

MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER

MAY 4, 2017



The Good Shepherd Housing gala began with a silent auction and cocktails, before guests proceeded into the ballroom for the dinner program.

## 'Truly Helping Our Neighbors'

### Good Shepherd Housing raises \$260,000 at Transforming Lives gala.

BY TIM PETERSON  
THE GAZETTE

**O**ver the next 10 years, Good Shepherd Housing and Family Services would like to add 150 units to the number it offers to clients struggling to find affordable housing in Fairfax County.

That goal triples the Mount Vernon-based nonprofit's current rate of expansion in residence acquisition.

Good Shepherd Housing is one of the only programs in the county assisting with providing affordable, permanent, community-based housing, President and CEO David Levine said at the organization's "Transforming Lives" gala on April

29. The evening event was held at the Westin Alexandria.

"These people are our neighbors," Levine said, "you are truly helping our neighbors."

Levine said GSH currently manages about 90 units in Fairfax County. They're able to control the rent and are immune to real estate tax raises due to being a non-profit.

In addition to housing assistance, GSH also provides budgeting counseling, emergency services, children's resources and other services.

Results of the 2017 HUD Point-in-Time Count of homeless individuals showed there were 964 in Fairfax County as of January this year. That represents a 47 percent decrease since 2008.

"This is news to celebrate," Levine said, thanks to the "collective will of our community to solve homelessness."

The gala began with a silent auction and cocktails, before guests proceeded into the ballroom for the dinner program.

SEE 'TRULY HELPING', PAGE 5



From left, Good Shepherd Housing gala emcee Carlos Del Toro and GSH president and CEO David Levine congratulate former Board Chairman John Horn on receiving the Joseph T. Adinaro Humanitarian Award.



Good Shepherd Housing Transforming Lives gala co-chairs Alexis Feeney Tallman (left) and Emily Cooksey.

## Walking and Aware

Event urges more communication on sexual violence.

BY TIM PETERSON  
THE GAZETTE

**F**our-hundred ninety-seven. That's the number of sexual assaults estimated to have occurred but went unreported in Fairfax County last year. According to the Fairfax County Police Department, police received 276 actual reports of sexual assault in 2016, almost 17 percent more than the previous year.

Police say a little more of half the reported assault cases have been closed successfully; but the unreported cases remain a challenge, and an opportunity.

Awareness and community engagement have been stressed again and again by FCPD and its chief, Edwin Roessler. To raise community awareness of domestic violence and sexual assault, vehicles in the FCPD, Fairfax County Fire & Rescue, and Sheriff's Office will all be adorned with teal ribbon magnets to support and remember victims of sexual assault.

And on Saturday April 29, Fairfax County first responders joined the county's Office For Women and Domestic Violence Services at their third annual "Stop the Silence, Walk to End



"We want to stop the silence, stop the shame," said Yolanda Thompson, a program manager for the Office for Women. Speaking on the stigma that often keeps people from discussing sexual assault or domestic violence with each other, or reporting it to police, she said, "We don't do this to other victims of crime."

Sexual Violence" event, held at the Government Center in Fairfax.

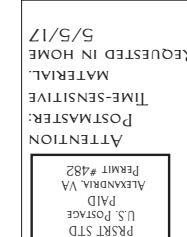
"We want to stop the silence, stop the shame," said Yolanda Thompson, a program manager for the Office for Women. Speaking on the stigma that often keeps people from discussing sexual assault or domestic violence with each other,

SEE EVENT RAISES, PAGE 3



PHOTOS BY Tim PETERSON/THE GAZETTE

To get everyone warmed up for the walk, Maricarmen Smith led a brief Zumba dance class.



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# Democratic Governor Candidates Debate in Fairfax

**A capacity crowd filled Lanier Middle School for a debate sponsored by Fairfax Democrats and Emerge USA.**

BY STEVE HIBBARD  
THE GAZETTE

The two Democratic candidates for Governor of Virginia, Lt. Gov. Ralph Northam, 57, and Tom Perriello, 42, participated in their first of five gubernatorial debates across the Commonwealth, on Saturday, April 29, at Lanier Middle School in Fairfax. The debate, which filled the school auditorium to capacity, was sponsored by Fairfax Democrats and Emerge USA.

Moderated by Tom Sherwood of NBC-4 TV, the debate questions varied from gun ownership, to campaign money and ethics, to governing style and personalities, to the economy, and even the Redskins.

A pediatric neurologist by profession, Northam served as state senator from 2008-2013 and lieutenant governor since 2013. He grew up on the Eastern Shore, attended VMI and Eastern Virginia Medical School, and served eight years active duty in the U.S. Army.

Born and raised in Charlottesville, Perriello is a former teacher, nonprofit executive, diplomat and U.S. representative. He's worked fighting for peace in West Africa, as well as the Balkans, Darfur and Afghanistan. In 2008, he served Virginia's Fifth District in Congress, working on the House Transportation & Infrastructure Com-



**Democratic candidate for Governor of Virginia, Lt. Gov. Ralph Northam, during the debate.**



**Sue Langley, Fairfax Democratic chair, at the start of the debate.**



**Democratic candidate for Governor of Virginia, Tom Perriello, during the debate.**

mittee. He has a law degree from Yale.

On the question of whether this is a change election and are citizens satisfied, Northam, who has been in Richmond for 10 years now and attended 180 events around the state, said Virginians are looking for someone to stand up to the hatred and recklessness that are in Washington now. "I think Virginians are looking for someone who knows how to win," he said.

To that, Perriello said for the last 20 years, the median family income in the state has not changed: "We need a fighter who knows how to come in and win an election."

**ON THE QUESTION** of governing the state, which is limited to one term, Northam said he wants to be governor to give people the same opportunities that he had as a child. "I want to make sure that all of our children have access to a world-class education system," he said.

To that, Perriello added: "I've actually worked as a peace negotiator; I think we could use a little peace negotiating in Richmond. We were able to bring people together around clean energy in Southside Virginia. I believe when we show up and listen, we can find common ground."

On the question of creating jobs in Vir-

ginia, Northam said the minimum wage needs to rise to \$15 an hour. "We know the jobs of the 21st century are in science, technology, and biotech; we've planted great seeds. We need to make sure higher education is affordable. The way we promote 21st century jobs is through workforce development," he said.

Perriello added: "The Virginia Republicans are part of anti-growth strategy. We have to fundamentally change how we've been thinking about economics."

On the topic of bringing the Redskins to Loudoun County, Perriello said: "We've seen a lot of stadium deals that leave taxpayers funding too much of the bill. We'd love to see [the Redskins] in Northern Virginia, but the devil's in the details .... We need to focus on development plans and infrastructure development." Northam said he's always been a Redskins fan but he's not willing to spend taxpayer money to make that happen. Regarding the Redskins name, "The Bullets changed their name to the Wizards. The name 'Redskins' is offensive. I would encourage them to change the name, but ultimately that's a decision the Washington Redskins will make," he said.

Regarding the skyrocketing cost of college education, Northam said a lot of doc-

tors finish their residency with \$300,000 in student debt. "We in Richmond underfund higher education; we can't keep that up. We need to make it a priority for higher education. We need to take care of Virginia."

Perriello added: "We need to move from a K-12 approach to a Pre-14 approach. We need to start with a universal Pre-K approach. We put out a tax reform proposal that includes universal Pre-K and trade school and community college. This isn't about handing things out to people; this is about what we need."

On the Metro rail system that lacks a dedicated revenue source, Northam said he used to live in Silver Spring and rode the Metro everywhere. "Metro is vitally important to the economy in Northern Virginia. We need to fix it .... It's going to take leadership; we need to stand up; we need to be at the table and we need to make sure the transportation system is paid for."

Perriello added: "We've got a 40 percent drop in ridership. This could put us in a spiral and that's very scary, which means we lose revenue. I think we need to look at this as a state-wide challenge. This is one of the greatest drivers of quality of life."

**REGARDING GUN OWNERSHIP**, Northam said: "I know all too well what assault weapons do to human beings ... We need to bring people from both sides of the aisle to talk about responsible gun ownership." Perriello added that it's important to veto terrible legislation that comes out of the state legislature. "I do believe we can build common ground in closing background checks. I think this will require continuing to reach out across the aisle."

Before the June 13 primary election, both candidates will also participate in forums in Arlington and Charlottesville, as well as additional debates in Roanoke, Richmond, Hampton Roads, and Loudoun County.

## Event Raises Awareness on Sexual Violence

FROM PAGE 1

or reporting it to police, she said, "We don't do this to other victims of crime."

Sexual assault happens to people regardless of their age, sex or gender, Thompson said. That's why a theme for the walk was "Engaging New Voices," bringing in men to the discussion as well as women, seniors, teenagers.

Capt. David Smith, commander of FCPD Major Crimes division, said when he first came in as an officer and heard a tape of a sexual assault taking place, he wanted nothing to do with such a "horrific" crime.

But 15 years later, Smith found himself working with the sex crimes unit. The passion and love his colleagues had for their work, Smith said, helped make the job the "best ever."

"[Sexual assault] is not supposed to be talked about," Smith said. "That's been the problem."

**BEFORE THE WALK** kicked off that Saturday morning, the roughly 100 attendees visited information tables containing health resources from crisis counselors to mosquito-fighting.

To get everyone warmed up for the walk, Maricarmen Smith led a brief Zumba dance class. Smith's mother Gretchen Soto, another Office for Women program manager, kicked off the walk with Thompson.

The walkers followed a route around the back side of the government center and lasted about half an hour. Finishing back near the front of the complex, they walked past 497 small flags pushed into the ground:



PHOTO BY TIM PETERSON

**On Saturday April 29, Fairfax County first responders joined the county's Office For Women and Domestic Violence Services at their third annual "Stop the Silence, Walk to End Sexual Violence" event, held at the Government Center in Fairfax.**

one for each of the estimated unreported sexual assault cases from 2016.

Visit [www.fairfaxcounty.gov/ofw/](http://www.fairfaxcounty.gov/ofw/). FCPD encourages anyone who may be experiencing abuse of any type to "Make the Call."

There is a 24-hour hotline for domestic violence and sexual assault victims available at 703-360-7273.

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## OPEN SUNDAY 1-4

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712 Arch Hall Lane Sun-filled end unit townhouse in sought after Old Town Greens. Over 3000 square feet, with four bedrooms including two master bedroom suites, 3 1/2 bath, California Closet in every room, and hardwood floors on all four levels. Only home with a beautiful back deck with stairway connection to downstairs patio landscaped for privacy with luscious patio garden. Excellent home to entertain, walk to restaurants and shops and also a commuter's dream.  
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**110 E. Braddock Road** Gorgeous bungalow just blocks to the METRO. Renovated kitchen, main level powder room, three upper level bedrooms, fully finished lower level with fourth bedroom, fully fenced yard, large detached garage and driveway for off street parking.  
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## COMING SOON



**Old Town**  
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## OPEN SUNDAY



**Alexandria/Fairfax County** **\$775,000**  
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## COMING SOON



**Old Town**  
**207 Gibbon Street** Fabulous restoration of this 4 bedroom, 4 bath semi-detached brick home built in 1820. Updated with today's modern amenities while preserving many original features including the hardwood floors and 3 fireplaces. Located in the SE quadrant just a few blocks from the river.  
*Christine Garner*  
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# NEWS



PHOTO BY LARA IMAGES, COURTESY OF HABITAT NOVA

**From left, back row:** The Rev. Jon Smoot, Dwayne Piepenburg, Ed Porter, Bob Callahan, Mel Jaranson, and Alan Brick. **In front row:** Chris Thiel, Romana Sanchez, Tesfaye and Tigist and their children, Kelly Renaud.

## Habitat Breaks Ground for Home Third in Groveton Heights neighborhood.

Habitat for Humanity of Northern Virginia marked its third groundbreaking and home build in the Groveton Heights neighborhood on Thursday, April 27. Community volunteers and Habitat staff began to clear dilapidated fencing and thick brush on the 7,821 sq. ft. property to make way for a new single family, two-story home with three bedrooms and two baths.

Also in attendance were the future Habitat NOVA homeowners, Tesfaye and Tigist, and the Rev. Jon Smoot, executive director for Habitat NOVA, to welcome and thank the volunteers. "Finding affordable properties to construct new homes in Northern Virginia is a challenge; especially vacant land or land with an abandoned home," said Smoot. "Fairfax County faces such a tremendous shortage of affordable housing due to sharply increasing real estate

costs. We were building two homes on Clayborne Avenue when the

Donora Street property came on the market. The owner was enthusiastic about selling to us and in turn, we were thrilled to continue working in the Richmond Highway area."

Sanchez Palmer Architects is designing the new home and GeoEnv. Engineers will work with Habitat NOVA volunteers and staff to construct the new home to EarthCraft Gold standards — a green building program that promotes energy efficiency, air quality, and water conservation. Through a partnership with GRID Alternatives, the home will also include solar panels to further increase energy efficiency to help maintain the affordability as well as a healthy living environment.

See [www.habitatnova.org](http://www.habitatnova.org).

## 'Truly Helping Our Neighbors'

FROM PAGE 1

On the evening, GSH raised more than \$260,000, according to development and communications director Candice Bennett. The organization operates on a \$2.5 million annual budget.

During the program, several speakers said how important permanent housing is, particularly for children, to not be moving all the time. There are 65 youth currently in Good Shepherd Housing units.

Adult client Mary (GSH doesn't release last names to protect privacy) shared some of her personal experiences of homelessness: living out of her car, getting ready for work in restaurant bathrooms, etc.

Before she became connected with GSH, "it was the end of the road for me," Mary said. She was interviewed by Krysta Jones, founder of the Virginia Leadership Institute.



PHOTO BY TIM PETERSON/THE GAZETTE

**From left, Thomas Siegworth, Kathryn Kovacs (with GSH partner HomeAid Northern Virginia) and Carla Silas.**

"I needed that little push," said Mary, with which Good Shepherd Housing helped her. With permanent housing, she added, "I can feel good about myself."

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



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**Alex/Riverside Estates \$579,500**  
8324 Blowing Rock Road  
Beautiful 3 level Colonial home w/garage & spectacular landscaping in lovely Mt. Vernon neighborhood. Quiet cul-de-sac. METICULOUS condition. Large room sizes. 3 Season Sun Rm off Family Rm overlooks multilevel deck & gorgeous bkyd. Hdwd flrs main & upper levels. 2 Gas FPLs: Liv Rm/Rec Rm. Large finished bsmt. All systems updated. 10 mins to Ft. Belvoir, Close to GW Pkwy/Potomac River.



**Alex/Kings Landing \$579,900**  
3512 Wood Pile Court  
Everyone's Dream! - A beautifully updated 4BR, 2.5BA Colonial nestled on a private, cozy cul-de-sac. 3 finished levels - tons of storage, 6 panel doors & double pane windows plus a large 2 car garage. Stunning kitchen & baths w/beautiful granite counters.



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**Alex/Wessynton \$634,900**  
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## SCHOOLS



PHOTO CONTRIBUTED

### Career Day at Woodley Hills

Dr. Shamira Brown and Dr. Lewis Brown of Northern Virginia's Brown Foundation served as Career Day presenters to grades 4th-6th at Woodley Hills Elementary School on April 24. Shamira Brown (left) stands with some of the sixth graders who attended her presentation on the various forms of mold and mildew that can infect homes. Lewis Brown's presentation dealt with the problems of bacterial infections in various beef and pork products and how to use home bacterial agents to fight these infections. Both are environmental and economic grant-writers who work primarily in the Northern and Central Virginia areas. The Brown Foundation is seeking to bring back the Weekly Reader Magazine for students at Woodley Hills Elementary School beginning fall 2017.

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**8719 EUGENE PLACE, ALEXANDRIA**  
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**8503 CONOVER PLACE, ALEXANDRIA**  
SOLD: \$699,000



**501 N WEST STREET, ALEXANDRIA**  
SOLD: \$670,000



**8563 SOUTHLAWN COURT, ALEXANDRIA**  
FOR SALE: \$295,000

Check back for more listings coming this Spring!



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## WELLBEING

# Strategies for Maintaining Weight Loss

**Study shows lifestyle changes are critical to keep off unwanted pounds.**

BY MARILYN CAMPBELL

**A** 2016 study by the National Institutes of Health (NIH) shows that while most people who lose (10-percent or more of their original weight) tend to regain it, those who were successful in maintaining a weight loss were vigilant in maintaining lifestyle changes that led to the weight loss.

"One reason maintenance is so difficult is that your body isn't seeing that weight loss as a good thing," said Domenica M. Rubino, M.D., director, Washington Center for Weight Management. "It's not just will power, it's biology. It's your hormones telling your brain that your body is really not full. There are medications that target the parts of the brain that are involved in cravings and feelings of hunger."

The reasons that maintaining a significant

weight loss can be challenging range from inactive lifestyles, unhealthy diets and the side effects of medication to mental health issues and metabolic disorders, says Colleen Sanders, assistant professor of Nursing at Marymount University.

"The best recommendation for maintaining weight loss is making lifestyle changes and sticking with them," said Sanders. "Surgery and weight loss medications will achieve weight loss, but if lifestyle choices are not made then weight is typically regained. Diet and exercise will foster weight loss, but once a healthy weight is achieved there has to be healthy eating and routine exercise to maintain that weight."

Avoid fad diets and instead make lifestyle changes that can be maintained long-term, advises Nick Sborz, instructor of physical education at Northern Virginia Community College.

"Consistency is [necessary] and a better approach is going to include multiple strategies," he said. "One of those is to increase your physical activity. [Type], amount and intensity will vary from person to person, but for some it will include walking, riding a bike, walking hills or swimming. For others ... some form of strength training. Recommendations vary, but should be close to 150-minutes of moderate intensity ac-



PHOTO BY MARILYN CAMPBELL

**A lifestyle overhaul is necessary to maintaining a desired weight.**

tivity or 75-minutes of high intensity activity each week."

The dietary changes needed for weight loss and maintenance can be daunting, continued Sborz. "This is probably the most difficult thing to change, he said. "... [F]or

long-term success, try not to be perfect. I like the 90/10 rule. If 90 percent of the time I do my best to make a better, healthier choices then 10 percent of the time I can eat what I enjoy."

Keeping track of food intake, counting calories and fat grams and avoiding skipping meals are strategies those in the NIH study credited with weight loss maintenance. "... [W]e need to eat and drink less sugar," said Sborz. "Sugar is a big reason why people don't see the results they are looking for. Eat more real food and less [processed] food. Generally speaking, to be considered real, food must contain five ingredients or less. Focus on good quality carbohydrates [like] whole grains, fruit, beans and vegetables, which can provide additional nutrients to help you maintain a healthy weight."

Exercise is one of the most important aspects of maintaining your weight, adds Rubino. "People have to understand that obesity is a chronic disease," she said. "You can't just take medicine and not exercise and eat whatever you want. The medicines help, but you're not going to be able to go back to living your life the way you did before you lost weight. The medicine works in conjunction with diet and exercise. There are no quick fixes, there's no magic."

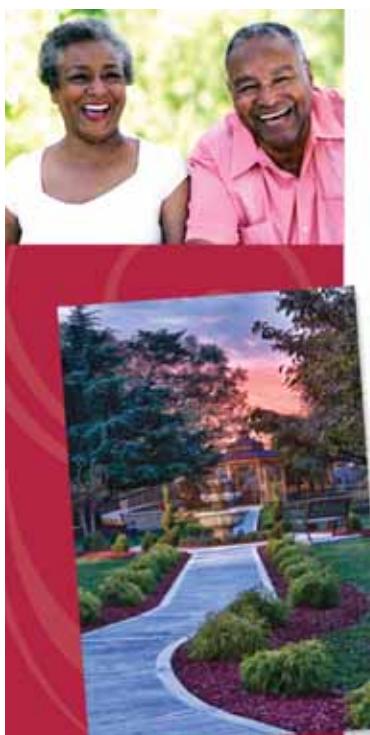
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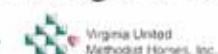
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# OPINION

## Preserving ‘America’s Best Idea’

BY BILL HAFKER  
FAIRFAX COUNTY RESIDENT

**A**s a National Parks enthusiast, I felt very privileged to be in Acadia National Park on Aug. 25, 2016 when the National Park Service (NPS) celebrated its centennial. I got my favorite National Park souvenir there; a picture of the iconic “Bubbles at Jordan Pond,” signed by the entire Maine Congressional delegation. They were there to celebrate that event, and it was inspiring to hear their unanimous, bipartisan, and emotional support for Acadia and the entire National Park system. It made me hope that my Virginia Congressional delegation was as unambiguously supportive of the many National Park sites we are blessed to have just minutes, or a few hours, from our doorsteps in Fairfax County.

**COMMENTARY**  
NPS spent the past 100 years protecting many of America’s most scenic landscapes, its diverse but often threatened wildlife, and key elements of our cultural history. As we celebrate 100 years of “America’s Best Idea,” and look forward to further additions to the system, we must not lose track of the critical work of properly caring for and maintaining the gems already in the system.

Americans and visitors to the U.S. are visiting the parks in record numbers. However, in the face of this great show of support, the NPS is facing a serious challenge: a \$12 billion backlog of necessary infrastructure repairs. These

range from unmaintained trails, to crumbling roads, to visitor centers built over 50 years ago in desperate need of updating.

Some things can be replaced later at increased expense if left beyond repair, but many others, like historical buildings cannot. I’ve stood in line to use a Porta Potty next to a shuttered bathroom, whose continued use would leak raw sewage into the environment from old or damaged pipes. This decaying infrastructure jeopardizes both the future of these treasured pieces of America’s heritage, and the local economies that they significantly support.

**IN VIRGINIA,** National Parks are not just places that protect important pieces of our environment and heritage, they are also major economic engines. According to NPS estimates, visitors to Virginia Parks in 2015 had direct spending of \$982.9 million in local gateway regions. This supported over 15,000 jobs, and added an estimated \$1.3 billion in secondary economic output to the Virginia economy.

Virginia Parks face a staggering \$816 million in needed repairs. Rangers and other park staff do the best they can, but if left unfunded, these issues will negatively, and in some cases permanently, affect the condition of these treasured resources and the visitor experience, ultimately leading to fewer visitors to the park.

If the backlog continues, the future of these incredible assets, and the economic vitality of the businesses and gateway communities they support, remains threatened.

Thankfully, bipartisan legislation recently introduced by Senators Mark Warner (D-VA) and Rob Portman (R-OHIO) would provide the NPS more resources to begin to make a dent in the backlog. The National Park Service Legacy Act (NPSLA) would phase in the allocation of up to \$500 million annually until 2047 from existing government revenues from oil and natural gas royalties.

This bill, if enacted, would help put our National Parks on the right track. By investing in our parks, we will not only start to tackle this backlog, but make our parks more resilient, and prepared to continue welcoming visitors eager to explore our nation’s most meaningful and special places.

Congress created the Park Service a century ago to protect America’s treasured natural, historical, and cultural sites, and ensure that Americans can enjoy them. There is no better way for Congress to help our parks as they begin their second century, than to support the maintenance funding needed to keep them the world class assets that they are. We need to address the backlog, and keep a new backlog from developing.

Whether you love the parks for what they contain and tell of our country and its values, or are concerned more with providing jobs and economic vitality to our state and country, the NPSLA, and the allocation of adequate funds in the normal budget process, is, if not “America’s Best Budget/Funding Idea,” at least an awfully good idea that we should all support.

## Thoughts on Upcoming Primary

BY PAUL KRIZEK  
STATE DELEGATE (D-44)

**L**ast weekend, the Democratic gubernatorial candidates debated at Lanier Middle School in Fairfax County. They have been working very hard campaigning across the state, and I will cast my ballot for gubernatorial candidate Ralph Northam and lieutenant gubernatorial candidate Justin Fairfax. They have my strong endorsement in the Democratic Primary on June 13.

Both Ralph and Justin are working to bring more high-quality jobs, give Virginians a raise, and expand our Democratic brand. Ralph is the calm measured voice of reason, a doctor with a great bedside manner. Justin is energy incarnate, a smart lawyer and very hardworking.

Ralph Northam, our current lieutenant governor has a strong record of commitment to improving our economy, protecting equal access to healthcare for women, and to the cleanup and preservation of our precious natural resource: the Chesapeake Bay. He is a strong, consistent, fair and reasonable leader that will build upon our success and help Virginia continue to be a welcoming community for everyone.



**Lt. Gov Ralph Northam, Lee Supervisor Jeff McKay and Del. Paul Krizek at a fundraiser for Northam on Thursday, April 27.**

one.

Justin was raised by a single mother and his grandparents in a D.C. neighborhood dealing with crime and economic insecurity. Instead of allowing those circumstances to define him, he chose a career of public service. He served as a federal prosecutor in the Eastern District of Virginia and ran for attorney general of Virginia, earning over 48 percent of the vote in 2013. He is now running for lieutenant governor because he believes that every single child in our great Commonwealth deserves the same opportunity.

SEE PRIMARY CONSIDERATIONS, PAGE 17

**LETTER**

## Favor Animals Over Children?

To the Editor:

My letter published in the April 20 Gazette suggested that the large mound of earth to the left of the under re-construction Stratford Landing Elementary School be used to fill in and raise the elevation of the small park to the left of the school to eliminate recurring standing water and prevent breeding of mosquitoes that can potentially harm the students attending the school and playing in the park. It is well known that mosquitoes do not travel very far from their original locations.

Of all the hundreds of my letters published in the Gazette over the past several years, this is the last one for which I expected community members to send in a rebuttal. To my surprise, two rebuttals were published, one from Sara Jefferies and Eleanor Whitaker, and another from D.S. Katzer.

Ms. Jefferies and Ms. Whitaker describe the area of the park referenced in my letter as “a wetland,

SEE LETTERS, PAGE 17

## Mount Vernon Gazette

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**Free Sober Rides.** Friday, May 5, 7 p.m. through Saturday, May 6, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter the code CINCODC in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. The SoberRide code is valid for the first 1,500 Lyft users who enter the code. Visit [www.soberride.com](http://www.soberride.com).

## VOLUNTEERS NEEDED

Contact Volunteer Solutions at 703-324-5406, [VolunteerSolutions@fairfaxcounty.gov](mailto:VolunteerSolutions@fairfaxcounty.gov) or [www.fairfaxcounty.gov/dfs/olderadultservices/volunteersolutions.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/volunteersolutions.htm).

**The Hollin Hall Senior Center** is hosting a one-time Repair Cafe event on May 6, 10 a.m.-2 p.m. All types of handy volunteers are needed. Instructors are needed for the following classes: Basic Art with a focus on acrylic painting, Italian, Ballroom Dance, Piano and they need a Garden Helper.

**The Gum Springs Senior Program** is looking for a Line Dance Instructor. An Urdu-speaking Grocery Shopper is needed in Alexandria to assist an older adult male twice a month.

**The Kingstowne Center for Active Adults** needs Instructors for the following classes: Art, Line

SEE BULLETIN, PAGE 18

# COMMUNITIES OF WORSHIP

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# ENTERTAINMENT

## Pipeline Playwrights Presents 'Unprotected'

Metro Stage hosts play where mother and daughter confront issue of sexual assault.

BY STEVE HIBBARD  
THE GAZETTE

The final reading for the Pipeline Playwrights series will be the world premiere of "Unprotected" by Jean Koppen on Monday, May 8, at 7:30 p.m., at Metro Stage in Alexandria. In "Unprotected," a seemingly small incident among teenagers at a local high school unearths deep wounds among family members about the legacy of abuse and the subtle subjugation of women. The play is a modern-day drama in which a mother and her teenage daughter confront sexual assault and the vulnerability they face as women.

Playwright Jean Koppen of Alexandria said when she first began the play, it was about two couples and their decision to vaccinate or not vaccinate their children. However, the play took a sharp turn while she was writing it — during the 2016 Presidential election. "I was appalled by comments regarding women and sexual assault that arose during the campaign, and the lighthearted manner regarding women and sexual assault that arose during the campaign, and the lighthearted manner with which these statements were treated," she said.

She added: "More seriously, these public comments triggered PTSD for some women,

bringing back painful memories of their own experiences with sexual assault. As I read how these statements had affected women, I knew I wanted to write a play quite different than the one I started."

She wanted to show that there are differing levels of awareness and acceptance of sexual assault based on experience. "I think that audience members will find different characters and their actions understandable, and others outrageous, based on their own perspective. I'm interested to hear the conversations that may ensue based on these differing perspectives and reactions to the play," she said.

As a woman, she said she's more attuned to how women view this topic and less familiar with the male perspective. "I'm interested to see whether the male characters ring true to audience members. I want to make sure I have a balanced portrayal, and with this first public reading I hope to find that out," she said.

Director Ed Zakreski said he's directing the reading because he really connects to Koppen's writing. "She has a talent for extracting something unique out of seemingly ordinary situations," he said.

He said at its core, "Unprotected" is about how women react to misogynistic behavior by men, whether overt or subtle, intended or unintended. He added that one of the challenges was keeping the male characters

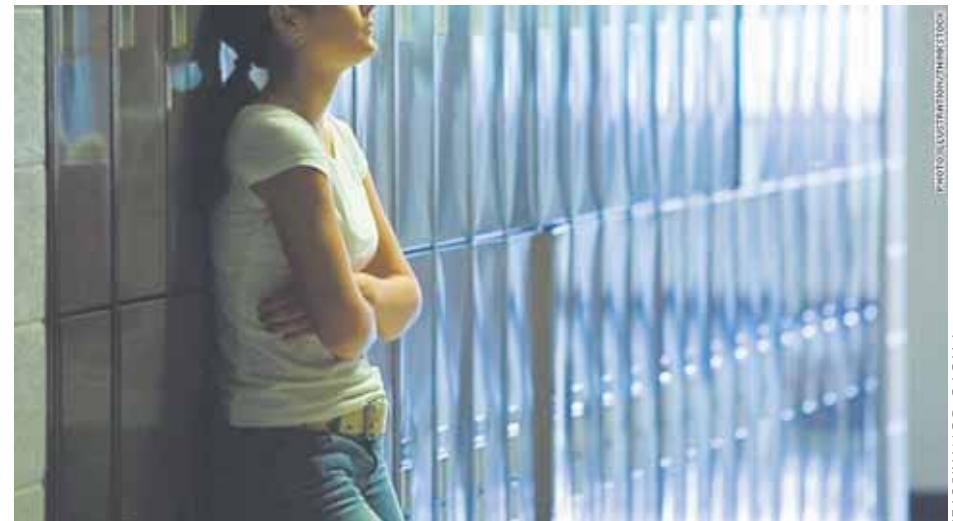


PHOTO CONTRIBUTED

**Metro Stage in Alexandria is presenting Pipeline Playwrights' next play reading of "Unprotected," by Jean Koppen on Monday, May 8, at 7:30 p.m.**

in balance. "If the men are jerks, the play is boring. What will make this interesting is that these are good guys who are well-intentioned," he said.

He hopes that the audiences are moved by the themes of the play. "But what this reading is really about is taking part in the creation of a new play. This will be the first time that an audience is hearing this play read aloud."

"Unprotected" will feature Alyssa Wilmoth-Keegan, Carol Kelleher, Thomas Keegan, Brandon McCoy, and Cole Greenberg.

Pipeline Playwrights is a group of women playwrights based in Northern Virginia,

working together to support, present, and promote each other's work with the goal of moving their plays into the local and national theater pipeline.

*The reading of "Unprotected" will be held Monday, May 8, at 7:30 p.m., at MetroStage, 1201 North Royal St., Alexandria. After the reading, enjoy refreshments and informal conversation with the playwright and actors at a talk-back session. Audience members can share their reactions to the play, as well as what worked and what didn't work for them. Learn more about Pipeline Playwrights and the reading at [www.facebook.com/pipelineplaywrights/](http://www.facebook.com/pipelineplaywrights/).*

### CALENDAR

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

#### ONGOING

**UCM Raffle Tickets.** Ongoing, the United Community Ministries is raffling off a trip to Cancun at the 'Give From the Heart' Gala on May 6 at the U.S. Patent and Trademark Office, 600 Dulaney St. \$175 admission, \$25 raffle ticket. Visit [www.ucmagency.org](http://www.ucmagency.org).

**Singing the Blues exhibit.** Various hours through May 21 at the Potomac Fiber Arts Gallery, Torpedo Factory Art Center, Studio 29, 105 North Union St. Highlights the work of three featured artists Beverly Baker, Joanne Bast, and Laura Savage. Visit [www.Potomacfiberartsgallery.com](http://www.Potomacfiberartsgallery.com) or call 703-548-0935.

**Kiln Club Show.** 7:30-10 p.m. through May 29 at the Scope Gallery, 105 N. Union Street, ground floor Studio 19. The "Better than Brunch: Mother's Day Originals" Kiln Club show. Call 703-548-6288, or visit [scopegallery.org](http://scopegallery.org).

**Native Plants, Herbs, and Heirloom Tomatoes.** Various times through mid June at Mount Vernon Unitarian Church Greenhouse, 1909 Windmill Lane. Visit [www.mvuc.org](http://www.mvuc.org).

**Costumes of Mercy Street.** Through Sept. 1, at The Lyceum: Alexandria's

History Museum, 201 S. Washington St. To learn more about The Lyceum, visit [alexandriava.gov/Lyceum](http://alexandriava.gov/Lyceum) or call 703-746-4994.

**All the President's Pups.** Saturdays 10 a.m. at George Washington's Mount Vernon, 3200 Mount Vernon Highway, Mount Vernon. All the President's Pups Walking Tour, along the way, learn about George Washington's love for dogs, his dogs' unusual names, and his efforts to improve the quality of his hunting dogs through breeding. \$7. Visit [www.mountvernon.org](http://www.mountvernon.org).

**Mercy in Alexandria Walking Tour.** Sundays at 1:30 p.m. at Alexandria Visitors Center, 221 King St. Experience an inside access tour of 19th century Alexandria. Inspired by the PBS mini-series "Mercy Street," accompany a trained military historian through Civil War-era Alexandria and learn the actual history behind the TV show. Short tours are \$15, private tours for five are \$149. Visit [www.dcmilitarytour.com](http://www.dcmilitarytour.com) for more

**The Lyceum: 175 Years of Local History.** Ongoing, Monday-Saturday 10 a.m.-5 p.m. and Sunday 1-5 p.m. at The Lyceum, 201 S. Washington St. On view in the museum's Goldsmith Gallery, the historical objects and images featured represent The Lyceum, the community at work, and commemorations and celebrations. Throughout the exhibition, visitors are invited to "be the curator" and think about why the various artifacts

are in the museum's collection, and about how tangible representatives of the past help tell the story of Alexandria's history. Free. Visit [www.alexandriava.gov](http://www.alexandriava.gov).

**Pick-Up Hockey.** Ongoing, Wednesdays and Fridays 11:30 a.m.-1 p.m. at Mount Vernon Ice Skating, 2017 Belle View Blvd. Play hockey with other hockey buffs, hitting slap shots and learning puck handling skills that the pros use. Players must have full equipment. 16 and older. Visit [www.fairfaxcounty.gov/parks/rec/mtvernon/](http://www.fairfaxcounty.gov/parks/rec/mtvernon/) or call 703-768-3224.

**Medical Care for the Civil War Soldier Exhibit.** Ongoing at the Fort Ward museum, 4301 W. Braddock Road. ongoing exhibit which features original medical instruments and equipment from the Civil War period and information on Union Army hospital sites in Alexandria. Free. Visit [www.alexandriava.gov/fortward/](http://www.alexandriava.gov/fortward/) for more

**Alexandria's Nurses and Hospitals During the Civil War.** Ongoing at The Lyceum, 201 S. Washington St. An exhibit on the life of Clarissa Jones, a nurse at The Lyceum hospital during the Civil War. The true story of a nurse in Alexandria during the war, drawing parallels with characters portrayed in the PBS drama "Mercy Street," with references to the experiences of other nurses, such as Anne Reading, who worked in the Mansion House hospital, and Jane Woolsey, who served at the Fairfax Seminary

hospital. Admission is \$2. Visit [www.alexandriava.gov/lyceum](http://www.alexandriava.gov/lyceum).

**Shield of Earth: Defending the Heart of the Union exhibit.**

Ongoing, museum hours Tuesday through Saturday, 10 a.m.-5 p.m., Sundays, noon-5 p.m. at Fort Ward Museum, 4301 West Braddock Road. Highlights of the exhibition include military passes issued by Provost Marshal's Office, construction tools, and original photographs of some of Washington's defenders. 703-746-4848 or [www.fortward.org](http://www.fortward.org).

**Who These Wounded Are: The Extraordinary Stories of the Mansion House Hospital**

**exhibit.** Ongoing, Tuesday through Saturday, 10 a.m.-4 p.m., Sundays, noon-4 p.m. at the Carlyle House Historic Park, 121 N. Fairfax St. Come see the site that inspired "Mercy Street," the new PBS' series inspired by real events that took place at Carlyle House. [www.carlylehouse.org](http://www.carlylehouse.org) or call 703-549-2997

**Color Disorder Exhibit.** Ongoing, Thursday through Sunday, noon-4 p.m., Sundays, noon-4 p.m. at the The Athenaeum, 201 Prince St. A joint exhibition of artists Katie Baines and Amy Chan who use diverse painting materials such as acrylic, gouache, airbrush and screen print to build energized abstract paintings. [www.nfaa.org](http://www.nfaa.org) or 703-548-0035.

**Flamenco Show.** Wednesdays and Thursdays, 7:30-8:30 p.m. at La Tasca, 607 King St. Watch dancers and guitarists perform traditional

flamenco. Free to attend. Call 703-299-9810 or visit [www.latascausa.com](http://www.latascausa.com).

**French Movie Night.** Every Thursday, 7 p.m. in the back room of Fontaine Caffe and Creperie, 119 S. Royal St. View a French film. Free, no reservation necessary. Call 703-535-8151 or visit [www.fontainecaffe.com/reviews.html](http://www.fontainecaffe.com/reviews.html).

**Alexandria Cars and Coffee** invites car enthusiasts to meet for coffee at Hollin Hall Shopping Center in front of Roseina's, 1307 Shenandoah Road. Owners of classic cars, hot rods, exotic cars, motorcycles and more meet to share car stories and drink coffee. Group meets the first Sunday of every month. 8:30-11 a.m.

**Fifty Years of Collecting.** Tuesday-Saturday 10 a.m.-5 p.m., Sundays 12-5 p.m. Fort Ward Museum, 4301 W. Braddock Road. An anniversary exhibit of objects from the Fort Ward collection. Free. Visit [www.fortward.org](http://www.fortward.org) or call 703-746-4848.

**Second Thursday Music.** Athenaeum, 201 Prince St. 7 p.m. Second Thursday of every month. Visit [www.nfaa.org](http://www.nfaa.org) to view concert calendar and listen to upcoming Second Thursday Music artists.

**The Monday Morning Birdwalk** takes place weekly, rain or shine (except during electrical storms, strong winds, or icy trails), at 7 a.m. (8 a.m. November through March), is free, requires no reservation and is open to all. Birders meet in the

# ENTERTAINMENT

parking lot at the park's entrance at 3701 Lockheed Blvd. Direct questions to park staff during normal business hours at 703-768-2525.

**Civil War Sundays.** 1-5 p.m. at Alexandria Archaeology Museum, 105 North Union St., #327. Learn more about the Civil War as it occurred in Alexandria. Find dioramas, newspaper articles and more. Free. Visit [www.alexandriarchaeology.org](http://www.alexandriarchaeology.org).

**Doggy Happy Hour.** Starting April 5, Tuesdays through October 5-8 p.m. at Jackson 20 and Hotel Monaco Alexandria, 480 King St. Doggy Happy Hour at Jackson 20 and the Hotel Monaco Alexandria offers specials on cocktails and beers plus treats and water for canine companions. Free, but drinks sold separately. Visit [www.monacoalexandria.com](http://www.monacoalexandria.com) for more.

**Wake Up Wednesdays** featuring The Pop Up Cafe. 7-9:30 a.m. on Wednesday's near the King Street Tunnel - Carlyle Entrance located near 2000 Duke Street near Motley Fool. The cafe will feature coffee, live music to help commuters start the day off right and donuts from Sugar Shack. maurisapotts@gmail.com

## CAMPS, CLASSES & WORKSHOPS

**Community Dance.** 7:30-9:30 p.m. every third Friday at Hollin Hall Senior Center, 1500 Shenandoah Road. Live music. Tickets are \$4. Call 703-765-4573.

**The Harmony Heritage Singers** (Mount Vernon Chapter of Barbershop Harmony Society), a daytime, a cappella, Chorus, rehearses on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays, monthly, at Sherwood Hall Regional Library, 2501 Sherwood Hall Lane, 10 a.m.-1 p.m. Newcomers welcome for fun or to book for a performance. Visit [www.HHSingers.org](http://www.HHSingers.org), or call Bruce at 703-352-5271.

## OPENS MAY 3

**Mount Vernon Farmers Market.** 8 a.m.-12 p.m., Wednesdays, through Dec. 14. Fresh local food, artisan crafts. Sherwood Library, 2501 Sherwood Hall Lane. Visit [www.fairfaxcounty.gov/parks/farmersmarkets/mtvernonmkt.htm](http://www.fairfaxcounty.gov/parks/farmersmarkets/mtvernonmkt.htm).

## THURSDAY/MAY 4

**First Thursdays.** 6 p.m.-dusk along Mount Vernon Avenue every Thursday through September. First theme is "Dog Days in Del Ray," and pet owners are encouraged to bring their dogs. Visit [www.visitdelray.com](http://www.visitdelray.com).

**Mariachi Band.** 6 p.m. at Spring Hills Mount Vernon Assisted Living, 3709 Shannons Green Way. West Potomac High School students formed a Mariachi Band and will perform for the seniors at Spring Hills Mt. Vernon Assisted Living the night before Cinco de Mayo. Visit [www.springhillsmountvernon.com](http://www.springhillsmountvernon.com).

**The United States Navy Band.** 7:30 p.m. at the Rachel M. Schlesinger Concert Hall and Arts Center at the Alexandria Campus, 4915 East Campus Drive. Free. Visit [www.navyband.navy.mil/](http://www.navyband.navy.mil/).

## MAY 4-5

**Disney's "High School Musical."** 7-10 p.m. at Mount Vernon High School, 8515 Old Mount Vernon Road. Mount Vernon High School Theatre Arts presents Disney's "High School Musical" with characters from the movie, plus some new friends, as they navigate first love, friends and family, their classes, and extracurricular activities. Visit [mvhstheatrearts.com](http://mvhstheatrearts.com).

## MAY 4-JUNE 11

**"Master Class" on Stage.** 7 p.m. at Metrostage, 1201 N. Royal St. Music direction by Joseph Walsh, featuring Ilona Dulaski as Maria Callas in Terrence McNally's valentine to "La Divina." Call 703-548-9044 or visit [www.metrostage.org](http://www.metrostage.org).

## FRIDAY/MAY 5

**Taste of Cinco de Mayo.** 6 p.m. at the Durant Arts Center, 1605 Cameron St. The evening will showcase Mexican food, music and dance. \$10 resident, \$15 non-resident. Call 703-746-5565, or visit [www.alexandriava.gov/Arts](http://www.alexandriava.gov/Arts).

**T.C. Williams Debate.** 6:30 p.m. at the Hermitage, 5000 Fairbanks Ave. AgendaAlexandria Topic: "A Formal Debate on Gun Control" featuring Victoria Peace and Jay Falk, members of the T.C. Williams High School Varsity Debate Team, coached by Laurel Taylor. Members \$37, nonmembers \$42. Email [agendaalexandria@aol.com](mailto:agendaalexandria@aol.com).

**Opening Reception.** 7-9 p.m. at the Del Ray Artisans Gallery, 2704 Mount Vernon Ave. In this "Speak Your Mind," exhibit, May 5-28, artists express the message of what they see, feel or think through art. Visit [www.DelRayArtisans.org/exhibits](http://www.DelRayArtisans.org/exhibits).

**Family Game Night.** 7-10 p.m. at St. James' Episcopal Church, 5614 Old Mill Road. Bring your favorite game and a snack to share. Call 703-780-3081 or email [office@stjamesmv.org](mailto:office@stjamesmv.org).

## SATURDAY/MAY 6

**Spring Art Market.** 10 a.m.-4 p.m. at Del Ray Artisans, 2704 Mount Vernon Ave. Del Ray Artisans' Spring Art Market showcases original



artwork from local artists in a wide range of mediums. Visit [www.DelRayArtisans.org/ArtMarket](http://www.DelRayArtisans.org/ArtMarket).

**Water Discovery Day.** 10 a.m.-2 p.m. at 1500 Limerick St. Water Discovery Day is a free, family-focused, community event that will give attendees the opportunity to go behind the water cycle scene to explore, learn and create through a series of hands-on activities. Visit [alexnew.com/](http://alexnew.com/).

**Java Jolt Lecture.** 10 a.m.-noon at Alexandria Archaeology Museum, 105 N. Union Street, #327. Jay Roberts will discuss his new book, "Lost Alexandria: An Illustrated

History of Sixteen Destroyed Homes in and Around Alexandria." Learn about the houses and their environs, as well as the owners and dwellers including Col. William Fairfax, Benjamin Hallowell, Portia Lee Hodgson, and John "Jacky" Parke Curtis. A book signing will follow the lecture. Email [archaeology@alexandriava.gov](mailto:archaeology@alexandriava.gov) or call 703-746-4399.

**Disney's "High School Musical."** 2 and 7 p.m. at Mount Vernon High School, 8515 Old Mount Vernon Road. Mount Vernon High School Theatre Arts presents Disney's "High School Musical" with characters from

## Painting Del Ray's Sidewalks

**On Saturday, May 13, La Bella Strada is taking over Del Ray, reviving the street painting tradition of Renaissance-era Europe. From 9 a.m.-3 p.m. on the sidewalks of Mount Vernon Avenue between Bellefonte and Hume avenues, community-based professional artists will create sidewalk paintings along Mount Vernon Avenue using chalk as an artistic medium. Visit [www.labellastradadelray.org](http://www.labellastradadelray.org).**

PHOTO COURTESY OF LA BELLA STRADA

the movie, plus some new friends, as they navigate first love, friends and family, their classes, and extracurricular activities. Visit [mvhstheatrearts.com](http://mvhstheatrearts.com).

**Meet the Author.** 4-5:30 p.m. at The Athenaeum, 201 Prince St. Meet author Fred Knops while he discusses his new book "Historical Tours: Alexandria, Virginia: Walk the Path of America's Founding Fathers." All profits from this book will be donated to Alexandria charities: ACT for Alexandria, The Alexandria Library, Christ Church and Boy Scout Troop 1515. Email [pamela.larson@actforalexandria.org](mailto:pamela.larson@actforalexandria.org) or call 703-739-

## ENTERTAINMENT

# 5 Dining Dates to Circle for May

BY HOPE NELSON  
THE GAZETTE

**F**rom Cinco de Mayo events to open-air parking-lot soirees to a pasta-and-beer pairing, May is teeming with foodie events around the city. Here are some of the month's top picks.

### Don Taco, 808 King St.

When it comes to Cinco de Mayo, you could do worse than celebrating at Don Taco. The Old Town taqueria and tequila bar will mark Friday's occasion with specialty tacos, drink specials, and – allegedly – sombreros. A live DJ will be on hand to provide the soundtrack for the evening; come ready to dance one moment and gorge on tacos the next.

### Port City Brewing, 3950 Wheeler Ave.

The city's most venerable brewer is getting into the Cinco de Mayo festivities as well with a release of Oscura, Port City's Mexican dark lager. From 3 to 10 p.m. on Friday, the brewery will celebrate the beer's debut as part of its new Lager Series. Give the brew a taste test, and while you're there, listen to a tune by Taylor Carson and grab a sandwich from the Big Cheese food truck out front.

### Junction Bakery and Bistro, 1508 Mount Vernon Ave.

The always-crowded café that serves as an informal entry point to Del Ray is hosting its first-ever "Parkin' Lot Party" on Sunday. The celebration of spring and fresh air takes place from 3 to 7 p.m. and will offer up picnic-friendly food and drink: Brats, ice cream sandwiches, and Port City beers will be plentiful. Bring the kids and your pup and stick around for live music and games.

### Hank's Pasta Bar, 600 Montgomery St.

Speaking of Port City (weren't we?), the brewery teams up with North Old Town's chic pasta eatery for Hank's inaugural "Beer Dinner" on May 13. The four-course, four-beer feast features beer and cheese mussels to start, two kinds of ravioli, and the restaurant's signature tiramisu to round out the pro-



Celebrate Cinco de Mayo at Don Taco, where you'll be treated to specialty tacos, a plethora of tequilas, and a live DJ.

ceedings, paired with such Port City favorites as Ways and Means and Colossal Five. The dinner is \$45 per person; reservations are recommended.

### Blackwall Hitch, 5 Cameron St.

Looking to treat Mom to a little something special for Mother's Day? Blackwall Hitch has you covered. On May 14, the waterfront restaurant is hosting a brunch from 10 a.m. to 3:30 p.m., offering up a host of dishes from chicken and waffles to a carving station to a plethora of other brunch favorites. The celebratory brunch is \$39.99 per person; reservations are recommended.

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

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## CALENDAR

7778.

**Hyland Humanitarian Award.** 6 p.m. in the Madison Building Atrium, U.S. Patent & Trademark Office, 600 Dulany St. Celebrate Honorary Co-Chair Gerry Hyland, Former Supervisor, Mount Vernon District Fairfax County, with the inaugural Gerald W. Hyland Humanitarian Award. Event emcee will be David Culver, NBC4 News4 Reporter. Visit [www.ucmagency.org](http://www.ucmagency.org).

**Country-Western Dance.** 6-9:30 p.m. at Lincolnia Senior Center, 4710 N. Chambliss St. The Northern Virginia Country-Western Dance Association event. NVCWDA members \$10; non-members \$12; children under 18 accompanied by a paying adult \$5. Visit [www.nvcwda.org](http://www.nvcwda.org) or call 703-860-4941.

**Seminary Organ Concert.** 7:30 p.m. at Immanuel Chapel at Virginia Theological Seminary, 3737 Seminary Road. Featuring organists Julie Vidrick Evans, Michael Lodico, and Benjamin Straley. Music of Bach, Duruflé, Langlais, Persichetti, Phillips, Sowerby, and Wammes. Free. Email [clm@vts.edu](mailto:clm@vts.edu), or call 703-461-1792.

### SATURDAY-SUNDAY/MAY 6-7

#### Revolutionary War Encampments.

Various times at George Washington's Mount Vernon. Meet more than 300 hundred Revolutionary War military re-enactors, learn more about life in the 18th-century, discuss military techniques, and watch battle re-enactments. Visit [www.mountvernon.org/revwar](http://www.mountvernon.org/revwar).

### SUNDAY/MAY 7

**Wetlands Awareness Day.** noon-4 p.m. at Huntley Meadows Park, 3701 Lockheed Blvd. Wetlands Awareness Day takes on new meaning this year as Huntley Meadows Park is honored with the Governor's Environmental Excellence Award Gold Medal for its successful wetlands restoration project. Call 703-324-8662 or email [parkmail@fairfaxcounty.gov](mailto:parkmail@fairfaxcounty.gov).

**Meet the Artist.** 2-4 p.m. at Printmakers Inc., Studio 325 (third floor) of the Torpedo Factory Art Center, 105 N. Union St. A one-artist show of etchings, lithographs, monotypes, paintings and ceramics by Alexandria and Loudoun artist Avis Fleming, opens May 1-June 28. Call 703-683-1342.

**Choral Arts Society of Washington.** 5-7 p.m. at The Athenaeum, 201 Prince St. Join Scott Tucker, the conductor of the Choral Arts Chamber Singers for Music for Chamber Voices. 4:30 p.m. reception, wine and cheese served. \$40. Visit [www.nvfaa.org](http://www.nvfaa.org) or call 703-548-0035.

#### Joe Crookston and Villa Palagonia.

7 p.m. at the George Washington Masonic Memorial, 101 Callahan Drive. \$18 in advance at [www.focusmusic.org/buy-tickets](http://www.focusmusic.org/buy-tickets) and for members, \$20 at the door.

### MONDAY/MAY 8

**Bottled Water Protest.** 7-10 a.m. at the International Bottled Water Association, 1700 Diagonal Road. Friends of Little Hunting Creek and partner organizations have planned this protest. Visit [www.accotink.org](http://www.accotink.org).

**Seniors Only Golf Tournament.** 8 a.m. at Greendale Golf Course, 6700 Telegraph Road, Alexandria. Prizes for first and second place in each division and closest-to-the-pin. \$45. Call 703-971-6170.

**Community BBQ.** 6-8:30 p.m. at Alexandria Waterfront, Vola's Dockside Grill & Hi-Tide Lounge, 101 N. Union St. ACT for Alexandria's fourth annual community BBQ. ACT for Alexandria is a community foundation that seeks to turn ideas into action and resources into results. \$50, children eat free. Visit [www.actforalexandria.org](http://www.actforalexandria.org).

### TUESDAY/MAY 9

**History Lecture.** 6:30 p.m. at The Lyceum 201 S. Washington St. Dr. John Maass Speaks on George Washington's Virginia. \$10. Visit [www.alexandriava.gov/Lyceum](http://www.alexandriava.gov/Lyceum) or call 703-838-4994.

### WEDNESDAY/MAY 10

#### Mount Vernon at Home Fundraiser.

4:30-7 p.m. at George Washington's River Farm, American Horticultural Society, 7931 E. Boulevard Drive. Visit [www.mountvernonathome.org](http://www.mountvernonathome.org).

**Nature Lecture.** 7 p.m. at Huntley Meadows Park Visitors Center, 3701 Lockheed Blvd. The Friends of Dyke Marsh presents a talk on "Forest Communities and Geology in Northern Virginia." Call 703-768-2525.

### THURSDAY/MAY 11

**Tory Cowles Sculptures.** 5-8 p.m. in the Torpedo Factory Art Center, Studio 7, 105 North Union St. Cowles turns old roofing, electrical wires, and found objects into something unpredictable. Visit [ToryCowles.com](http://ToryCowles.com) or call 240 793-5425.

**Gardening Lecture.** 7:30-9 p.m. at Green Spring Gardens, 4603 Green Spring Road. Nancy Lawson gives a talk on "The Humane Gardener: Nurturing a Backyard Habitat for Wildlife." Call 703-642-5173.

SEE CALENDAR, PAGE 24

# SHOP LOCAL FIRST

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# ENTERTAINMENT

FROM PAGE 22

**Meet the Author.** 6:30 p.m. at Lloyd House, 220 N. Washington St. Join Alexandria historian Jay Roberts as he shares research from his newest publication, *Lost Alexandria*. Visit [www.alexandriava.gov/historic/lloyd/](http://www.alexandriava.gov/historic/lloyd/) or call 703-746-4554.

**The Cat Jam of Bluegrass music.** 7:30-10 p.m. at the Franconia Moose Lodge, 7701 Beulah Street. The Mount Vernon Evening Lions Club hosting local musicians donate their time and talent for charity. Proceeds will go to support a lunch program for local homeless people. Free, donations accepted. Call 703-339-7099 or email [rebamorse@aol.com](mailto:rebamorse@aol.com).

**FRIDAY/MAY 12**

**Honoring Our Mothers with Poetry.** 6-8 p.m. at Durant Arts Center, 1605 Cameron St. Local poets will read poetry that celebrates and honors mothers. The reading is hosted by Wendi R. Kaplan, Poet Laureate, and the Office of the Arts, City of Alexandria. Call 703-746-5560.

**Blessed Sacrament Piano Performance.** 8 p.m. at Blessed Sacrament Catholic Church, 1427 W. Braddock Road. John McCrary, director of music at Blessed Sacrament, will perform a program including the Sonata, Op. 101 by Beethoven and the Ballad in A Minor, Op. 28 by Chopin. Free, donations accepted. Email [mcushmac@comcast.net](mailto:mcushmac@comcast.net) or call 703-548-1176.

**SATURDAY/MAY 13**

**Car Boot Sale.** 8 a.m.-noon at St. Luke's Episcopal Church, 8009 Fort Hunt Road. A British style car boot

sale. Similar to a yard sale but items are sold from the trunk or "boot" of a car. \$20 to rent a parking spot, free to attend, open to the public. Email [mcmillan23@cox.net](mailto:mcmillan23@cox.net).

**Street Painting Festival.** 9 a.m.-3 p.m. on the sidewalks of Mount Vernon Avenue between Bellefonte and Hume avenues. The Del Ray Montessori School will hold the second annual "La Bella Strada: An Italian Street Painting Festival" where more than 20 local artists will create large chalk paintings along the sidewalk. Visit [www.labellastradadelray.com](http://www.labellastradadelray.com) or email [info@labellastradadelray.com](mailto:info@labellastradadelray.com).

**Heroes for Moms Blood Drive.** 10:30 a.m.-3 p.m. at the Alexandria Beatley Library, 5005 Duke St. Mother's Day weekend for a blood drive and maternal health awareness event dedicated to saving the lives of mothers. Visit [heroesformoms.com](http://heroesformoms.com).

**Celtic Spring Fling.** 3-7 p.m. at St. Aidan's Episcopal Church, 8531 Riverside Road. Games, crafts, food and drink, plenty of music and dance, face painting, and corn hole tournament. Email [MBartel@bartelassociates.com](mailto:MBartel@bartelassociates.com) or call 703-548-4250.

**Beethoven's Monumental Piano Concerto.** 7 p.m. at the Rachel M. Schlesinger Concert Hall and Arts Center, 4915 E. Campus Drive. Featuring keyboard artist Todd Fickley, and Mozart's Coronation Mass (Krönungsmesse), with orchestra. Soloists for the Mozart will be the winners of the 2016 Choralis Young Artists Competition: Abby Middleton, soprano; Elizabeth Sarian, alto; Patrick Kilbridge, tenor; and Benjamin Curtis, baritone. \$40-50; ages 23-29, \$20; 13-22, \$5; 12 and younger, free. Visit [www.choralis.org](http://www.choralis.org).

# McNally's Valentine to 'La Divina'

BY CAROLYN GRIFFIN  
PRODUCING ARTISTIC DIRECTOR, METROSTAGE

**M**etroStage loves to showcase actors. In fact our legal incorporated name is American Showcase Theatre Company Inc., and since 1984 one of our primary missions has been choosing work that showcases actors who then in turn will transport our audience. This production of "Master Class" is no exception. We are delighted to welcome Ilona Dulaski, making her MetroStage debut as Maria Callas in Terrence McNally's valentine to "La Divina"

## NOTES FROM THE PRODUCER

and his love of opera. Ilona is a much loved actor in this town and has played major roles in theatres all over the D.C. metro area as well as regionally. And now joining Ilona on stage in this master class, inspired by the master classes that Callas held at Juilliard in 1971, are three students, all representing the very fine music departments in our area universities: University of Maryland, Catholic University and George Mason University.

In "Master Class" you will be treated to the remarkable story of Maria Callas and her life as an artist, her art form that is opera, her career highlights and troubles, and her personal life which may



PHOTO BY CHRIS BANKS

Ilona Dulaski as Maria Callas.

certainly impacted her audience with the power of her emotions and artistry and this "master class" will enrich her young students and our audiences as well.

"Master Class," May 4-June 11, MetroStage, 1201 North Royal St. [www.metrostage.org](http://www.metrostage.org)

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Mount Vernon Gazette

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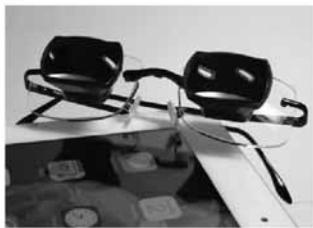
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## Announcements

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# OPINION

## Primary Considerations

FROM PAGE 10  
tunities to succeed as he had.

In-person absentee voting began April 28, at the Fairfax County Government Center and is available Monday, Tuesday, Wednesday and Friday from 8 a.m. to 4:30 p.m. Thursdays 8 a.m. to 7 p.m. and Saturdays April 29, June 3 and June 10 from 9 a.m. to 5 p.m.

There will be satellite locations

### LETTER TO THE EDITOR

FROM PAGE 10  
home to frogs, lizards, birds and insects that rely on that habitat to survive." They further describe it as a "vernal pool" and describe what occurs there in the warmer months: "a symphony of frogs can be heard in the evenings and children can be found wading in the water, identifying tadpoles and chasing skinks." Thank you Ms. Jefferies and Ms. Whitaker for confirming the existence of the standing water and the close proximity of children to it.

Ms. Jefferies and Ms. Whitaker conclude by disagreeing with my suggestion and suggesting that the "wellbeing of this community" be considered when making decisions as to what to do with the dirt pile.

D.S. Katzer asserts that I have presented no evidence that the area in question is, in fact, a likely breeding ground for mosquitoes or a serious health concern that can cause harm to children. Katzer "would be adamantly opposed" to spreading the dirt over the park proclaiming that there is "no demonstrated need to do so."

It frankly astounds me when people favor animals over children and profess ignorance about obvious health concerns. The Federal Centers for Disease Control have well established the correlation between standing water and the breeding and proliferation of mosquitoes that spread serious diseases including but not limited to the Zika virus. See

<https://blogs.cdc.gov/>

### Correction

In last week's caption for the "8th Annual Jesuit Rugby Classic," the date of the competition was in-

at Mount Vernon Government Center and Lorton Library from 9 a.m. to 5 p.m. on June 10.

Additionally, you may request an absentee ballot and vote by mail at any time. Your ballot must be received by the Office of Elections by Election Day, June 13, by 7 p.m. The deadline to apply for an absentee ballot is 7 days prior to the election at 5 p.m.

[publichealthmatters/2016/03/zikaandwater/](http://publichealthmatters/2016/03/zikaandwater/)

The Fairfax County website gives examples of standing water that create breeding grounds for mosquitoes and provides suggestions for eliminating them. See

<http://www.fairfaxcounty.gov/hd/westnile/wnveliminate.htm>

People who want to observe frogs, salamanders, ducks, geese and other wild animals can easily visit Huntley Meadows Park, Dyke Marsh or Riverside Park among others where those species thrive far away from any school. The small park to the left of Stratford Elementary School is not the only habitat for these animals and rendering that park mosquito-free will not decimate any species.

Sometimes basic common sense trumps environmental activism. Allowing a breeding ground for mosquitoes to remain next to an elementary school for which we are investing \$25 million in a restoration will continue a clear and present danger to the health and well-being of the children attending that school. Which is more essential to the "wellbeing of this community," saving a small habitat for a few wild creatures or preserving the health and safety of a large number of young children?

As far as I am concerned, what our elected officials decide to do with this issue is a clear test of their judgment and competence, or utter lack thereof.

**H. Jay Spiegel**  
Mount Vernon

correct. It was Sunday, April 23. The photo should have been credited to Patrick Malone.

### SCHOOL NOTES

Email announcements to [gazette@connectionnewspapers.com](mailto:gazette@connectionnewspapers.com). Deadline is Thursday at noon.

**William J. Pike**, of Alexandria, graduated from the L. Douglas Wilder School of Government and Public Affairs at Virginia Commonwealth University (Richmond, Va.). He earned a Bachelor of Science de-

gree in urban and regional studies on December 10, 2016. Pike, the son of John and Sherri Pike, graduated from West Potomac High School.

**Sean Franklin** of West Potomac High School was awarded a National Merit Southwest Airlines Co. Scholarship. He plans to study urban-city planning.

## Hear Ye, Hear Ye

By KENNETH B. LOURIE



I can hear ye and I can see ye. And I don't need life insurance to pay for the cost of my funeral, and neither do I need supplemental insurance to co-pay my Medicare coverage. These are both solicitations/direct mail pieces I've received in my mailbox in the last week. I can't help but wonder why? Have I gotten older before my very eyes without regard to my actual age? Have I somehow become a qualified applicant without realizing the consequences of my living so many years beyond my original "13 month to two-year" prognosis? (I always place quotation marks around my prognosis as an indication of its having been said by my oncologist, and as a bit of a dig since here I sit and write eight years and two months post diagnosis.) Or do the people sending the direct mail pieces know something about me, my household and my neighborhood that I don't?

Not that I really want to think too deeply about why I've been bombarded with these presumptive age-sensitive solicitations but, the piling-on effect of the past two weeks has stoked my embers. It's not as if being target-marketed burns me up or increases the temperature under my collar, but it does cause me to think and consider; always dangerous. As Moe Howard of The Three Stooges said to brother Curly in a typical two-reeler story line: "Every time you think you weaken the nation."

I wouldn't say the onslaught has been at all equivalent to the volume mailboxes see in the weeks leading up to an election, however. The materials I've received lately have felt more personal than the usual and customary ones that arrive before an election promoting a candidate, a cause or an amendment. Those political pieces merely wanted my vote. The pieces I've received of late wanted my life. Not literally of course. But they want me, not exactly a pound of flesh, but more than a piece of paper (computer entry, actually).

I haven't had the opportunity as yet to speak with any of my neighbors to find out if the entire neighborhood was similarly solicited or was it just yours truly, the cancer patient whose survival has raised a marketing flag? I mean, with all the hacking/unauthorized access to phone numbers, addresses, bank accounts, Social Security numbers and private medical information, I don't suppose it's beyond a hacker's reach to secure lists of "terminal" (I also put quotation marks around "terminal" because again, it's how my oncologist described me in late February 2009, and as yet another dig because I've lived so long beyond "terminal") patients who quite frankly might be more open to/in need of and sensitive about certain conditions/situations/circumstances not necessarily characteristic of the general population.

Or maybe these direct mail pieces had nothing to do with me (I'm not a narcissist, really; just sort of writing for semi bemusement), but are simply modern-day equivalents of the old town crier – without the bell? But with a similar goal: to reach as many people as possible, hopefully under favorable circumstances, not in the square, but rather in the privacy of their own homes.

Naturally, I tossed all of it. I didn't take offense though, nor am I the least bit defensive about it having landed IN MY MAILBOX. It's simply sound marketing. Find a neighborhood/zip code with the demographics that match your product and voila, a connection is made, supposedly. No connection here however, merely fodder once again for a column. (Besides, I have life insurance and I'm too young for a "med supp".)

**Editor's Note:** Learn more about Kenny and his adventures in life (and life with cancer) online at [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com).

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

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**-Werner Heisenberg**

Good is not good, where better is expected.

**-Thomas Fuller**

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## BULLETIN BOARD

### FROM PAGE II

Dance, Hula Hoop Class and African Style Dance. The Mount Vernon Adult Day Health Care Center needs front desk volunteers, an Art Instructor to teach water colors and acrylics and Social Companions.

The Lincolnia Senior Center in Alexandria is looking for Instructors for the following classes: Jewelry Making, Knitting/Crochet, Zumba, Yoga/Matwork, Aerobics and needs Front Desk Assistance.

### THIRD MONDAY OF THE MONTH

**Mobile DMV.** 9 a.m.-4 p.m. at Sherwood Hall Library. Two programs, DMV Connect and DMV 2 GO, will provide full DMV service to the Route 1 area. At the Sherwood Hall service centers, customers can apply or renew their ID cards, drivers licenses, take road and knowledge tests, apply for special ID cards, get copies of their driving records, obtain vehicle titles, license plates, decals and transcripts, order disabled parking placards or plates, purchase an EZ-Pass transponder and more. A full list of services is available at [www.dmv.virginia.gov](http://www.dmv.virginia.gov).

### TUESDAY/MAY 9

**Medicare 101.** 7-8:30 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane. Offered by Fairfax County. Find out more at [www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm) or call 703-324-5851, TTY 711.

### WEDNESDAY/MAY 10

**South Flow Alliance.** 7-9:30 p.m. at Walt Whitman Middle School, Lecture Hall, 2500 Parkers Lane. South Flow Alliance Community Action Meeting. Visit [www.fairfaxcounty.gov/mountvernon/](http://www.fairfaxcounty.gov/mountvernon/) for more.

### SATURDAY/MAY 13

**Community Shred.** 9 a.m.-noon at Mount Vernon District Police Station, 2511 Parkers Lane. Shred unwanted paper items. Visit [www.fairfaxcounty.gov/mountvernon/](http://www.fairfaxcounty.gov/mountvernon/) for more.

### MONDAY/MAY 15

**Town Hall Forum in Gum Springs.** 7 p.m. at Bethlehem Baptist Church, 7836 Fordson Road, Gum Springs. U.S. Rep. Don Beyer will hold a Town Hall forum — Your Voice Matters — which replaces the Know Your Rights forum that was cancelled on March 13 due to inclement weather. The Town Hall may cover any concerns or questions you may have on any topic to include current events and your rights. Register for this event at [www.eventbrite.com/e/your-voice-matters-tickets-33438499452](http://www.eventbrite.com/e/your-voice-matters-tickets-33438499452).

### ONGOING

**Art Making as Meditation.** 7-8:30 p.m. St. Aidan's Episcopal Church, 8531 Riverside Road. Art making as meditation can be an active form of contemplative practice. Each session begins with a short reading and a brief introduction to materials. Silence for making and meditation lasts an hour followed by sharing images or insights gained through the process, if desired. Children able to participate in silence are welcome to come with a parent's quiet supervision. RSVP not necessary for attendance, but helpful for planning purposes. Call 703-360-4220, email [info@centerforspiritualdeepening.org](mailto:info@centerforspiritualdeepening.org) or visit [www.staidansepiscopal.com/Center-for-Spiritual-Deepening](http://www.staidansepiscopal.com/Center-for-Spiritual-Deepening).

### SUPPORT GROUPS

#### Peer Facilitated Mental Health Support

**Group** 6:30-8:30 p.m. Thursdays at the Gartlan Behavioral Health Center, 8119 Holland Road. Facilitated by trained peers with lived-experience dealing with mental health challenges. 571-414-9072 [sharonmartinbsa@yahoo.com](mailto:sharonmartinbsa@yahoo.com)

**Family Support Group.** 7 p.m. on the second and fourth Wednesdays of the month at Gartlan Center, 8119 Holland Road. Opportunity for discussion, information and support for families with members experiencing symptoms of mental illness. Professionally facilitated. Program varies, may include guest speakers, movies. Pre-registration is appreciated, but not required. Free. For more information contact Nga Nguyen at 703-799-2726, TTY 711.

5

# VIRGINIA

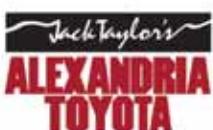
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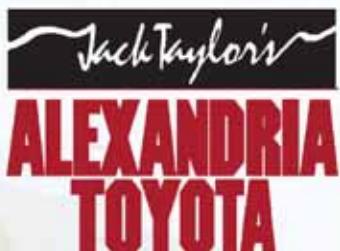
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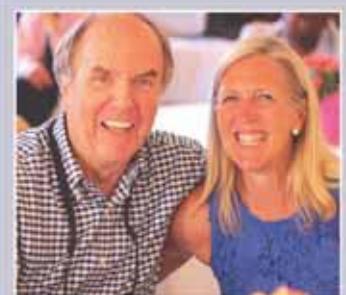
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open floor plan, high ceilings, upgraded trim detail, large kitchen w/ granite & gas cook top, stunning master suite w/luxury bath,

finished lower level w/ walk out. Custom deck overlooks private

yard. Remarkably reasonable price for neighborhood!



9321 Allwood Dr.  
\$659,000  
Classic Cape Charmer!  
Traditional character with fabulous updated amenities. Features include: 4 BR's, 4 Full Baths, large room

sizes, open floor plan, updated kitchen and baths, Hardwood floors, main level bed/bath, and light filled sun room. Custom two tiered deck overlooks gorgeous park like .5 acre grounds. Exceptional value!



9305 Forest Haven Dr.

Walk to Potomac!

Character abounds! Classic cape incorporates dramatic light filled interior with charm & character of original home. Spacious glass sun room, gorgeous hrdwd firs, skylights, updated base, replacement windows, & garden room with hot tub accessed from master by spiral staircase. Prime location on gorgeous .5 acre lot with access to Mount Vernon Yacht Club and Potomac River.



9504 Lynnhall Pl.

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High ceilings, glass window walls, exquisite trim work, open floor plan, two story family room with stone fireplace, library on main level with full bath attached would make excellent master, oversize 2 car garage, fenced grounds with custom pool, decks and patios.



3711 Great Neck Ct.  
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8516 Wagon Wheel Large Rambler!

Forget the stairs - all main rooms on one level. Spacious rambler with bright open floor plan. Major features include: updated kitchen with granite, gas cook top and custom cabinets, family room with fireplace off kitchen, gorgeous hardwood floors, brand new roof and driveway. Large deck overlooks huge fenced rear yard. Attractively priced!



4220 Adrienne Dr.  
\$510,000  
Great Value!  
Spacious rambler on half acre lot backing to conservation area. Numerous features include large rooms, open floor plan, three bedrooms on main level including master suite, updated kitchen cabinets, updated granite counter top, fully finished walk out lower level, and covered parking. 24"x11" deck overlooks private rear grounds and creates shaded oasis below.



9419 Mt. Vernon Cir  
\$998,500



4301 Adrienne Dr.  
\$609,900



9027 McNair Dr.  
\$585,000



4325 Adrienne Dr.  
\$615,000



5427 Grist Mill Woods Way  
\$899,000



4601 Cornwallis Ct.  
\$475,000



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