). 7:30-8:30 at Grint Mill Park, 4710 Mount Vernon Memorial Highway. Performances will feature musical styles from soul to pop and bluegrass and rock. Bring a picnic dinner and a blanket and enjoy one of Fairfax County’s summer traditions. Visit www.fauquierart.org/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 viewer 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.

SATURDAY/ JULY 13
Workshop: Casting Concrete. 9-1-11 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 increase the strength, flexibility and endurance necessary for gardening. Class held indoors. Call 703-740-6421 or visit mountvernon.org/pleinair.

Watercolor Workshop: Monet & Water Lillies. 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 and more with the help of instructor Dawn Flores. Supply list e-mailed before class. The cost is $93/ person. Register online at www.fauquierart.org/parks/park-takes/using-code-95A-5596 or call 703-642-5173.

Watercolor Workshop: Monet & Water Lillies. 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 and more with the help of instructor Dawn Flores. Supply list e-mailed before class. The cost is $93/ person. Register online at
www.fairfaxcounty.gov/parks/parkstake/ using code TILA2022 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 miketlakeshouse@gmail.com to register.

Beyond the Battlefield. 10 a.m.-noon at Lee-Fendall House Museum & Garden, 600 Braddock Street. A guided walking tour of Civil War sites in Historic Old Town featuring locations and stories related to soldiers, civilians, and the enslaved, including the occupations of the African American community. $15 in advance, $20 gate. Visit www.lee-fendallhouse.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 Kindnanimously, in store number at Giant in Fairfax, VA, will present “Right Steps to a Wealth of Wellness.” Fresh pressed juice required at 703-683-1473 or www.evolvejuiceroadshow.com. $10 to-a-healthier-you-tickets-62311502381.

Dyke Marsh Meetup Walk with a Ranger. 1-3 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.

Summer Saturdays. 11 a.m.-4 p.m. at Gunston Hall, 1200 Gunston Road, Lorton. Gunston Hall is for a sum. 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 703-530-9220 or visit www.gunstonhall.org/visit/guide/?view=saturdays.

Old Town Pub Crawl. 1-3:30 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 participating venues, a $10 coupon good for a free official post-crawl after party at Port City. All participants will receive a 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 Port City featuring Port City team members will be

TUESDAY/JULY 16

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 big band, classic to bluegrass, swing to folk and vintage rock ‘n’ roll. Visit www.fairfaxcounty.gov/parks/performance/mv-nights-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 all American 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-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 and enjoy the afternoon tea at The Lyceum, 201 S. Washington St. Afterward, enjoy a tradition–at English afternoon tea. $36/person. To–prizes are by reservation only. Call 703-941-7987, TTY (703) 324-3988.

CHAMBER CONCERT SERIES

Shenandoah Run. 7:30 p.m. at The Lyceum, 201 S. Washington St. The Washington Metropolitan Philharmonic Association presents a chamber music series, weekly through Sept. 15, at the Lyceum. $36/person. To–prizes are by reservation only. Call 703-941-7987, TTY (703) 324-3988.

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 fire–works. Visit www.mountvernon.org for more.

Mount Vernon: The United States Army Blues (jazz). 7:30 p.m. at Gadsby’s Tavern, Washington’s townhouse, Alexandria’s Jane Franklin Dance will present EyeSoar at the Capital Fringe Festival. Space is getting tighter and long time occupants of the Four Mile Run (Shirlington, VA) need 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 or call 703-799-9223.

Fort Hunt Park Concerts. Aug. 25, 7-9 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/forthunconcerts.htm for performance.

FRIDAY/JULY 19

Mount Vernon Nights: Shenandoah Run (folk). 7:30-8:30 p.m. at Grist Mill Park, 4710 Mount Vernon Memorial Highway. Performance will range from disco to big band, classic to bluegrass, swing to folk and vintage rock ‘n’ roll. Visit www.fairfaxcounty.gov/parks/performance/mv-nights-for-more.

Dyke Marsh Meetup Walk with a Ranger. 1-3 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 703-746-3301 for more.

Composting Basics. 10:30 a.m.-noon at Bradley Library Reading Garden, 5005 Duke St. Turn yard clippings, kitchen waste and excess paper into black gold for a garden. Extensive Master Gardeners will demonstrate how to start composting at home, what to put into a compost pile, how to 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 mɣardening@gmail.com

Dyke Marsh Meetup Walk with a Ranger. 1-3 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 703-325-1530 or visit www.nps.gov/gwmp/planyourvisit/dykemarsh.htm.

Summer Saturdays. 11 a.m.-4 p.m. at Gunston Hall, 1200 Gunston Road, Lorton. Gunston Hall is for a sum. 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 703-530-9220 or visit www.gunstonhall.org/visit/guide/?view=saturdays.

Mount Vernon: 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/performance/mv-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 theaters on the East Coast. $6 per person. To buy online, visit alexandriavita.gov/arts/online.

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, Maker Square, Carlyle House, The Bank of Alexandria, Wise’s Tavern, Double 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.

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

Maria 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 to a favorite afternoon tea or coffee, or listening to books on tape or an interesting podcast 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.
Kelvin Coles, engineer, (left) discusses construction details.

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, constructed 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, Alexandria 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.

Engineer Jennifer Jordan answers questions.

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 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.

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, encouraging generosity and promoting creativity,” Bennett-Parker said. “I’m thankful to Tasha Wahl for her vision in starting this global project and for choosing Alexandria; to Asana Partners and Bloomers for providing the space for the mural; and to the members of the community who brought it to life.” See www.elizabethforalx.com/butterfly-effect-mural.

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

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.
News

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.

An 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. 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.


Food Lion Donates to SSA
Senior 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 seniors struggling with chronic illness, recovering from surgery, or living alone. Groceries to Go provides limited-mobility seniors with personal grocery deliver- ies, 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.
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 is 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 that inclined to download and print the digital coupons some brands/sites offer.

All supermarkets now offer digital coupons inserted in the Sunday newspapers and “clip” the digital coupons offered on certain supermarket 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 paper coupons (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’d 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 – and 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 digital coupons, like it’s money for nothing. They are using the digital coupons as a way to overthrow the conspirators, as a way 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 that inclined to download and print the digital coupons some brands/sites offer.

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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 paper coupons (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.

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Welcome to Alexandria Toyota's Personalized Car Care Experience

Special Savings for Your Toyota

Brake Special
$79.95
Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hoses. Parts only.

Variable Discount
$15.00 Off when you spend $100.00 - $199.99
$30.00 Off when you spend $200.00 - $299.99
$45.00 Off when you spend $300.00 - $399.99
$50.00 Off when you spend $400.00 or more

Oil & Filter Change
$24.95
Non-Synthetic

$34.95
Synthetic
Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil, inspect windshield wipers, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

Alignment Special
$69.95
Your car's alignment suffers, and can cause uneven tire wear and steering problems. Includes: Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

Free Battery Check-Up
Check cold cranking amps and visual inspection of battery condition. Includes battery condition print-out.

TrueStart™ Batteries
$129.95
Includes battery installation. Includes: 84 month warranty, 24 month free replacement, 24 month free roadside assistance. Does not apply to hybrid battery.

Clean Air/Cab Inspection & Vent System Special
$129.95
Includes: Replace cabin air filter, and Toyota Evaporator Service using anti-microbial foam cleanser and odor eliminator.

Buy 3 Tires and Get the 4th FREE
See Service Advisor for details.

GOT TIRES? INCLUDES ROOF HAZARD PROTECTOR, TIRE MOUNTING, AND FREE COURTESY INSPECTION.

SPECIAL ALIGNMENT FOR $29.95

Check Engine Light Diagnosis
No Charge Initial Diagnosis

We will retrieve vehicle codes & give you an estimate of repair costs.

To schedule an appointment, please call 703-684-0710 or schedule online at AlexandriaToyota.com

Call for an appointment at 703-684-0710 or schedule online at AlexandriaToyota.com
McEnearney 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

#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

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

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

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

DC/Columbia Heights
$629,900
Renovated in 2016, this 1,300± SF, 2-bedroom + den, 2.5-bath condo offers an extra wide floorplan with circular flow. End unit with windows on 3 sides. Two assigned patios, deeded parking, low fee, and a walk to everything location!
Clay Burke 202.520.4274
www.BBZgroup.com

Woodbridge
$399,900
Elegantly appointed Potomac Crest townhome condo. 3 bedrooms, 3.5 baths. Minutes to Occoquan River & Occoquan’s charming downtown. Recently renovated with gourmet kitchen, gleaming hardwood floors, new carpet, 2 decks & so much more!
Mary Farrell 703.969.5522
www.ChooseMaryFarrell.com

Alexandria
$485,000
Gorgeous 3-level townhome in sought-after First River Farms community. Remodeled kitchen with breakfast nook, stainless steel appliances, gas cooking, updated sliding glass door leads to large deck. Close to Old Town, Fort Belvoir, Mount Vernon and the GW Parkway.
Kim Peele 703.244.5852
www.ThePeelGroup.biz

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.McEnearney.com

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