

Mount Vernon Gazette

MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER

JULY 4, 2024

Home of the Brave Flags For Heroes on display at Cedar Knoll.



Jon Miller of Leesburg salutes while visiting the Flags For Heroes display June 30 at Cedar Knoll Restaurant.



The Flags For Heroes display is sponsored by the Rotary Club of Alexandria.

PHOTOS BY
JANET BARNETT
GAZETTE PACKET

BY JEANNE THEISMANN
GAZETTE PACKET

Hundreds of American flags were unfurled overlooking the Potomac River to kick off the 7th annual Flags for Heroes display June 29 on the grounds of Cedar Knoll Restaurant.

Sponsored by the Rotary Club of Alexandria, the Flags For Heroes project provides community members an opportunity to dedicate a flag to honor a hero in their life. A card attached to each flag bears the name of the hero – a friend, family member, veteran, healthcare worker,

As a former Army reservist I have such respect for our American Flag.”

— Jon Miller at the Flags For Heroes display

American Flag.”

Local Scout troops joined volunteers from the Alexandria Central Rotary Club, the Alexandria West Rotary Club and the Mount Vernon Rotary Club in positioning the flags at the restaurant's location along

first responder or other hero -- along with the name of the individual sponsor.

“I commend the Rotary Club of Alexandria for sponsoring this program,” said Jon Miller, who was visiting the display from Leesburg. “As a former Army reservist, I have such respect for our



Each flag in the Flags For Heroes Display has a card attached bearing the name of a hero and the individual sponsor.

the George Washington Memorial Parkway.

More than 200 flags were unfurled to set up the display, which will remain in place through July 13. Donations will also be accepted through that date.

This year's Flags For Heroes program has so far raised \$30,000 which will benefit Alexandria Rotary Club community projects and provide direct financial support to more than 40 local charities and nonprofits.

www.alexandriarotary.org



PHOTO BY JANET BARNETT/GAZETTE PACKET

Service Above Self

Jim Carmalt, center, was sworn in as the 2024-2025 president of the Rotary Club of Alexandria at the organization's June 25 meeting at Belle Haven Country Club. With him are outgoing president Robert McClure, left, and next year's president-elect Jack Fannon. www.alexandriarotary.org



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BOAT CLUBS

PHOTOS CONTRIBUTED



A crew member welcomes the Old Dominion Boat Club members aboard.

Alexandria Boat Clubs Hoist Sails Together on the Waterfront

Comradery was intertwined with a history lesson.

BY MIKE SALMON
THE GAZETTE

The folks at the Senator John Warner Maritime Center, which is the home of the replica ship Providence, originally built in the 1760s and captained by John Paul Jones, invited Old Dominion Boat Club members aboard for summer festivities and a tour of the ship. The Providence crew were decked out in seafaring outfits for this historic venture.

The Maritime Center is located on the Potomac River next door to the Old Dominion
www.connectionnewspapers.com

Boat Club. It has a historic preservation mission and accepts funding for memberships and is listed as a charitable foundation.

The Old Dominion Boat Club was founded in 1880 and won many rowing competitions in the years that followed. In 1947 they started the first high school rowing program in the City and is the second oldest boat club in Virginia.

Tall Ship Providence serves as a floating classroom, concentrating on the role that the Continental Navy played in the American Revolution, and showcases Alexandria's history as a port city.



Smiles dominated the starboard side.



The sailors still had a job to do.



The Khe Sanh exhibit at the USMC museum in Quantico.



The Respite Room in Quantico.

PHOTOS BY MIKE SALMON/GAZETTE

National Museum of the Marine Corps Dedicates Respite Room

Marine Corps Heritage Foundation marks PTSD awareness month with dedication ceremony.

BY MIKE SALMON
THE GAZETTE

On the top floor of the National Museum of the Marine Corps in Quantico, the open room is hot and dry, and looks down on the surrounding hills like Hill 881 in an exhibit that is set up like Khe Sanh Marine Base in South Vietnam, circa 1968. The Khe Sanh Marine Base was a hot point in the Vietnam War where many Marines were killed, and for those that survived, this replica room could bring on a bout of post traumatic stress from their time as a combat soldier there. If this happens, there is now a Respite Room set up in the museum where they can go and gather their thoughts for instances like this.

Michael D. Salmon, USMC retired, father of this writer, photographed scenes pictured here on his tour of duty in 1967 at the Khe Sanh Marine Base, Vietnam. The US Marine base in Khe Sanh.

“Some of our visitors are working through post-traumatic stress, and the museum’s exhibits may trigger an emotional response. The Respite Room is a way for us to recognize that and provide support for them,” said Major General James W. Lukeman USMC (Ret), President and CEO of the Marine Corps Heritage Foundation. This Respite Room was the idea of a museum docent volunteer and donor of the MCHF who suffered from PTSD after serving in Vietnam.



A local villager who was hired to do laundry and clean around the base at Khe Sanh.



During Vietnam’s rainy season at the US Marine base in Khe Sanh.

PHOTOS BY MICHAEL D. SALMON



Michael D. Salmon, USMC retired, father of this writer, photographed these scenes on his tour of duty in 1967 at the Khe Sanh Marine Base, Vietnam. The US Marine base in Khe Sanh.

On June 12, the Marine Corps Heritage Foundation held the dedication ceremony for the Thomas L. Murtaugh, Ph.D. Respite Room, where visitors can gather their thoughts in a quiet space away from the activity of the main exhibit areas. According to the Foundation, “the Respite Room features a calming environment with soft lighting,

tranquil colors, and soothing decor. Comfortable seating and wooden wall panels help to block out exterior noise, creating a serene space where visitors can find peace and quiet amidst the museum’s powerful exhibits.”

The room was named after Dr. Thomas Murtaugh who worked at the Veterans Administration for 24 years as a Clinical and Research Psychologist and was internationally known as an expert in the diagnosis and treatment of Post Traumatic Stress Disorder. Although the respite rooms are adopted by the military to help combat veterans, PTSD can affect anyone who experienced trauma. According to the National Institute of Mental Health, “Post-traumatic stress disorder is a disorder that develops in some people who have experienced a shocking, scary, or dangerous event.”

The opening of this room is timely as the museum prepares to open galleries covering the Corps’ history from 1976 to the present, and this may present a situation where veterans that were part of that history may also

be visiting in person.

The intense sounds of fireworks can also trigger PTSD in combat veterans or anyone who has experienced gunfire.

Belvoir Museum Facilities

At the National Museum of the United States Army in Fort Belvoir they are following a similar path with visitors and veterans, but do not have a “Respite Room,” by name.

The museum is full of memorabilia and artifacts, like the Marine Museum, that could trigger an emotional response.

“Museum staff and volunteers have been familiarized with how to recognize and respond to support a visitor who might benefit from some additional information or assistance, such as sharing the times for reduced-sensory showings of the feature film, anxiety coping devices, a sensory-sensitivities navigation map or noise canceling headphones,” said Susan Mullen, public affairs officer at the museum. Museum staff can also provide a visitor with a quiet decompression space when needed, she added.

GARDEN PARTY

Let the Music Play

Garden Party raises funds for ASO.

Maestro James Ross led musicians from the Alexandria Symphony orchestra in an outdoor performance at the annual Garden Party fundraiser at the Seminary home of ASO patron Gant Redmon II.

The annual event featured a special performance of Ross "singing" the Flight of the Bumble Bee along with a selection of pieces from the ASO repertoire.

Now in its 81st season, a performance by the ASO will highlight the upcoming Alexandria 275th birthday celebration July 13 at Oronoco Bay Park.

www.alexsym.org

— JEANNE THEISMANN



Musicians from the Alexandria Symphony Orchestra perform at the annual ASO Garden Party fundraiser May 21 at the home of Gant Redmon II.



Gant Redmon II with his son Gant Redmon III at the Alexandria Symphony Garden Party fundraiser May 21 at the Redmon home.



Gant Redmon III, Arthur Peabody, Donnie Wintermute and maestro James Ross at the annual ASO Garden Party fundraiser May 21 at the home of Gant Redmon II.



Diana Povolotskaya, Gant Redmon II, Lee Klousia and Larry Albersen at the ASO Garden Party fundraiser May 21.

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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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Helping the Potomac River Heal

Research by George Mason University scientists at the Potomac Environmental Research and Education Center supports the Potomac River.

PHOTOS BY GLENDA BOOTH

By GLENDA C. BOOTH
MOUNT VERNON GAZETTE

When Rob Hartwell was growing up on Mason Neck in the 1960s, “The waterfront was my playground. I could write my name in the algae with a stick,” he told the 80 attendees at a June 28 gala celebrating George Mason University scientists’ research at the Potomac Environmental Research and Education Center (PEREC) on Belmont Bay.

PEREC, which opened in 2017, has 11 professors and around 40 students with expertise in chemistry, ecology, geology, environmental science and education who conduct basic and applied research on aquatic habitats from the river’s headwater streams to the Chesapeake Bay.

Dr. Chris Jones, Director, explained that since 1984, PEREC has monitored the water quality in Gunston Cove, downriver from the Noman M. Cole Pollution Control Plant, in cooperation with Fairfax County, to determine how wastewater plant effluent affects the cove’s waters.

The Board of Supervisors’ development decisions and resulting dense development patterns are major contributors to polluted runoff. The center’s studies show that phosphorus removal has helped increase submerged aquatic vegetation which improves water quality and provides habitat for fish and their prey. The increased submerged aquatic vegetation is linked to a rise in banded killifish

and sunfish and the overall fish population diversity has increased. “It shows what can be achieved if you put your mind to it,” Jones said.

Using acoustic telemetry, Reid Nelson conducts fish ecology studies. River hering and striped bass have dramatically declined in the Potomac, he noted. He is also examining how long-lasting, polyfluoroalkyl substances (PFAS) affect fish, and has found PFAS in two native aquatic plant species.

Nelson highlighted snakehead fish which are native to Asia. Many invasive species are problematic because they outcompete native species, disrupt native biological communities and degrade ecosystems. In 2002, news of a snakehead in a Crofton, Maryland, pond popped up. State scientists have documented them in the Potomac and its tributaries since 2004. In those years, tall tales viralized online, alleging that snakeheads could attack people, devour pets and walk on land. “They can breathe air,” Nelson said. On their impact, he said, “White perch and banded killifish are increasing. The system has not collapsed.”

PEREC scientists have also analyzed how wastewater treated at Alexandria Renew affects Hunting Creek, a Potomac tributary between Fairfax County and Alexandria. Their work “shows what happens when you lose SAV quickly. It



Scientists fileted a snakehead fish to study it.

changes the ecosystem. The SAV is not coming back,” explained Jones. Scientists with PEREC’s Algal Ecology Lab study toxic benthic cyanobacterial blooms in the Shenandoah River. Authorities closed 53 miles of the river in 2021 because of harmful algal blooms.

Ph.D. student Alexis Berger studies bacteria, which influence all other trophic levels, she said. “PEREC made me a better scientist,” she commented. “It is really a special environment here where all come together.”

Attendee Tom Blackburn, McLean resident, remarked, “I have kayaked on the Potomac for more than 20 years and I’ve guided kayak trips out of Mason Neck State Park for ten. I pay a lot of attention to the changes in the river and the wildlife that rely on it. PEREC’s research is critically important because it enables us to understand what is needed to improve the river’s health.” He is a member of the Board of Directors, Friends of Mason Neck State Park.

The celebration ended with a champagne toast. “We can never go back,” Hartwell told the crowd.



The Potomac Science Center, PEREC’s home on Belmont Bay.



Eighty people attended the June 28 gala.



Dr. Chris Jones, Director, PEREC, described the center’s work.



Dr. Reid Nelson described PEREC’s fish ecology research.



Doctoral student Alexis Berger called PEREC a “special place.”



Rob Hartwell, who grew up on the river, helped organize the event.



From the mural on PEREC’s building, four species that inhabit Belmont Bay, including the yellow swallowtail butterfly and the wood duck, by TakerOne, a Hungarian muralist.



Poster at the event, Sydney Brown and Dr. Chris Jones looking for benthic cyanobacteria in the Shenandoah River.

The River’s Problems

In 1965, President Lyndon B. Johnson called the Potomac “a national disgrace, ... a river of decaying sewage and rotten algae.” Since enactment of the 1972 Clean Water Act, some pollution has declined, mainly from what are called “point sources” -- factories, sewage treatment plants and farms.

What is the river’s biggest challenge today? Jones contends that water clarity in places has worsened. He cites Hunting Creek as an example, because the submerged aquatic vegetation has vanished. He also laments invasive fish, like snakeheads and blue catfish that can outcompete and eat native fish.

The Potomac River is the drinking water source for over five million Washington-area people. Gala attendee Michael Nardolilli, Executive Director of the Interstate Commission on the Potomac River Basin (ICPRB), offered this view: “We need back-up storage for drinking water. Arlington and Washington, D.C., are the most vulnerable. They have one source of water, the Potomac, and one day of backup.” He is pursuing several options, including a new reservoir in Potomac, Md.

Polluted stormwater runoff is the only growing source of pollution to the river, reports the Potomac Conservancy, an organization that gave the river a B grade in 2023, up from a B- in 2022 and a D in 2011.

The Potomac Riverkeeper strives to make the river safe for swimming. See <https://www.potomacriverkeepernetwork.org/> and <https://www.potomacriver.org/2012/facts-a-faqs/safe-to-swim>.

Information: <https://perec.science.gmu.edu/> and <https://www.potomacriver.org/potomac-basin-facts/>



Jars of water at Alexandria’s wastewater treatment plant showing water that came in and treated water that went out.



Compacted materials removed at the Noman Cole plant from incoming water, including plastic, wipes, fabrics and fast food debris.



Poster of students studying PFAS chemicals.



Daniela and Rob Hartwell and Hillary Clawson, president of the Friends of Mason Neck State Park

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 led 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/>

34TH SEASON OF THE LYCEUM CHAMBER SERIES

The Washington Metropolitan Philharmonic Association (WMPA) announces the 34th season of its Lyceum Chamber Series, under the guidance of Music Director Laureate Ulysses James. Hosted at the Alexandria History Museum at The Lyceum, located at 201 South Washington Street in Old Town Alexandria, this series promises to offer an array of exceptional weekly performances throughout the summer. All concerts are at 3 p.m.; no tickets required. Suggested donation \$25.

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Featuring Anna Binneweg, Music Director, Washington Metropolitan Philharmonic
Ulysses James, Music Director Laureate, Washington Metropolitan Philharmonic
Alberto Rodriguez, Music Director, Washington Metropolitan Youth Orchestra
Martin Garfield-Levine, Music Director, Washington Metropolitan Concert Orchestra
Caroline Mousset, Executive and Artistic Planning Director

MUSIC SCHEDULE

August 4: Alexandria Baroque
Michael De Sapio, Baroque Violin
John Armato, Lute, Baroque Guitar
August 11: Tapestry Cello Ensemble
August 18: Quodlibet, Flute/Clarinet/Bassoon
August 25: Samuel Runolfson, Cello
September 1: Michael De Sapio, Violin
September 8: Hai Jin, Piano
September 15: John Sutherland Earle: Piano & Friends

LYCEUM CHAMBER SERIES SUMMER 2024 CONCERT

SCHEDULE

July 14: Crystal Lee, Flute | Brittany Pemberton, Clarinet | Eunae Han, Piano
Works by Emanuel, Debussy, Saint-Saëns, and Coleman
July 21: Sasha Beresovsky, Piano
July 28: Maxim Pakhomov, Piano
Works by Schubert, Dvorák, Poulenc, and Rachmaninoff

NOW THRU AUG. 4

Curators' Selects - Artomatic 2024. At the Athenaeum, Alexandria. Artists' Reception: Sunday, July 7, 4 — 6 p.m. Everyone applying to exhibit in Artomatic is accepted. Artomatic 2024, held this Spring in Washington, DC featured over 800 artists. In this Athenaeum show, three representatives of the Gallery selected several artists they had not been familiar with prior to visiting Artomatic. This exhibition features these artists and explains why the curators felt they merited wider recognition.

Curators: Elizabeth Brown, Athenaeum Gallery Associate
Twig Murray, Athenaeum Gallery Director
Veronica Szalus, Athenaeum Executive Director
Their Selected Artists: Camron Anderson, Eric Celarier, Ellen Cornett, Louis Del Valle, Kim Dyer, Rita El-sner, Lewis Frances, Dennis Goris, A.D. Herzel, Martha Holmes, Jenny Kanzler, Phyllis Mayes, Bryan Sieling, Candice Tavares, Christian Tribastone

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.

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

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

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)



Historic Pohick Church in Lorton will host an Independence Day Program on Thursday, July 4, 2024. (Pictured): Rev. Tom Costa and his wife Susan of the Historic Pohick Church Docent Guild.

10 Ocho de Bastos (Latin/Pop)
17 Alex Hamburger (Jazz)
24 The U.S. Army Band Country Roads (Country)

JUNE 6 TO AUG. 26

"Nature's Spirit." Nina Tisara's mosaics and Steven Halperson'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@ninatistara.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 29 TO JULY 21

"American Psycho." At Ainslie Arts Center, 3900 West Braddock Road, Alexandria. Monumental Theatre Company will stage Duncan Sheik and Roberto Aguirre-Sacasa's "American Psycho." Based on Bret Easton Ellis's 1991 novel of the same name, the musical follows protagonist Patrick Bateman. A suave young Wall Street banker, Patrick enjoys the finer things by day with his elite friends, but as night falls, his taste for darker pleasures threatens to uproot his normal facade. Tickets are: \$15 in advance, \$20 at the door, and \$10 for students using code STUDENT (must show ID). Visit <http://www.monumentaltheatre.org>.



May Pang's photography, The Lost Weekend Exhibit featuring John Lennon, can be seen July 18-21, 2024 at the Nepenthe Gallery in Alexandria.

THURSDAY/JULY 4

Independence Day Program. Noon to 1 p.m. At Historic Pohick Church, 9301 Richmond Highway, Lorton. Featuring a Special Reading of the Declaration of Independence. As part of the 250th Anniversary Celebration of Historic Pohick Church, the community is invited to a free public reading of the Declaration of Independence at Historic Pohick Church by historical re-enactor, the Rev. Dr. Thomas Costa, portraying the Rev. Mr. Massey, the Rector of

Pohick Church in 1776. The reading will take place at 12 noon, with free docent tours of the Colonial church of George Washington, George Fairfax, and George Mason following the presentation. Visit the website at www.pohick.org.

SATURDAY/JULY 6

Used Book Sale: 10 a.m. - 4 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria. Selection of over 20,000 gently used children's books, fiction, history, biography, home and garden, cooking, crafts, sports, religion, travel, CDs, DVDs, and more. Unless specially priced, \$1 for hard backs and large paperbacks, and 25 cents for mass market paperbacks. Visit <https://www.fairfaxcounty.gov/library/branches/friends-of-sherwood-regional>.

THURSDAY/JULY 11

July Coffee and Connections. 8:30-9:30 a.m. Above ALX, 277 S. Washington Street, Penthouse, Alexandria. The Chamber ALX's Professional Women's Network presents July Coffee & Connections. Hear from ALX Community Founding Partner & COO Kelly Grant who will share her incredible story! And of course, attendees will get to network with amazing women (and men) from around the region!

SATURDAY/JULY 13

Alexandria Historical Society Walking Tour. 9-11 a.m. Meet at the corner of Duke and West Streets, Alexandria. Fighting for Freedom and Protesting for Civil Rights: The U.S. Colored Troops in Civil War Alexandria. Step back in time with the Alexandria Historical Society (AHS) as Board Members lead a tour to explore the experiences of African American soldiers in our city during the Civil War. After President Lincoln signed the Emancipation Proclamation on January 1, 1863, more than 200,000 African American men enlisted in the Union Army. The United States Colored Troops (USCT) valiantly fought for the freedom of those enslaved and changed the course of the war. With Alexandria occupied by the federal government and serving as a staging ground and supply center for the war effort, many USCT found themselves on the streets of our city. Often sent here for treatment of diseases or battleground injuries, some sadly succumbed to their illnesses, not living long in freedom. Tickets: Members \$15, Non-members \$25.

SATURDAY/JULY 13

Celebrate 275 years with Alexandria! The City of Alexandria will celebrate its 275th and the USA's 248th birthday at Oronoco Bay Park (100 Madison St., Alexandria). The event includes live music by the Alexandria Symphony Orchestra and ends with the grand finale -- a fireworks display at 9:30 p.m. Admission is free.

JULY 18-21

The Lost Weekend Exhibit. At Nepenthe Gallery, 7918 Fort Hunt Road, Alexandria. Featuring the photography of May Pang, John Lennon's companion and lover. Few people knew John Lennon as intimately as May Pang. She was Lennon's lover during the infamous "Lost Weekend" which lasted 18

ENTERTAINMENT



Jane Franklin Dance's At Large Performance will take place on Friday, July 26, 2024 at The Athenaeum in Alexandria.

months during late 1973 through 1975. During this highly creative time for Lennon, Pang took candid photos of Lennon in a comfortable, relaxed environment. Pang will be in attendance at the Nepenthe Gallery, meeting customers and telling stories behind these photos for sale of John Lennon. Thursday, July 18 from 6-8 p.m., artist talk and opening reception. Visit the website www.NepentheGallery.com

JULY 18-20

250th Anniversary of the Fairfax Resolves. History enthusiasts and patriots alike are invited to participate in the 250th Anniversary of the Signing of the Fairfax Resolves, a founding document authored by George Mason and adopted at a meeting chaired by George Washington on July 18, 1774. Events are hosted by the Sons of the American Revolution (SAR) and are scheduled to take place in and around Alexandria, Virginia, where the resolves were adopted. Organized by the Fairfax Resolves Chapter of the SAR, events will highlight locations significant to the signers of the Fairfax Resolves document and will foster a deeper understanding of this document and its significance in shaping the United States as we know it today. For more information about specific events, visit www.fairfaxresolves-sar.org/public250

SCHEDULE:

Thursday, July 18th

9:30 AM: Gunston Hall – George Mason Plaque Dedication Ceremony
 11:30 AM: Mount Vernon – Wreath Laying Ceremony and Program at the Tomb of George Washington
 3:00 PM: Pohick Church – 250th Commemoration of the Fairfax Resolves, Program and Plaque Unveiling Ceremony for the Signers with remarks by the historical figure Rev. Lee Massey
 6:00 PM: Market Square in Alexandria, Virginia - Alexandria 250 Commemoration of the Fairfax Resolves, Virginia 250 Road to Revolution Plaque Unveiling for the Fairfax Resolves, Keynote by Virginia 250 Chair Carly Fiorina, Mayoral Proclamation, George

Washington and George Mason interpreters, Fife & Drum presentation

Friday, July 19th

3:00 PM: Christ Church – Program, Plaque Unveiling for the Signers, and presentation of the Governor's Proclamation for the Fairfax Resolves 250th by the Secretary of the Commonwealth on behalf of the Governor of Virginia

Saturday, July 20th

10:00 AM: George Washington Townhouse Alexandria, VA – Program and George Washington Plaque Dedication Ceremony

SATURDAY/JULY 20

Second Annual Best of the West.

1-5 p.m. At Patrick Henry Recreation Center, 4653 Taney Ave., Alexandria. Best of the West is a community event showcasing West End Business Association members and restaurant tastings! This event is open to everyone. It is a great opportunity to enjoy a day out in the community, get to know local business owners, and sample some of the best food that the West End has to offer.

SATURDAY/JULY 20

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 to December. Next Dates: 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/>

FRIDAY/JULY 26

At Large Performance. 7 p.m. At The Athenaeum, 201 Prince Street, Alexandria. Jane Franklin Dance and Northern Virginia Fine Arts Association at the Athenaeum Present At Large. For the July

performance at the Athenaeum, Jane Franklin Dance goes beyond the parameters of a single theme to reveal multiple viewpoints and to celebrate the communal whole of a fleeting moment in time.

SATURDAY/JULY 27

Beats, Bites & Brews - Summer Extravaganza.

11 a.m. to 6 p.m. At John Carlyle Square, 300 John Carlyle St., Alexandria. Featuring Live Beats: Groove to the sounds of summer with live music performances that will set the perfect tone for your sun-soaked day; Delectable Bites: Indulge your taste buds with a variety of summer-inspired bites from local

food vendors; Refreshing Brews: Quench your thirst with an array of cold beverages, including craft beers and refreshing summer cocktails in the Beer Garden; Summer Shopping: Explore local artisans and vendors offering a curated selection of summer goodies, from fashion finds to unique crafts.

SATURDAY/AUG. 10

Alexandria Summer Sidewalk Sale.

Throughout Old Town Alexandria and Del Ray. One of the longest-running seasonal summer shopping events—Alexandria Summer Sidewalk Sale—returns to the D.C. region's "Shop Small" destination on Saturday, August

10, 2024, throughout Old Town and Del Ray. The event features dozens of Alexandria boutiques stepping out of their storefronts and offering deeply discounted summer merchandise. Learn more at VisitAlexandria.com/SidewalkSale. Visit AlexandriaVA.com/SidewalkSale

AUG. 16-25

Alexandria Restaurant Week.

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A Connection Newspaper



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ENTERTAINMENT

FROM PAGE 9

\$27.50, \$40 or \$50 in-person dinner for one during Alexandria Restaurant Week, August 16-25, 2024. The special \$27.50 offer is a playful nod to Alexandria's 275th anniversary. Find additional special offers and discounts at fast casual restaurants throughout Alexandria during Alexandria Restaurant Week. Alexandria Restaurant Week showcases the inventiveness of local chefs and international cuisine in neighborhoods throughout the city, including Old Town, Del Ray, Carlyle and Eisenhower and the West End. In early August, guests will find a digital flip-book of menus at participating restaurants on AlexandriaRestaurantWeek.com.

SATURDAY/AUGUST 17

Del Ray Bands & Brews Bar Crawl. 12:30- 6 p.m. At Del Ray Business Association, 2308 Mount Vernon Ave., Alexandria. Join the fun and vibrant Del Ray community for a special summer event, featuring live music in outdoor restaurant venues along the Avenue! Bands & Brews. This event is being brought to you by the Del Ray Business Association and will benefit a local non-profit. The first 250 registrants will get a swag bag with a 16 oz souvenir collectors cup! Advance tickets are \$15 (\$25 at the door), and include specials on cocktails, beer, and food at each of the 20+ participating restaurants, live music at every venue, trolley transportation, 50/50 raffles, a photo booth, and many more fun giveaways. You must be 21+ to participate in the crawl, but children and families are welcome at family friendly establishments and at the main stage at Pat Miller Square. Visit visitdelray.com.

SATURDAY/AUG. 24

Around the World Cultural Food Festival. 11 a.m. to 7 p.m. At Oronoco Bay Park, 100 Madison Street, downtown Old Town Alexandria. Come and enjoy delicious foods from around the world while watching a diverse folk show with singers and dancers from different countries, then take a break and go shopping from the ethnic artisans and crafters participating in the festival.

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.

JULY

Wed. 3: Three Dog Night \$85.00 SOLD OUT!
 Fri. 5: Magical Mystery Doors – A Tribute to The Beatles, Led Zepplin, & The Doors \$35.00
 Sat. 6: Donnell Rawlings \$49.50
 Sun. 7: J. Holiday \$45.00
 Wed. 10: Los Lobos w/ Chad Hollistter & Primo \$69.50 SOLD OUT!
 Fri. 12: Patty Griffin w/ Lucy Wainwright Roche \$65.00



Alexandria Summer Sidewalk Sale takes place Saturday, Aug. 10, 2024 throughout Old Town Alexandria and Del Ray.



Alexandria Restaurant Week takes place Aug. 16-25, 2024 throughout Old Town Alexandria, Del Ray, Carlyle, Eisenhower and the West End.

Sat. 13: Patty Griffin w/ Lucy Wainwright Roche \$65.00
 Tue. 16: Scott Bradlee's Postmodern Jukebox \$89.50
 Wed. 17: Scott Bradlee's Postmodern Jukebox \$89.50
 Thu. 18: Tab Benoit & Anders Osborne with special guest Mike Zito \$65.00 SOLD OUT!
 Fri. 19: The Bacon Brothers "Freestanding Tour" w/ Cindy Alexander \$65.00 SOLD OUT!
 Sat. 20: The Bacon Brothers "Freestanding Tour" w/ Cindy Alexander \$65.00 SOLD OUT!
 Sun. 21: Big Bad Voodoo Daddy \$65.00
 Thu. 25: Lyfe Jennings \$75.00
 Sat. 27: Countess Luann De Lesseps: Marry F Kill! \$69.50
 Sun. 28: Peter White \$49.50
 Tue. 30: Ladysmith Black Mambazo \$55.00
 Wed. 31: Kamasi Washington: Fearless Movement Tour \$69.50 SOLD OUT!

"I'm Fine. How Are You?"



By KENNETH B. LOURIE

It's been an odd week. For no apparent/obvious reason that I can think of, cancer was not front and center on my mind. It was more back and to the side. Though I had to re-order my two cancer medicines - and presume they would arrive in the mail in time to maintain my daily schedule, had an email exchange with the oncology pharmacist about when I could eat relative to when I last took my cancer medicine, and even received emails from my oncologist about a recent test result, nevertheless; it's been an easy, not-preoccupied-with-cancer week. An even week is cancer, cancer, cancer. In fact, almost every week is an even week, in one way or another. And there are many ways.

Perhaps I've developed a sort of mental muscle-type memory/knowledge where a routine I've maintained going on 15 and 1/2 years to include treatment, lab work, scans, medicine, foods to eat/foods to avoid, who to email about what, when to email, when to expect a response, prescription procedures/timing, in-person appointments, video appointments, video presentations, referrals, costs, et cetera, happen at their respective intervals/as per usual and barely leaves a dent in my fender, euphemistically speaking, if you know what I mean? To continue the imagery, this car has been running a long time. And I'm pretty happy, all things considered, and I consider all things, happy with how it has been performing.

Let me make myself clear, if I haven't already done so: none of what passes for my normal life as listed in the two previous paragraphs bothers me in the least. Rather it represents a kind of maturity/experience unique to patients given a "terminal" diagnosis who go on - somehow, to live enjoyable and fulfilling lives until But since I'm not presently 'until,' I can only speak to how and why I'm still living life relatively normally. Moreover, this paragraph is not saying that living 'until' is somehow easy because you've developed a routine or lived long enough to gain perspective and appreciation for what life you've actually lived. Hardly. It's more a "Why me?" Not to be confused with "Woe is me" which is a phrase I have never said - or felt. It's more about the peculiarities of surviving when initially when this one was "prognosed" to live "13 months to two years" - back in Feb. '09. But here I sit, pen in hand, trying to embrace a future - and a present, I was supposedly not going to have.

Yet, I have a present and presumably a future. And I've had it for so long, that it has become entwined, entangled, embedded and "embalmed" (to quote Curly from a long ago Three Stooges two-reeler), in my life. At this point in my unexpected time, it's all become second nature sort of. Not ho-hum. More like really? So as to not look a gift-oncologist in the stethoscope, I, as anyone who knows me knows, couldn't be more grateful for the amazing good-life-luck I've had. And since I'm not looking for any trouble here from whomever is in charge, I will continue to go about my business looking forward. And as important as looking forward is, appreciating the present is equally important. Moreover, there are going to be good weeks and bad weeks. Having any kind of week after all these years should be enough. As you all know, there are no guarantees with cancer.

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

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

VOLUNTEERS WANTED

ALIVE! Volunteers are needed to assist 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.volunteer-alexandria.org/ALIVE>

Assistance League of Northern Virginia is an all-volunteer non-profit organization that feeds, clothes and provides reading assis-

tance 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.

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.



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