

Mount Vernon Gazette

MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER

JUNE 6, 2024

Alexandria Events Honoring Juneteenth

Highlights of Alexandria's Black history and cultural experiences, including Juneteenth tours and celebrations, museum experiences, Black-owned businesses to support and more.

Highlight Juneteenth Events

❖ June 15-16, 2024:
Manumission Tour Company will offer a Juneteenth African American History Bus Tour. Visit historic sites that tell the story of African Americans in early Alexandria, including several historic African American churches in the city.

❖ June 19, 2024:
Carlyle House, a historic house museum and park, is hosting its annual Juneteenth celebration in collaboration with The Athenaeum, a regional arts organization. Discover the history of Juneteenth through hands-on activities, art, history and poetry readings.

The Washington Revels Jubilee Voices' lively, interactive concert featuring traditional music, dance, and spoken word anchors the Juneteenth Holiday at Market Square festivities.

❖ June 19 to 22, 2024:
During Freedom Before Eman-

ipation: Family Days for Juneteenth, visitors to George Washington's Mount Vernon can learn about Ona Judge, Christopher Sheels and more enslaved people who resisted enslavement and sought freedom before the Emancipation Proclamation.

❖ Find more Juneteenth events here.

Historic Museums

❖ Alexandria Black History Museum (Open 11 a.m. to 5 p.m. on June 19): The Alexandria Black History Museum showcases exhibitions including Preserving their Names: The Black Lives Remembered Collection, featuring digital images and artifacts donated from the community in the D.C. region following the murder of George Floyd. A children's area offers thought-provoking and age-appropriate activities for young visitors. Plus, look for the upcoming sum-

SEE ALEXANDRIA EVENTS, PAGE 11



PHOTO BY ADEDAYO DAYO KOSOKO FOR VISIT ALEXANDRIA

Contraband and Freedmens Cemetery.

Juneteenth Events Around Mount Vernon

History Talks:

The Long Road to Freedom

U.S. Army & Juneteenth
National Museum of the United States Army
June 12, 19

On June 12 and 19, the National Museum of the United States Army's monthly History Talk event will highlight Juneteenth and Emancipation Day. This History Talk will explore the role of the US Army in the liberation of enslaved persons and also honor Black Soldiers who fought and sacrificed their lives for freedom for all.

Journeys in Genealogy

June 14
The National Museum of African American History and Culture and Woodlawn & Pope-Leighey House will host a genealogy program on June 14 for visitors to learn about tracing your family tree while also highlighting the similarities and differences unique to African American genealogy. This program will complement Woodlawn's new exhibit, "Woodlawn: People & Perspectives." This exhibit delves into the contributions of African American families.

Family Day for Juneteenth at George Washington's Mount Vernon

June 19-22

People of all ages can celebrate Emancipation Day to honor the enslaved people who fought for freedom. This family day at George Washington's Mount Vernon is dedicated to learning more about Ona Judge, Christopher Sheels, and many other men and women who left a lasting legacy. Special performance, Breaths Along the Potomac: Breath Art Silent Walks at Mount Vernon with Dominic Shodekeh Talifero.

Paths of Freedom Seekers

June 19
Visit Ellanor C. Lawrence Park on June 19 for Paths of Freedom Seekers, including stories of African Americans who were forced to live and work on this farm. Reflect on individuals' stories of resistance and survival. Learn how enslaved communities and freedom seekers forged a path of resilience throughout American history.

Fairfax County NAACP Juneteenth Celebration

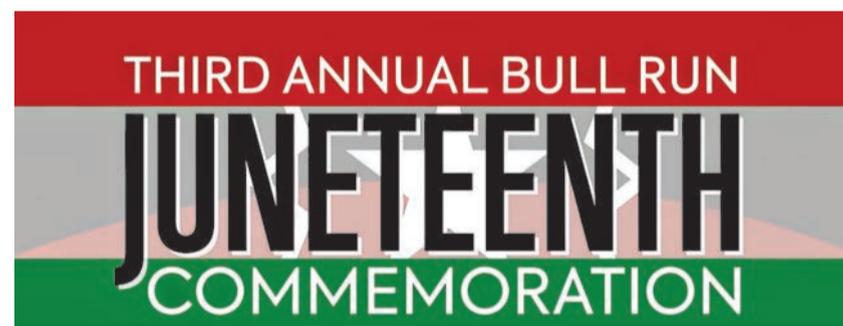
Join the Third Annual Bull Run Juneteenth Commemoration, sponsored by Fairfax County NAACP and NOVA Parks.

Date: Saturday, June 15

Time: 3 p.m.

Location: Bull Run Regional Park, Atlantis Waterpark

SEE JUNETEENTH EVENTS, PAGE 11



Please Join The Fairfax County NAACP and NOVA Parks



SATURDAY, JUNE 15 * 3 P.M.

**Bull Run Regional Park, Atlantis Waterpark
7700 Bull Run Dr, Centreville, VA 20121**

Join a celebration of the largest emancipation prior to the Civil War and the lives of the enslaved and their descendants.

This emancipation occurred at the current site of Bull Run Regional Park and across the state of Virginia.

* Reflections on Emancipation *

Words of Remembrance and Hope by Bishop Brett Fuller

* Music to Inspire * Stories of Freedom for Kids *

Plus, stay for the Ice Cream Social sponsored by Dominion Energy

novaparks.com/BullRunJuneteenth

Explore local events to celebrate and help grow your understanding and knowledge of the African American experience.

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Students in Lorton Win Praise From Harlem Globetrotters

PHOTOS CONTRIBUTED



The students of Laurel Hill Elementary School had a good time making the basketball video.

School basketball court turned into 'Court of Creativity' in Lorton.

BY MIKE SALMON
THE GAZETTE

The students of Laurel Hill Elementary School in Lorton put their ideas together to win the “Court of Creativity,” contest that involves basketball, creativity and the Harlem Globetrotters. On Monday, June 3, the Globetrotters came out to the school to present the award in person, along with the trick basketball antics that have made them famous over the last 100 years.

According to the contest parameters, each entry demonstrated the power of collaboration, creativity,

and sportsmanship. The students are glad to have learned these qualities with the project.

The Laurel Hill students let loose on their video with fancy dribbling, long shots and even the old bucket full of shredded paper splashed at the camera, like it was water – a traditional gag the Globetrotters have used through the years. In the end, Laurel Hill Elementary School was named Grand Prize Winner in this year’s creativity contest. “Court of Creativity,” encourages students at elementary schools to share how they can be creative in a way that combines education the Harlem Globetrotters and Jersey Mike’s Subs, the corpo-

rate message read. They all feasted on Jersey Mike’s food too.

The music on the video was “Sweet Georgia Brown,” a classic tune the Globetrotters have used through the years while they spin the ball on one finger, dribble through the legs, and make unbelievable shots from just about anywhere on the court. It’s an old jazz song dating back to 1925 that came out right before the Globetrotters were formed a year later and it seems to have stuck.

In 1926, The Harlem Globetrotters basketball team surprisingly won the World Basketball Championship in 1940 by beating the Chicago Bruins so people started taking them seriously. In 1948 and 1949, the Globetrotters went on to beat the World Champion Minneapolis Lakers of the NBA. The leg-



High fives for all.

endary Wilt Chamberlain, a basketball Hall of Famer, played a full season with the Globetrotters in 1958-59. In the 1970s a Saturday morning cartoon show was based

on the Globetrotters. Off the court, the organization remains steadfast in its commitment to be “Ambassadors of Goodwill,” and their visit to Laurel Hill expressed that attitude.



The students gathered in the gym to see the Globetrotters.

WWW.CONNECTIONNEWSPAPERS.COM



It was a court of creativity in Lorton.

Being Poor and Sick Should Not be a Crime

DR. SYLISA LAMBERT-WOODARD

I have been watching other communities nationwide struggling with how to address homelessness. For some areas, their answer is to criminalize it, which now may be decided by the Supreme Court as to its constitutionality. It's unfortunate that their best idea for ending homelessness was to make it a crime.

As the leader of Pathway Homes, a local nonprofit that serves those facing challenges related to poverty and mental illness — including in Fairfax County, we work hard to keep people out of homelessness. We know that getting people into housing first is the best first step to connect them with critical mental health and social services so they can reconnect with their lives. That's why it's disturbing to see a growing number of communities nationwide outlawing homelessness.

Housing brings stability, safety,



Sylisa Lambert-Woodard

health, and hope. Through our Housing First model, we served 2,074 men and women in 2023 with 526 permanent supportive housing units. Our case management services focus on helping individuals attain and strengthen the skills needed to manage their mental and physical health, maintain their home, enhance personal

relationships, develop healthy life habits, and promote the achievement of personal goals.

Nearly all the people we serve stay out of jails, out of psychiatric facilities, and off the streets. Our services are cost-effective for the community, delivering significant savings compared to the costs of incarceration or hospitalization. Even more importantly, it helps people regain their lives.

As one of our residents who has struggled with schizophrenia and lived on the streets in Centreville for many years explained: "When I wake up in the morning, I am excited about my life and have a sense of hope and optimism. Having housing makes me feel like somebody. It makes me feel that I now have what most people have. Housing gave me a life."

Here in Fairfax, we know there are more people to reach. They may be in tents, or staying on couches of friends and relatives,

or roaming the streets with their belongings. We know that the partnerships between outstanding nonprofits, the local government, caring citizens, and the faith communities are working to make a real difference. In fact, the number of people who are homeless in Fairfax shrunk by 2% from last year.

Take pride in our community's effective efforts to solve the issue. Criminalizing homelessness will only cause jails to fill up at a cost to taxpayers, life changing services not being delivered, and fragile lives never to be reclaimed. A better solution is to invest in the nonprofits addressing poverty and the housing crisis and that deliver effective mental health services. That's what caring communities like ours do.

Dr. Sylisa Lambert-Woodard is CEO of Pathway Homes, a mental health nonprofit working to prevent and end homelessness

It's Graduation Season!

BY DELEGATE PAUL KRIZEK

The end of the school year is always an exciting time in our community. It's the culmination of hard work, learning, and personal growth — and that's just the parents! But seriously, it is a time for students and teachers to reflect on their achievements, and start to prepare for next steps, whether it's advancing to the next grade, transitioning to a new school, or entering the workforce. Yet, before all of that, it is time for students and their families to take a well-deserved break. They are looking forward to warm and sunny weather, spending more time together, swim team and art classes, summer travel plans, gaining career experience through summer jobs and internships, and a plethora of fun family-friendly festivals and activities to enjoy. Our high school and college seniors have even more to look forward to as they celebrate their graduations and embark on their next steps into adulthood.

As the delegate representing the 16th House District in the General Assembly, the end of the school year means to me an opportunity to share in the excitement of new beginnings. I celebrate together with my constituents, especially the proud parents, by attending graduation ceremonies in Mount Vernon each year to celebrate stu-

dent accomplishments and support their families and teachers. There is nothing more invigorating to me than listening to excited students speak about their wonderful high school experiences while anticipating what comes next.

Last week, I joined students and staff at Quander Road School for their graduation. Quander Road is one of two public high schools in Fairfax County that offers a learning environment to better accommodate students with emotional, behavioral or social challenges. Quander Road serves students in the eastern portion of Fairfax County. I also had the honor of attending the transition ceremony for students at the Pulley Career Center at West Potomac High School. The Pulley Career Center provides career and independent life skills training to students aged 18-22 with disabilities. Both of these schools offer programs designed to fit the unique needs of each student as well as small class sizes to ensure success, and I feel lucky that my district hosts such excellent academic programs. Thank you Fairfax County Public Schools.

On Tuesday, I traveled to the EagleBank Arena at George Mason University to attend Mount Vernon High School's graduation exercises. Wednesday found me at the Bryant



Krizek

High School's graduation ceremony for the class of 2024. Time certainly flies as it was only a few years ago when my daughter graduated from West Potomac, where she was well prepared for life after graduation thanks to her fantastic teachers and faculty.

Moreover, listening to these amazing young people's speeches at each event, including their plans for the future and their recollection of their high school experience, and conversing with students and their parents — not to mention faculty and teachers — provides me with insight into the challenges and successes within our local education system to help inform me on future policy decisions. And, it's a great way to stay in tune with the aspirations of our younger generation. It is my hope that many of these students will pursue public service too. Whatever they end up doing, the future looks bright as these engaged, capable and informed residents join the adult world and add what I expect to be amazing accomplishments to our community and beyond.

Let Us Know Your View

Connection Newspapers welcomes views on any public issue. Letters must be signed. Include home address and home and business numbers; we will only print your name and town name.

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A Connection Newspaper



COMMUNITY NEWS AT A GLANCE

W&OD's 50th Trail Anniversary Celebrations Continue into September

On Sept. 7, NOVA Parks' (Northern Virginia Regional Park Authority) W&OD Trail will turn 50 years old, but until then, the park continues to mark its anniversary with activities. Next on NOVA Parks' list is that folks can cheer on its W&OD-themed float at the City of Fairfax Independence Day Parade, on July 4, 10 a.m.–noon in downtown Fairfax.

Safety remains a primary concern with 70 road intersections along the W&OD Trail. Lately, an increasing number of intersections have been "grade separated," with vehicles and trail users on different levels. Most recently, the new \$12 million fly-over Wiehle Avenue bridge in Reston is poised so that bikes and pedestrians who travel on the W&OD Trail don't have to mix with vehicles. NOVA Park's vision for the trail is to continue with enhancements to create dual parallel trails, one for pedestrians and one for cyclists. The first segment of dual trails opened in Falls Church and dual trails will be added to other urban areas along the trail. Visit novaparks.com/WOD50 for upcoming events and activities.

Once used primarily for weekend recreation, the W&OD Trail now serves over 2 million people annually as a carbon-free commute.

— MERCIA HOBSON



PHOTO BY MERCIA HOBSON/THE CONNECTION

The W&OD Trail is turning 50 years old.

BULLETIN BOARD

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

WANT TO BE A CHANGE-MAKER?

A shout-out to young people who are aspirational change-makers is wanted in a new youth-led initiative to help address high rates of illiteracy within the community. The Youth Ambassador role

in Alexandria provides a young person with a platform to advocate and talk about the falling rates of reading skills and create increased community education and awareness about the vital importance of foundational literacy skills for lifelong benefits. Registration for the Youth Ambassador Program is now available. The 4-month youth leadership development initiative will provide training and support, plus connection to 600 other young people around the world. Email: Ambassador@worldliteracyfoundation.org

ation.org

VOLUNTEERS WANTED

Alexandria Families for Safer Streets - Executive Assistant to AFSS Board of Directors. The agency is seeking an executive assistant to help coordinate a diverse group of tasks necessary to keep us on track and moving forward. Someone with office manager skills would be the ideal candidate. www.volunteeral-alexandria.org

ALIVE! Volunteers are needed to assist
SEE BULLETIN, PAGE 8

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VDOT Virginia Department of Transportation

Rollins Drive Safety Measures Fairfax County

Virtual Design Public Hearing

Wednesday, July 10, 2024, 7 p.m.

<https://www.vdot.virginia.gov/RollinsDrive>

Find out about plans to implement safety measures at the Rollins Drive and Fort Hunt Road intersection. The project aims to improve pedestrian and driver safety and operations at the intersection.

The meeting will be held as a **virtual/online meeting**. Information for accessing and participating in the virtual meeting is available at <https://www.vdot.virginia.gov/RollinsDrive>. The project team will make a presentation beginning at 7 p.m. and answer questions after the presentation.

Review project information and meeting details on the webpage above or during business hours at VDOT's Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030. Please call ahead at 703-259-2330 or TTY/TDD 711 to make an appointment with appropriate personnel.

Give your comments during the meeting, or by **August 7, 2024** via the comment form on the project website, by mail to Mr. Gilbert Chlewicki, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030 or by email to meetingcomments@VDOT.virginia.gov. Please reference "Rollins Drive Safety Measures" in the subject line.

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In case an alternate date is needed, the meeting will be held Wednesday, July 17, 2024 at the same time.

COMMUNITY NEWS AT A GLANCE

MOUNT VERNON



SCREENSHOT THE DUNNE DISPATCH ON MAY 29

New Principals for Mount Vernon HS and Belle View ES

Mount Vernon representative on the School Board, announced in The Dunne Dispatch on May 29 two new principals to his magisterial district, (left) Katie Plunkit, Belle View ES, and (right) Carl Dimmick, Mount Vernon High School. “Both bring extensive experience and proven leadership as school administrators. I am excited to work with them to ensure all of our students receive a world-class education.”

— MERCIA HOBSON

WORLD PEACE



PHOTO FRIENDS OF THE WASHINGTON & OLD DOMINION TRAIL

Posted May 29: “It was wonderful to see you on the W&OD today. May the rest of your journey be peaceful and joyful.”

Buddhists Walk For World Peace

What distance would you be willing to walk in pursuing global peace? That might be the perfect question for six Buddhist monks from the Thai Buddhist Vajradhammapadip Temple in New York. The renowned group began their walk from Key West on March 31, intending to arrive at Niagara Falls on June 30, covering almost 1,500 miles with the noble aim of promoting world peace.

Vienna was one of the destinations the monks chose to visit during their recent journey heading toward Washington, D.C. They stopped at the Vienna Community Center, where the locals embraced them, of-

fering refreshments, food, water, and gifts. Buddhist monks rely on the lay community to provide the material things they need to survive. They demonstrate that peace is possible through the simple acts of kindness they receive from strangers along their journey. On Facebook, the Friends of the Washington and Old Dominion Trail reported that the monks have also traveled eastward on the W&OD Trail. Follow the monks on their Facebook page, <https://www.facebook.com/watch/?v=1820405985126531>, with over 11,000 others.

— MERCIA HOBSON



PHOTO POSTED BY THE TOWN OF VIENNA, VA - GOVERNMENT

Six Buddhist monks from the Thai Buddhist Vajradhammapadip Temple in New York stop in Vienna, walking from Key West and finishing at Niagara Falls.

MILITARY



SCREENSHOT FCPS

FCPS welcomes all families of students, including the 14,500 students connected to the military.

Veterans and Military Families Commission

On May 31, Fairfax County’s Board of Supervisors introduced its newly established Veterans and Military Families Commission. According to the Fairfax County Department of Neighborhood and Community Services, the commission will “identify the unique issues and challenges faced by Fairfax County veterans, active duty service members, military retirees, and their families to connect them with services and supports, address gaps in services and opportunities, improve access to service systems, and enhance the institutional structures across the continuum of care for the military community.”

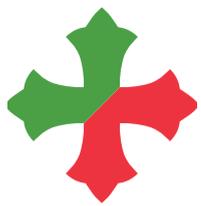
Christopher Pulley, Neighborhood and Community Service’s Veterans Coordinator, and Air Force veteran, said, “There are so many issues affecting today’s veterans.” Among them affordable housing, food insecurity, affordable childcare, employment, mental health, and medical treatment.”

Fort Belvoir is Fairfax County’s largest employer. It is home to more than 45,000 active-duty military members, selected reserve members, and an estimated 65,000 veterans. More than 14,500 students in Fairfax County Public Schools are connected to the military, and many Fairfax County schools have been recognized by the Virginia Department of Education and the Virginia Council on the Interstate Compact on Educational Opportunity for Military Children as 2023 Purple Star Schools. The designation was awarded to 18 FCPS military-friendly schools in 2023 that demonstrated their commitment to meeting the needs of military-connected students and their families, according to FCPS.

On Tuesday, May 21, the Board of Supervisors named five commission-at-large board members: Robert Magielnicki, Michael S. Donovan, Angela Howard, Penny Gross, and Michael Halligan. The board has nominated and will confirm 13 more members, representing FCPS, George Mason University, and area military organizations, among others.

For additional resources, visit the Fairfax County Veterans page and the Veterans and Military Families Commission website.

— MERCIA HOBSON



St. Stephen's and St. Agnes School CONGRATULATES THE CLASS OF 2024



We are proud of our 118 graduates and their accomplishments!

The Class of 2024 will be attending the following colleges and universities:

Auburn University ♦ Boston College (2) ♦ Boston University (2) ♦ Brown University ♦ Case Western Reserve University
Charleston Southern University ♦ Christopher Newport University (2) ♦ Clemson University (2) ♦ College of Charleston ♦ College of William & Mary (8)
Cornell University ♦ Davidson College ♦ Drexel University ♦ Elon University ♦ George Mason University (2) ♦ George Washington University
Gettysburg College ♦ High Point University ♦ Howard University (3) ♦ Indiana University ♦ Johns Hopkins University ♦ Lehigh University
Long Island University ♦ Loyola Marymount University ♦ Mercer University ♦ Miami University (OH) ♦ Michigan State University (2)
Morehouse College ♦ New York University (2) ♦ Northeastern University (3) ♦ Northwestern University ♦ Providence College ♦ Purdue University
Rensselaer Polytechnic Institute ♦ Rochester Institute of Technology ♦ Savannah College of Art & Design ♦ Sewanee: University of the South
Shaw University ♦ Southern Methodist University ♦ Syracuse University (4) ♦ Texas A&M University ♦ Texas Christian University ♦ Trinity College (CT)
Tulane University (2) ♦ Union College (2) ♦ United States Naval Academy ♦ University of California—Santa Barbara ♦ University of Chicago
University of Dayton ♦ University of Florida ♦ University of Illinois—Urbana-Champaign ♦ University of Lynchburg ♦ University of Maryland—Baltimore County
University of Maryland—College Park ♦ University of Miami (FL) ♦ University of Notre Dame ♦ University of Pennsylvania (2) ♦ University of Richmond (2)
University of South Carolina (4) ♦ University of Tennessee (2) ♦ University of Texas—Austin ♦ University of Vermont ♦ University of Virginia (8)
University of Wisconsin—Madison (2) ♦ Villanova University ♦ Virginia Commonwealth University ♦ Virginia Tech (2) ♦ Wake Forest University (6)
Washington University in St. Louis ♦ Wesleyan University ♦ Yale University

Amelia Heart & Vascular Center is pleased to introduce

Dr. Daniel Gates



As the newest addition to our Cardiology team, Dr. Gates specializes in treating various cardiovascular conditions, including coronary artery disease, congestive heart failure, and arrhythmias such as atrial fibrillation, supraventricular tachycardia, and premature ventricular beats. Dr. Gates is a member of the American College of Cardiology and holds board certification in Cardiovascular Medicine. Originally from Pennsylvania, Dr. Gates has called Northern Virginia home since 2011. He obtained his undergraduate education at Pennsylvania State University. Following his graduation from PSU, he attended medical school at Uniformed Services University in Bethesda and ultimately completed cardiology fellowship training at Walter Reed.

He served honorably for 26 years in the United States Army before retiring from military service, including positions as the chief of cardiology at Womack Army Medical Center and Fort Belvoir Community Hospital. He is pleased to continue serving the medical needs of the National Capital Region following his time in the military.



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BULLETIN BOARD

FROM PAGE 5

with multiple programs relating to their Food Program, ALIVE! House, and Alexandria Eviction Prevention Partnership Program will distribute food at Mobile Pop-ups and Truck to Trunk events, etc. <https://www.volunteeralexandria.org/ALIVE>

Assistance League of Northern Virginia is an all-volunteer non-profit organization that feeds, clothes and provides reading assistance and books to children in need. Assistance League's programs touch the lives of hundreds of children in Fairfax and Prince William Counties and the City of Alexandria. There are many volunteer opportunities for community members to contribute to helping those in need. To learn more, email info@alnv.org, or visit www.alnv.org.

Join Friends' Board. Those who care about mental health, the Alexandria community, and collaborating with fellow residents to make sure the City's most vulnerable residents have a chance to thrive, then consider joining the Board of Friends of the Alexandria Mental Health Center. The Friends Board is an all-volunteer group of residents that oversees the administration of one of Alexandria's top mental health charities. Friends has no paid staff, so Board members, working on average 10 hours per month, share the day-to-day work needed to accomplish its goals. Interested candidates should email FriendsofAMHC@gmail.com.

STEM Professionals Needed. Help assist K-12 STEM teachers as part of the American Association for the Advancement of Science's STEM Volunteer Program, stemvolunteers.org, during the 2018-19 school year. In the 2017-18 school year, there are 85 volunteers in 6 Northern Virginia school districts. Contact Don Rea at 571-551-2488, or donaldrea@aol.com.

ALIVE! offers numerous programs that aid low-income families in Alexandria that rely

on volunteers: monthly food distributions, furniture, houseware and emergency food deliveries, and community food drives. Individuals, families and groups are encouraged to participate. Students can earn community service hours by participating. Visit www.alive-inc.org/volunteer.htm or contact the Volunteer Coordinator at volunteers@alive-inc.org.

Volunteer Drivers Needed. Drivers needed by the American Cancer Society to take cancer patients to treatment in Northern Virginia. To volunteer, call 1-800-227-2345 or go to cancer.org/drive.

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.

Mentors Wanted. Two creative programs that help transform the lives of Alexandria's pre-teens are seeking volunteer mentors. SOHO, which stands for "Space of Her Own," and "Space of His Own," serves vulnerable fifth graders in Alexandria. The programs pair men and women with youth in need of positive adult role models, to help support and guide youth in making healthy choices and succeeding in school and in life. Visit www.spaceofherown.org and www.spaceofhisown.org. For more information on how to become a SOHO mentor, contact Sarah Maroney at sarah.maroney@alexandriava.gov or phone at 703-746-4687.

Farmer's Market Volunteers Needed. To volunteer SEE BULLETIN, PAGE 10

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ENTERTAINMENT

POTOMAC HARMONY OFFERS HARMONY & LEARNING!

School may be out in June, but the learning gets started on Wednesday nights at Potomac Harmony chorus rehearsals! Learn the art of 4-part harmony treble singing while experiencing the joy of ringing chords! Together, guests and members will rehearse new music and create harmonies lead by the expertise of our talented director Allison Lynskey. Potomac Harmony members are women and nonbinary individuals from all walks of life, live around the DMV, and have various levels of musical and singing experience. Rehearsals are Wednesday evenings, 7-9 p.m., at The View Alexandria, 5000 Fairbanks Avenue, Alexandria. Questions? Contact Jackie Bottash, backrowlead@aol.com.

WEDNESDAYS THROUGH SATURDAYS

Tours Aboard Tall Ship Providence and Sen. John Warner Maritime Heritage Center. 10 a.m. to 5 p.m. At Alexandria's Waterfront Park, 1A Prince Street, Alexandria. Guests of all ages are recruited into the Continental Navy aboard Tall Ship Providence with legendary Captain John Paul Jones. Recruits are assigned jobs on the ship, learn where they will work and live, how to load a cannon, etc... Tours conclude in the Naval History Theatre with a film about the ship. The Heritage center is a floating museum on the Alexandria waterfront. Visit <https://tallshipprovidence.org/>

JUNE 1 TO AUG. 31

Creative Summer Programs is a series of workshops exploring the arts. Learn techniques in drawing, stone carving, jewelry, resin, mosaics, and more from local artists. Delve into creative exploration solo or with friends. Free and paid programs are offered. Sign up for what inspires you! Held at Del Ray Artisans (2704 Mount Vernon Avenue, Alexandria) unless noted. Details: DelRayArtisans.org/creative-summer

MOUNT VERNON NIGHTS Friday and Saturday evenings at 7:30 p.m.

At Grist Mill Park
4710 Mount Vernon Memorial Highway, Alexandria
Fridays at 7:30 p.m.

JUNE

7 Joe Falero Band (Latin Music)
14 Chuck Brown Band (Go Go/Funk/Soul)
21 Munit Meslin with Qlatse Band (Ethiopian Music)
28 The Artimus Pyle Band - Honoring Ronnie Van Zant's Lynyrd Skynyrd (Lynyrd Skynyrd Tribute Band)

JULY

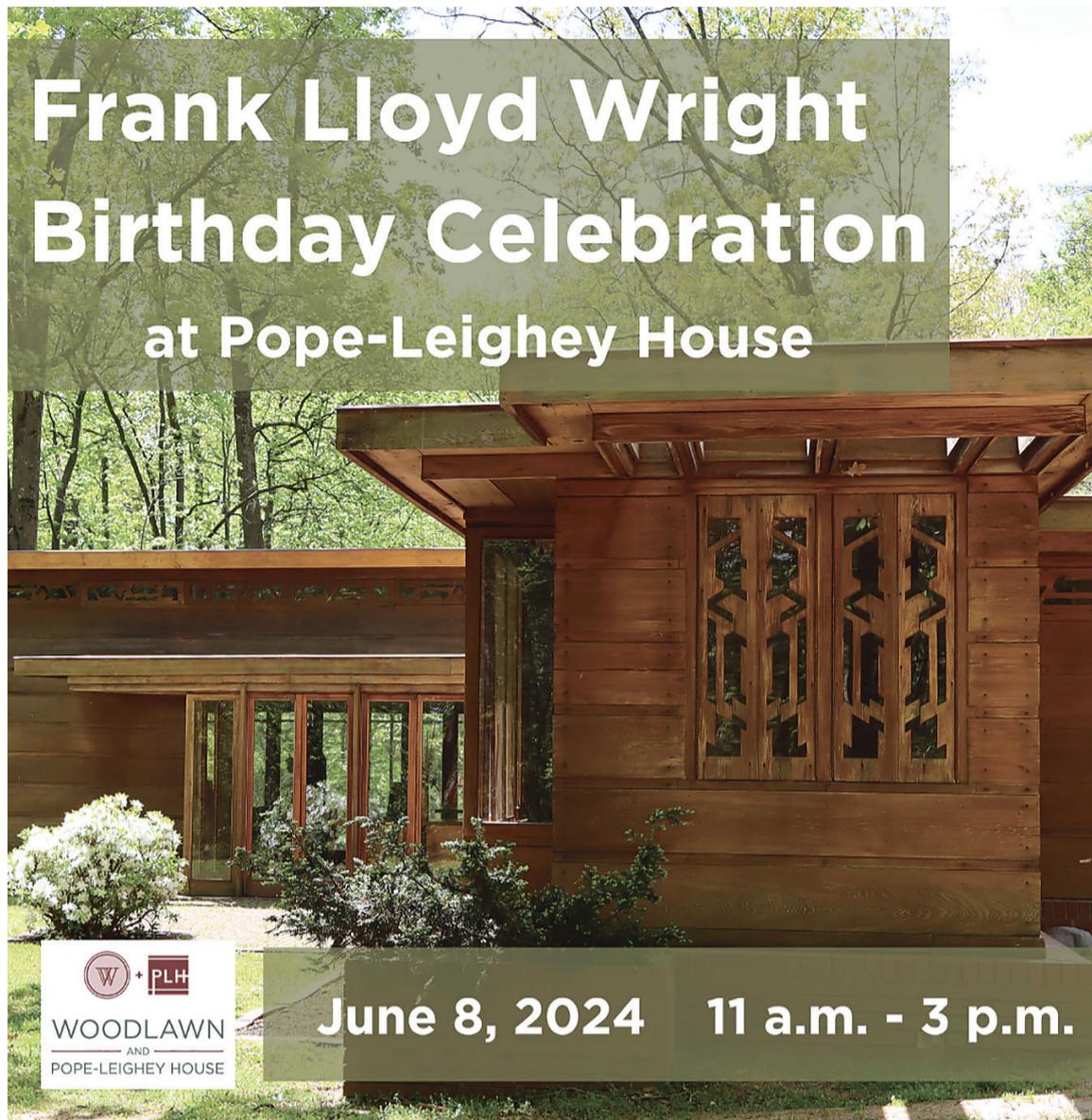
5 Cecily (Soul, Jazz)
12 Strutman Lane (Funk/Pop)
19 Doc Robinson (Rock and Roll)
26 Bio Ritmo (Salsa)

AUGUST

2 Eastern Standard Time (Ska and Reggae)
9 Project Locrea (World Music)
16 Burn the Ballroom (Alternate Rock)
23 Deanna Bogart (Blues, R&B)
30 Melissa Qinn Fox (Country/American)

AT WORKHOUSE ARTS CENTER

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The Frank Lloyd Wright Birthday Celebration takes place on Saturday, June 8, 2024 at the Woodlawn & Pope-Leighey House in Alexandria.

Frank Lloyd Wright Birthday Celebration.

11 a.m. to 3 p.m. At Woodlawn & Pope-Leighey House, 9000 Richmond Highway, Alexandria. Celebrate the life and work of Frank Lloyd Wright! Enjoy an open house tour of the Pope-Leighey House and learn about the history of the house and its designer. In the yard, enjoy activities related to Wright's life and work, snap a photo wearing his iconic style of hat, and grab a celebratory bite of cake. Cost is \$15 for adults and \$5 for students (K-12), 5 and under are free.

9518 Workhouse Way, Lorton
Saturdays at 7:30 p.m.

JUNE

8 South County High School Jazz Band (Youth Jazz Band)
15 Beginnings - a Celebration of the Music of Chicago (Chicago Tribute Band)
22 Wicked Sycamore (Contemporary Folk)
29 Workhouse Fireworks Festival (Ticketed event. Visit www.workhousearts.org)

JULY

6 EU Sugar Bear (Go Go/Funk)
13 Robin and Linda Williams (Folk)
20 Fast Eddie & The Slowpokes (Blues)
27 Bela Dona Band (Funk/Jazz)

AUGUST

3 The U.S. Air Force Strings (Alt-country/Roots rock)
10 Ocho de Bastos (Latin/Pop)
17 Alex Hamburger (Jazz)
24 The U.S. Army Band Country Roads (Country)

THURSDAY/JUNE 6

Celebrating 50 years of Guest House. 7-10 p.m. At ALX Community Atrium Rooftop, 277 S.

Washington Street, Alexandria. Mocktails, music and memories. Join them as they celebrate 50 years of achievements helping 5,000 women reclaim their lives. This year's gala promises to be an evening filled with laughter, joy, and heartwarming moments as we come together to support the incredible work of Friends of Guest House. With live music, delicious hors d'oeuvres, and captivating company, it's an event you won't want to miss!

THURSDAY/JUNE 6

Author Event with David Baldacci. 6:30-8:30 p.m. At Virginia Theological Seminary, 3630 Bishop Walker Circle, Alexandria. The Alexandria Library Foundation is excited to host #1 New York Times bestselling author David Baldacci at this year's Author Event and Reception. Mr. Baldacci's latest book, *A Calamity of Souls*, was released April 16 and subsequently landed at #1 on the New York Times Best Sellers List. Mr. Baldacci will discuss his experience as an author; share tales from the road; and talk about the historical significance and research that went into the writing of this book, more than a

decade in the making.

JUNE 6 TO AUG. 26

"Nature's Spirit." Nina Tisara's mosaics and Steven Halpern's photographs and etched copper will be exhibited in the Estate House at River Farm, 7931 East Boulevard Drive, Alexandria. The public is invited to an Opening Reception on Sunday, June 23, 2-4 p.m. (RSVP: ninat@ninatisara.com). The Estate House is open to the public 9 a.m.-5 p.m., Monday - Friday and 9 a.m. - 1 p.m. on Saturdays. Since the Estate House will occasionally close for rental events the public is encouraged to call 703-768-5780, ext. 137, to be certain the exhibit is open for viewing.

JUNE 7-30

"All About Love" exhibit. At Del Ray Artisans Gallery, 2704 Mount Vernon Ave., Alexandria. Features art that explores love broadly: romantic love, love of family, love of pets, strong friendships, etc. Works by dozens of local artists will be on display and available for sale. Opening Reception: Friday, June 7, 7-9 p.m. Open Thursdays 12-6 p.m., Fridays 12-9 p.m., Saturdays & Sundays 12-6 p.m. DelRayArti-

sans.org/exhibits

SATURDAY/JUNE 8

Summer Huzzah. At George Washington's Mount Vernon Estate. Experience 18th-century life at the Summer Huzzah. This summer evening offers 18th-century entertainment, food, music, and more. A special VIP experience includes food and whiskey tastings.

SATURDAY/JUNE 8

Old Town Alexandria Arts & Crafts Fair. 10 a.m. - 6 p.m. At Waterfront Park, 1 Prince Street, Alexandria. Volunteer Alexandria is thrilled to present the Old Town Arts & Crafts Fair on June 8, 2024, at Waterfront Park located at 1 Prince Street on the Potomac River. The fair is free to attend and features local and regional artisans who showcase their pieces across various mediums including pottery, stationary, fabrics, paintings, jewelry, photography and more. Featuring more than 80-plus vendors including food and drink to purchase.

FRIDAYS/JUNE 14 AND 21

Mask-Making Workshop with Artist David Camero. 1-3 p.m.

At the Athenaeum, Alexandria. Join in an exciting and artistic adventure at our Mask Making Workshop where you can design and create unique masks that reflect your creativity! Led by a talented artist, David Camero, who is currently exhibiting *Coroto: Masks of Power* at the Athenaeum Gallery, this workshop is divided into two parts for mask making and drying, and decorating purposes. This free workshop promises a fun-filled experience for participants of all ages. Please note that space is limited and your RSVP is required. Email admin@nvfaa.org to reserve your space!

FRIDAY/JUNE 14

Air Force Strings. 7 p.m. At the Athenaeum, Alexandria. The Air Force Strings is a 16-member string ensemble that performs various musical styles including classical, Broadway, classic rock, bluegrass, and patriotic music. A key element of its mission is to entertain audiences at high-level protocol events in a formation known as the Strolling Strings. Members of the Strings also regularly perform in educational outreach engagements, public concerts and high-level military and government events. Their musical virtuosity and sheer elegance has earned the recognition of world leaders. In addition to its wide-ranging flexibility and reputation for excellence, this ensemble aims to break down political barriers and encourages global cultural dialogue as international musical ambassadors.

SATURDAY/JUNE 15

Mount Vernon Flea Market and Arts and Crafts Fair. 8 a.m. to 1:30 p.m. At Mount Vernon Masonic Lodge #219, 8717 Fort Hunt Road, Alexandria. Up to 45 vendors, inside and outside, great variety, refreshments on site and inside the lodge. Crafters, Artisans, Antique, Vintage, Collectibles, and neighbors downsizing with practical items/household, furniture, misc. This event takes place every third Saturday of the month from March

SEE CALENDAR, PAGE 11

BULLETIN BOARD

FROM PAGE 8

for the Farmer's Markets, email Brian Morreale, brianmorreale@gmail.com

SUPPORT GROUPS

Postpartum Support Virginia sponsors a free, bi-monthly support group for women suffering depression and/or anxiety during pregnancy or in the first year following childbirth. Meets on the 2nd and 4th Wednesdays of each month at Inova Alexandria Hospital, Health Education Center, rooms 1-2, 4320 Seminary Road. Contact co-moderator Susan Doyle at suzjdoyle@gmail.com or 571-403-0673.

The Parkinson's Disease Support Group of Alexandria meets the 1st Wednesday of each month at 2 p.m. At the Hollin Hall Senior Center, Room 109, 1500 Shenandoah Road. All Parkinson's patients and caregivers are welcome.

The Caregiver Support Group is facilitated by the Alexandria Department of Community and Human Services Division of Aging and Adult Services. Meetings are held the first Wednesday of each month at the Adult Day Services Center, 1108 Jefferson St., 4-5:30 p.m. Participants are full- or part-time caregivers providing care locally or long distance to a family member or friend. Participants share their experiences, provide support for each other and receive resources to assist them with caregiving. The next Caregiver Support Group meeting is June 7. For more information or to register, contact Jennifer Sarisky at 703-746-9999 or email DAAS@alexandriava.gov.

FACE Center Support Groups provide parents with a space to share their daily parenting frustrations and triumphs while offering new strategies for helping parents to cope, build positive parent-child relationships and best support their children's learning.

- ❖ Support Group in English, every Monday, 6-7:30 p.m. at ARHA Main Building, 401 Wythe St.

- ❖ Support Group in Spanish, every Wednesday, 6-7:30 p.m. at Community Lodgings Brookside Center, 614 Four Mile Road.

Registration not necessary. A light dinner and childcare services provided free. Contact Krishna Leyva at 703-619-8055 or krishna.leyva@acps.k12.va.us for more.

Divorce Workshop for Women. Second Saturday of each month, 9 a.m.-1 p.m. at Hilton Alexandria Old Town, 1767 King St. The workshops are designed to provide education on the legal, financial, family and personal issues of divorce in a logical, yet compassionate way. The workshop fee is \$25. Visit www.novasecondsaturday.com for more.

ONGOING

Backflow Preventer (BFP) Assistance Program. The City of Alexandria has reinstated its sewer Backflow Preventer (BFP) Assistance Program for homeowners in designated areas that historically experience basement back-ups or flooding. The program reimburses homeowners for up to 50 percent of the cost of installing a BFP device by a licensed plumbing contractor, up to a maximum of \$2,000. The current program period is through Dec. 31, 2019. Alexandria homeowners should call the Department of Transportation and Environmental Services at 703-746-4014 or visit www.alexandriava.gov/tes.

SEE BULLETIN, PAGE 11

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Juneteenth Events Around Mount Vernon

FROM PAGE 1

7700 Bull Run Dr, Centreville, VA 20121
This event is a special tribute to the largest emancipation before the Civil War, honoring the lives of the enslaved people and their descendants.

- Come and experience:
- ❖ Reflections on Emancipation: Dive deep into the significance of this historic moment.
 - ❖ Words of Remembrance and Hope: Join Bishop Brett Fuller as he inspires us with uplifting words of hope that have carried generations through adversity and triumph.
 - ❖ Music to Inspire: Enjoy the powerful rhythms and melodies that echo the spirit of

freedom, strength and unity.

- ❖ Stories of Freedom for Kids: Ignite curiosity and courage in the next generation and empower them to shape a better future.
- ❖ Ice Cream Social sponsored by Dominion Energy.
Let's come together to reflect, celebrate, and honor this significant moment in history. www.novaparks.com/bullrunjuneteenth

Juneteenth Ceremony, June 15, in Fairfax City

Fairfax City will also hold a free Juneteenth celebration on Saturday, June 15, in Old Town Square, 10415 North St. June-

teenth National Independence Day is the day in 1865, June 19, when enslaved people near Galveston, Texas first learned they were free. President Abraham Lincoln had signed the Emancipation Proclamation freeing enslaved people on Jan. 1, 1863.

The opening ceremony is at 10 a.m. and will feature a variety of speakers, including Mayor Catherine Read, Deputy City Manager Valmarie Turner and Sen. Saddam Salim (D-37th). Then, from 11 a.m.-4:30 p.m., there'll be live entertainment on stage, as well as food and informational vendors, plus cookie decorating, crafts, facepainting and a balloon artist for children.

Alexandria Events Honoring Juneteenth

FROM PAGE 1

mer opening of the Moss Kendrix Collection, spotlighting the D.C.-based marketing pioneer who revolutionized how African Americans were depicted in the media in the mid-20th century.

- ❖ Freedom House Museum, Open 11 a.m. to 5 p.m. on June 19: This national historic landmark features three exhibitions showcasing Alexandria's Black history and the Black experience in America.

Learn about the experiences of the enslaved and free Black people who lived in — and were trafficked through — Alexandria, plus stories from the Civil Rights Movement and more.

Black-Owned Businesses

- ❖ Hen Quarter: Gather a group at Hen Quarter for a mouthwatering family-style brunch and Southern fare in the heart of Old Town.

- ❖ PIES Fitness Yoga Studio: Take a restorative yoga or dance class at this inclusive, trauma-informed studio just steps from Alexandria's key Black history sites.

- ❖ Harambee Books & Artworks: Browse a unique selection of books and hard-to-find classic literature by and about people of African descent, plus exclusive artworks and fashionable apparels at Northern Virginia's first Black-owned bookstore.

Explore more Black-owned businesses here.

ENTERTAINMENT

FROM PAGE 9

to December. Next Dates: June 15, July 20, August 17, September 21, October 19, November 16, December 21 (+ bonus holiday market Dec 7 or 14). Visit the website: <https://mountvernonfleamarket.wordpress.com/>

SATURDAY/JUNE 15

Columbia Pike Blues Festival. 1-8 p.m. At the intersection of South Walter Reed Drive and Columbia Pike in Arlington. This year the Festival celebrates women in blues with a lineup of all-women-fronted bands offering a full array of blues, R&B, and funk performers of national and regional note that includes: headliner Bette Smith, Eden Brent, Mama Moon & the Rump Shakers; The Stacy Brooks Band and the Honeylarks.

WEDNESDAY/JUNE 19

Annual Juneteenth Celebration. 6 to 8 p.m. At Carlyle House Historic Park, 121 N. Fairfax Street, Alexandria. Join in the annual Juneteenth celebration in collaboration with

The Carlyle House, and poet, author, and Atheneum Poet in Residence, KaNikki Jakarta. Discover the history of Juneteenth through hands-on activities, art, history, and poetry readings. Featuring hostess KaNikki Jakarta and three magnificent artists: Ayanna Gallant, 13 of Nazareth, and The Healerist HipHop Momma Princess Best.

THE BIRCHMERE

At 3701 Mount Vernon Ave., Alexandria. All shows are at 7:30 p.m., unless otherwise noted. Tickets available at Ticketmaster.com. Contact The Birchmere at 703-549-7500 or www.Birchmere.com.

JUNE

- Wed. 5: China Forbes (of Pink Martini) w/ Duo Caliente \$35.00
- Fri. 7: Bill Kirchen & Too Much Fun and Dale Watson & The Lone Stars \$39.50
- Sat. 8: Southside Johnny & The Asbury Jukes \$59.50
- Mon. 10: John Hiatt w/ Rebecca Porter \$75.00 SOLD OUT!

- Tue. 11: Happy Together Tour 2024 featuring The Turtles, Jay & The Americans, The Association, Badfinger, The Vogues, And The Cowsills \$99.50 SOLD OUT!
- Wed. 12: Eric Benet \$79.50
- Thu. 13: Marc Cohn \$55.00
- Fri. 14: Asleep At The Wheel 'Happy Trails Tour' \$39.50
- Sat. 15: Pieces Of A Dream \$49.50
- Mon. 17: Steve Earle: Alone Again – Solo & Acoustic \$65.00
- Tue. 18: Chayce Beckham w/ Pug Johnson \$29.50
- Fri. 21: Tarsha Fitzgerald Prod. Presents Voices of Motown 'Anniversary Show' \$39.50
- Sat. 22: Judy Collins w/ Oakland Rain \$59.50
- Sun. 23: Christian de Mesones aka Big New York \$39.50
- Mon. 24: The Wallflowers w/ Justin Trawick \$75.00
- Tue. 25: The Wallflowers w/ Justin Trawick \$75.00
- Fri. 28: Bela Dona Band \$39.50
- Sat. 29: Gary Puckett & The Union Gap \$45.00

BULLETIN BOARD

FROM PAGE 10

- Robust Walking.** Mondays, Wednesdays and Fridays at 9 a.m. at Mount Vernon Recreation Center, 2701 Commonwealth Ave. Free 55+ robust walking 1-hour exercise class (with chair exercise option). No class on holidays. Contact jjkingconsulting@yahoo.com.
- Seeking Donations.** Computer CORE, which is dedicated to helping low-income adults become computer literate is seeking donations. Visit www.computercore.org/contribute.
- Senior and Job Programs.** 8:30 a.m.-1:30 p.m. Queen of Apostles Church, 4650 Taney Avenue, Alexandria. St. Martin de Porres Center offers senior and job placement programming Monday through Friday at the parish. Email Kathryn_Toohey_ktoohey@ccda.net.

- Be Heard at the City's Monthly Public Hearings.** A schedule of the meetings can be found at www.alexandriava.gov. Voice opinions, speak about something on the docket or just speak about something you are concerned about. Sign up in advance to speak through the city's website. Anyone is welcome at any of the public hearings.
- Public Space Recycling.** Alexandria has placed more than 80 bright blue recycling containers next to public trash cans in the commercial districts along Mount Vernon Avenue and King Street, as well as other public spaces, including parks, recreation fields, and other high-traffic pedestrian areas. Visit alexandriava.gov/Recycling.
- Composting and Food Waste.** Alexandria now has Resource Recovery Stations, located at the City's Farmers' Markets (Old Town, Del Ray) to collect food waste. More than

- 270 people have participated in the food waste program over the last several months. Participants drop off items weekly, over eight tons of waste has been collected, to be composted to make a natural fertilizer. To learn more about composting visit alexandriava.gov/YardWaste.
- English as a Second Language Class.** Charles E. Beatley, Jr. Central Library, 5005 Duke St. Tuesdays and Thursdays, all levels 10 a.m.-12 p.m., intermediate workshop 3-5 p.m. All classes free. Call the information desk, 703-746-1702.
- Digital Magazines.** Patrons of Alexandria Library will have unlimited access to read digital magazines, which can be viewed on most Internet-enabled devices inside or outside of the library. Accessible through www.rbdigital.com/alexandriava/zinio.

Diversion Before Immersion



By KENNETH B. LOURIE

Soon, as in approximately one hour, I will begin my new thyroid cancer treatment regimen: two pills twice a day and one other pill once a day. This pills are what's called "targeted therapy," as opposed to chemotherapy. There are no trips to the Infusion Center and no other needles. It's me and the pills, at home. The prescription says that I am to take the pills either an hour before eating or two hours after eating. Moreover, that schedule should remain consistent: what pills I take when. As for side effects, there are many. However, the two most likely effects are a skin rash and nausea; medications for which I've already picked up at the pharmacy along with the two cancer drugs. I am locked and loaded as they say — ready to do battle, so to speak. When will I know if this protocol has been effective? It's been my 15 1/2 years of cancer treatment that has led me to this conclusion: what I feel or don't feel, generally speaking, is not necessarily an indicator of good or bad. The tale of the tape will manifest every quarter when I lie down for my recurring PET scan. This scan may only be a moment in time, but what a moment! The oncologist summarizes the radiologist's report and advises Team Lourie what the immediate future holds. Typically, this is an in-person sit-down with my doctor. Though I will have received the report in advance of this meeting, there is a lot of medical jargon contained and until the oncologist summarizes it for me, I am at a loss to say definitively whether my warranty has been extended or not.

Over these years, I have been treated with many cancer drugs, some infused, others in pill form. I have received chemotherapy and have taken "targeted therapy." The treatments had various side effects and resulting quality of life. When changing medicines, the doctor can't know for sure how the patient will react living forward. In fact, my oncologist has suggested to me on more than one occasion - when a medicine change was warranted because the cancer had spread; that if I was feeling good, it might be time to take a break from treatment and take that vacation I'd always dreamed of. His thinking: there's no telling if I'll feel better or worse in the future with the medicine change. Despite his suggestions, I have never stopped treatment unless the oncologist mandated it for some health reason, (kidney damage, as an example as a particularly problematic/current side effect). And so today, we restart. And since I will likely have cancer stories to share, the rest of this column will not be about cancer. It will be about my pet peeve in life: drivers who back into parking spaces rather than pulling in head first.

I have asked friends about their preference. Many do prefer backing in. For the life of me I can't see it. The opinions I received were not the least bit compelling, especially considering the neck-turning and side-splitting (almost literally) challenges of backing in when headfirst offers no such difficulty. Craning my neck and twisting it from side to side to judge the space between my car and any adjacent cars just so when I leave the space, I'll have a clear path out. Granted, it is a clearer path than the headfirst parker, but I maintain that the difficulty of backing out into the common area of the parking lot pales in comparison to the demands of trying to back into a much narrower space. What's the rush anyway? What's the emergency that compels the backwards parker to need a quick unencumbered exit? Whatever time/convenience they feel they gained driving forward exiting their parking space, they definitely lost with the time it took to back in. Moreover, when a headfirst parker exits, he/she has the entire width of the common area (driving aisles) to back into compared to the contrastingly narrow space for the back parker to navigate in the first place. The process may be slower, but I'm sure it's not nearly as slow as the driver who backs in.

It seems much ado about nothing. What is the back-parker worried about anyway? Does the driver have "A need for speed?" This isn't "Top Gun" and the driver isn't Tom Cruise. It's the mundane task of driving, and even more mundane task of parking your car in a parking lot in a timely manner. I don't get the strategy. To me, it's a colossal waste of time. It's this kind of minutiae that regularly occupied my mind pre-cancer. My mind isn't as free now to meander when my cancer world is interfering. Ordinarily, my droning on about the kind of non-cancer/non-serious stuff that I am writing about this week was my operandi. My diagnosis changed all that. It became difficult to write about anything other than cancer. That's because a cancer diagnosis has a way of taking over one's mind and body. And given the precarious situation that I find myself in now: papillary thyroid cancer and stage IV chronic kidney disease, I may feel less inclined to write about nonsense, and even less amused with my circumstances.

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



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