Walking into the Future
West Potomac High School graduates file out with diplomas in hand and smiles all around. See story and photos, page 3.

By Gerald A. Fill
The Gazette

A
approximately 18 months ago, Dan Storck, a veteran Fairfax County School Board member, was elected to a 4-year term of office to replace retiring Mount Vernon District Supervisor Gerry Hyland. Looking back and ahead as he gets ready to take a brief summer break, Storck responded to questions about what he has accomplished and what is ahead for the district and for him as he approaches the halfway mark of his first term. Although the job is by all accounts full time, Storck juggles the schedules of two full-time jobs. In addition, he schedules constituent time daily, and regularly schedules time for constituents in the evenings and on weekends. “I am a 24-7 kind of guy. I love my supervisor interactions with the community,” he said.

What was it like to replace a seven-term supervisor?
“Gerry Hyland’s leadership on so many issues and for so long set a high standard of community engagement and involvement,” Storck said. “As a result, the highly involved district residents are renowned around the county. I share the commitment and values of an involved community and am working hard to build on this legacy. I have added more frequent traditional and social media meetings and communications; longer office hours and more outreach locations.”

After his election, Storck says he prepared a plan of action along with steps to enact that plan. “I implemented a 2016-2019 plan with specific outcomes. We are on schedule to achieve them. The key steps for achieving these plans initially included staffing, relationship building, communications,

and funding.”

He detailed the key challenges of his first term: “Increase and accelerate infrastructure and people development; having the Mount Vernon community recognized for the quality of life that it has enjoyed, and the unique historic place that it is. I have hired the staff, greatly expanded communications, including expanded office hours and my availability and presence at community meetings, set up district groups, and appointed representatives to lobby for the resources we need for development funding.”

What has most surprised him as supervisor?
“The breadth and depth of issues about which residents need our assistance or want to share their concerns,” he said. “We have over 120,000 residents in Mount Vernon district” with the inevitable debates about urbanization and change “coming to the area at an accelerated pace. Therefore, there is a considerable need to be on top of the issues facing Mount Vernon on a continuing basis.”

What’s being done about airplane noise?

See What’s Ahead, Page 13
Alexandria trusts
McEneaney Associates

Mount Vernon Gazette
June 29 - July 5, 2017 www.ConnectionNewspapers.com

Alexandria
$759,900
Charming stone exterior, this 4-bedroom, 2-bath Colonial is filled with natural light. Enjoy delightful garden views, main level bedroom & full bath, a patio for entertaining & lower level awning to your vision. thegoodhartgroup.com/listings/2605-ridge-road/
Sue & Allison Goodhart 703.362.3221 www.thegoodhartgroup.com

Old Town
$947,900
Fabulous renovation of a 2-bedroom, 2.5-bath, semi-detached home. Modern finishes with vintage flair. Cook & entertain in the open kitchen, relax in family room or private yard, retreat to the luxurious master suite. Walk to shops, restaurants, Whole Foods, & Metro.

Del Ray
$1,299,000
A relaxing porch greets you at the door to this 3-level, 3,000+ SF, 6-bedroom, 4-bath home. Luxury kitchen with open spaces. Beautiful hardwood floors, spacious bedrooms, and just a few blocks to “The Avenue.”
David Rainey 703.286.1333 www.YourAtlHomeTeam.com

Old Town Alexandria
$1,799,000
Zoned Residential/Commercial - Elegant & grand c1810 home built by an early Alexandria ship captain. 10-foot ceilings, original random-width pine plank flooring, custom built-ins, transoms, fabulous natural light, walled, private garden, 830 Prince St.
Joan Shannon 703.507.8855 www.JoanHome.com

Braddock Heights
$715,000
Classic home featuring a traditional layout with a semi-open kitchen & sunroom addition, 3 bedrooms upstairs & lower level rec room with additional storage & a full bath. Walk-out to the deck & level backyard. Visit: www.associationhomes.com/2504braddockmills/Jessica Richardson 703.864.3438 www.JessicaRichardson.com

Vauxxleuse
$799,000
WOW! Vaulted ceilings, open spaces, new windows, roof & HVAC. 3 sets of sliding glass doors lead to the private patio, back yard & 2-car garage. 2 master suites & first floor family room, an enormous basement with rec room, game room & wet bar.
Robin Arnold 703.966.5457 www.robinarnoldoldsellts.com

Old Town Alexandria
$775,000
Park your car and walk to King St Metro, Whole Foods, shops and restaurants. 3-bedroom, 2.5-baths, 2 secure parking spaces, private brick patio, wood floors, fireplace, gourmet kitchen, plantation shutters. Significant price adjustment 3005 S West Street
Margaret Benghauser 703.989.6961 www.mbenghauser.com www.fischeralletestate.com

Cameron Station
$829,900
Rare opportunity to own this incredible 3-bedroom, 3.5-bath Stonehurst model townhouse! Two gas fireplaces, chef’s kitchen, two private decks, master bedroom with upgraded bath and loft, lower level rec room, separate office, and 2-car garage.

Arlington
$365,000
Popular Colonial Village 2-bedroom condo. Treetop courtyard, fully upgraded, rear foyers entrance, stainless, ceramic recessed lighting, upgraded windows, walk-in closet, extra storage. Walk to Court House, Roslyn, and great restaurants.
Nick Kuhn 703.671.3225 www.NickKuhn.com

Alexandria
$799,500
This home has it all - location, updates, space & charm! Featuring 4 bedrooms & 3.5 baths, an upper level addition, a 2-story foyer, high ceilings, 2 gas fireplaces, & a beautiful master suite with ensuite bath. thegoodhartgroup.com/listings/408-cloverway/
Sue & Allison Goodhart 703.362.3221 www.thegoodhartgroup.com

Hollindale
$925,000
Original owners have lovingly maintained this mid-century, award-winning, custom Deck House with 5-bedrooms, 3-baths, sitting on 1+ acre with pool. Hardwood floors adorn the main level. Lots of windows and light with custom treatments. Large screened porch.
Chris Hayes 703.944.7737 Gordon Wood 703.447.6138

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West Potomac Graduates Bid Farewell

By Mike Salmon
The Gazette

It’s on to another chapter in the lives of West Potomac High School graduates, as they crossed the stage at George Mason University on June 21, with smiles and waves as family and friends looked on.

“It’s off to the great, maybe not so great world of adulthood,” said Martha Gallagher, the senior class president, sharing the stage with school officials, Mount Vernon Supervisor Dan Storck, state Sen. Scott Surovell and Del. Paul Krizek.

“Soon enough our class will be made of world leaders, engineers, teachers and more,” Gallagher said.

Dale Rumberger, the interim principal, spoke highly of Gallagher, noting that he wouldn’t be surprised if she ended up in the White House someday. “By knowing members of the graduating class, I have been changed for the good,” he said, before the West Potomac High School music department started playing “For Good,” by Stephen Schwartz.

It was then graduate speakers Liz Brodie, Melany Bohorquez and Xavier Kimes turn at the microphone. “Stop counting for a moment,” said Brodie, “and realize how far we have come,” she said. Xavier Kimes counted though, noting that there were 1,440 minutes in a day to “take time to enjoy ourselves,” he said.

The Outstanding Faculty award went to Dana Hubbard and the Outstanding Student went to Darlyn Arleny Matamoros Umana.

Rumberger remembered when he transitioned into adulthood, and shared a few words his father had for him years ago. “Don’t mess up, he didn’t get much deeper than that,” he said.

On July 5, Rumberger will no longer be the interim principal at West Potomac and Tanganyika Millard will take over as permanent principal.

As the band went into “Pomp and Circumstance” again, it was time for the 545 students in the graduating class to shake hands and get the diploma before the parties, beach trips and summer jobs begin.

Charles Baker is heading down to the Florida Keys to work at “Dolphins Plus,” a family business working with dolphins. “Pretty much be assigned one dolphin, feed it and train it all summer,” he said.

Senior class president Martha Gallagher is going on a European trip with some of the faculty, while Anna Ustun will work at a children’s camp in West Virginia teaching wildlife before heading to Virginia Tech in the fall, where her sister Emily goes.

“We’ll be conquering the world together at Virginia Tech,” Emily Ustun said.

The story behind the graduation hymn “Pomp and Circumstance.”

❖ Sir Edward Elgar composed “Pomp and Circumstance” in 1901.
❖ The title comes from a line in Shakespeare’s “Othello” (“Pride, pomp, and circumstance of glorious war!”)
❖ First used for the coronation of King Edward VII.
❖ It first became associated with graduations in 1905, when it was played as Elgar received an honorary doctorate from Yale University.
❖ It was played as a recessional, not as a processional, at the ceremony.

Source: National Public Radio
New Listing

Alexandria
$460,000
Sandy McConville 703.402.1567

Open Sunday
PTA Launches Enrichment Initiative

STEAMing through the end of the year.

To keep students excited and to provide enriching, educational instruction up until the last day of school, the Stratford Landing Elementary PTA worked with teachers and administration to create the school’s first STEAM Week initiative June 12-16. STEAM stands for Science, Technology, Engineering, Art and Math.

Students on each grade level were challenged with one driving question, such as first grade, which examined the effects school construction has had on the planet. Lily Rasser, third grader, examines a wasp nest.

Third graders get a hands-on lesson at the Touch the Sea ocean tanks.

Students on each grade level were challenged with one driving question, such as first grade, which examined the effects school construction has had on the planet. Lily Rasser, third grader, examines a wasp nest.

Third graders get a hands-on lesson at the Touch the Sea ocean tanks.

Maggie Hosek, first grader, learns about the qualities of beeswax.

Stratford Landing has many local groups and businesses who continue to support the school, not only through fundraising efforts, but also through such enriching activities. “We are blessed to be surrounded by people who want to help us bring the world to our students. We know they learn differently through hands-on activities, presenters, and demonstrations and we couldn’t pull this week off without their help. From the American Horticulture Society to Hangar Prosthetics to ZGF Architects to the U.S. Geospatial Intelligence Foundation, Under the Sea, Huntley Meadows Nature Center, ChildTech, and parents who work at NASA, we were able to provide a lasting learning experience,” said Sara Jefferies, one of the parent organizers.

Correction

In “Bidding Farewell to Mount Vernon High School” [The Gazette, June 22] the school should have been referred to as the home of the Majors, not the Bulldogs.

The SoberRide code is valid for the first 1,500 Lyft users who enter the code. Visit www.soberride.com.

VOLUNTEERS NEEDED

Contact Volunteer Solutions at 703-324-5406, VolunteerSolutions@fairfaxcounty.gov or volunteer.solutions@fairfaxcounty.gov.

The Gum Springs Senior Program is looking for a Line Dance Instructor. See BULLETIN, PAGE 14.

For more information: www.RexReiley.com

Each Office: Independently Owned and Operated
Killing the Poor to Pay Millionaires

Even employer provided insurance would suffer. Coverage caps and exclusions of pre-existing conditions could return.

The U.S. Senate bill to repeal the Affordable Care Act would take more than $600 billion (yes with a B) from poor children, poor elders and people with disabilities to give a tax cut to people who make more than $200,000 a year. Households with income of $1 million, would gain $50,000 in tax cuts per year. It is a massive transfer of wealth to the wealthiest households in America taken from the most vulnerable and neediest people. It would lead to more sick people and thousands of preventable deaths every year.

While much of the damage is done by massive cuts to Medicaid, affecting poor children, people with disabilities and most people in nursing homes, some of the changes will result in damage to the quality of insurance for those who get their insurance from their employers as well.

What could go wrong?

❖ Millions of people lose their health insurance — 22 million fewer would have health insurance by 2026 according to the Congressional Budget Office analysis.

❖ Loss of coverage for pre-existing conditions, including cancer survivors, people who had transplants, people with asthma, arthritis, high cholesterol, hypertension, obesity, mental health issues, ADD, etc.

❖ States could opt out of the law’s essential health benefits measure, which requires insurers to cover 10 main benefits, including hospitalization, prescription drugs and other services. That is, companies could sell health insurance that wouldn’t actually be health insurance.

❖ Ending annual and lifetime coverage caps would also impact people who get health insurance from their employers and the private insurance market. For example, a serious accident or an illness that requires repeated surgeries or bone marrow transplants could put any one of us over the coverage cap.

❖ Medicaid pays public schools for many services for special education students, but the Senate bill removes schools from eligible Medicaid providers, costing Virginia an estimated $40 million annually; $3 million in Fairfax County; $2 million in the City of Alexandria. ❖ $800 billion plus in cuts to Medicaid puts the funding for most people who are currently in nursing homes at risk. Many of these are people who were middle class and but outlived their savings and coverage.

❖ In Virginia, the proposed changes to Medicaid would cost the state $1.4 billion over seven years.

❖ Medicaid pays for much of the fight against opioid addiction, including treatment. Cuts would be devastating to efforts to counter the wave of overdose deaths and other effects of addiction.

❖ Coverage for mental health treatment, including addiction treatment, is threatened both by cuts to Medicaid and by changes in the private insurance market.

❖ There will be greater need for Medicaid over time. More seniors will be poor, as fewer people who are retiring have pensions or adequate retirement savings. The demand for nursing home beds will be increasing as the population ages.

(This is by no means a comprehensive list of problems.)

If a version of the Senate bill were to pass, the results will be harmful to tens of millions of Americans. Call your senators. Virginia’s U.S. Senators, Tim Kaine and Mark Warner, are both Democrats in the forefront of pushing back against this bill. But let them know you expect them to do the extraordinary to hold this up. Call the senators listed below and tell them to vote against it.

Ask family and friends to call their senators today.

If you have family or friends who live in West Virginia, Louisiana, Maine, Nevada, Alaska or Ohio, their calls are especially important. Senators Shelley Capito (R-WV); Bill Cassidy (R-LA); Susan Collins (R-ME); Dean Heller (R-NV); Lisa Murkowski (R-AK); Rob Portman (R-OH) are among those reported to be possible opponents of this proposal. The U.S. Capitol Switchboard number is 202-224-3121, and a switchboard operator will connect you directly with the Senate office you request.

— Mary Kimm
mkimm@connectionnewspapers.com

Plan Now for Northern Virginia’s Boom

By Scott Survell
State Senator (D-36)

VA’s Weldon-Cooper Center recently came out with it’s new population projection for 2040 (which isn’t that far away!). The top lines project Virginia passing New Jersey and Michigan in population, but the local numbers are more interesting.

Commentary

Northern Virginia counties are going to see some major increases. Population will continue to shift to Northern Virginia; 35 percent of Virginia’s population will be in Northern Virginia compared with 29.6 percent in 2010.

Redevelopment and Planning

These numbers only reinforce the need to continue moving along the U.S. 1 Embark process. Population is coming to Northern Virginia and we need to plan for it now as different jurisdictions continue to compete for these new families.

Building up instead of building out is a bet
Health Bill Horror

By Paul Krizek
State Delegate (D-44)

The U.S. Senate GOP released their own Health Care bill last week, called the (ACHA). While at the time of this writing, the Congressional Budget Office has yet to score the bill, our state agencies have already analyzed it and assessed its impact on the Commonwealth of Virginia.

According to the Board of Medical Assistance Services (BMAS), this federal legislation, or any similar legislation that would be passed by the U.S. Senate, will “inflict a serious cost burden to the Commonwealth, will expose Virginia taxpayers to an increased tax burden, will significantly harm Virginia’s Medicaid program, will derail important medical innovation, and will hobble Virginia’s ability to care for our citizens in most need.”

That is a damning assessment from an apolitical state agency. I cite their statistics in their letter to the Governor frequently in this article.

Most of the damage to Virginia would come from the proposed shift to per capita block grants, which I have written about in past editorials. In an obvious political slight to President Trump, who would have to campaign for re-election after the senators had secured their probable re-elections in 2018, the shift would occur in 2020 but use 2016 as a baseline, which is terrible policy. Imagine if we used 2006 as a baseline for home values. A single year is not an appropriate baseline.

I will focus the bill’s impact on Virginia’s Medicaid program, but it’s easy to anticipate other adverse effects on our commercial health benefits market.

First, our per capita spending on Medicaid is already very conservative. We haven’t expanded Med See Federal Health, Page 12

Small Improvement, Big Dividends

To the Editor:

I wanted to write to Mount Vernon management concerning an issue with the pedestrian traffic around Mount Vernon.

The crosswalk across the GW Parkway for people to get to/from Mount Vernon from the parking lot is poorly marked, especially so at night. The visitors feel compelled to run across the crosswalk in fear of their lives due to self-absorbed drivers that feel their time is more valuable than obeying the law concerning crosswalks.

Why not put up ascetically attractive signs on each side of the crosswalks? Use solar-powered flashing-light signs visible at night that remind drivers that it is a state law to yield to pedestrian in crosswalks.

It is great that sometimes the Park Police sit at the intersection to monitor traffic, but they can’t be there all the time.

It is a poor reflection on Mount Vernon and this area that visitors who are supplying a lot of the revenue for Mount Vernon have to deal with Northern Virginia drivers while crossing the street. I see it every day as I travel the Parkway.

We are members of Mount Vernon and thoroughly enjoy the experiences there. A small improvement in safety could pay big dividends.

Gino and Cathy Shoults
FRIDAY/JUNE 30

Independence Fireworks. 6-9:45 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway, Fairfax with Mansion Tour. $34 for adults; $24 for youth. No Mansion Tour: $30 for adults, $20 for youth. Call 703-780-2000 or visit www.mountvernon.org.

SATURDAY/JULY 1

Fireworks at Lake Fairfax Park. 10 a.m.-10 p.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. The Water Mine Park, boat rentals, live music, food, puppet show, camping and fireworks. $10 per car. The rain date is Sunday, July 2. Call 703-471-5414 or visit www.fairfaxcounty.gov/parks/lakefaifax.


MONDAY/JULY 3

History Day Tours. Tours at 11 a.m. through 3 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Test your knowledge of U.S. history at Sully Historic Site with political trivia, games and food. Call 703-251-8401 for adults; $6 for students, and $5 for seniors and children. Call 703-677-1974 or visit www.fairfaxcounty.gov.

TUESDAY/JULY 4

Firecracker 5K. 6-10 a.m. Reston Town Center, Reston Town Center, 11900 Market St. Live music and American flag Mile running for the runners in the "Battle of the Branches" competition. Call 703-922-0402 or visit restontowncenter.com.

Autism Speaks 5K. 8 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Md. Fundraiser for autism. Registration, packet pick up at 6:30 a.m. Call 202-955-3113 or email AutismSpeaksSK@AutismSpeaks.org.

Great Falls Hometown Celebration. 8 a.m.-3 p.m. at Great Falls Village Centre, 775 Walker Road, Great Falls. Great Falls 5K Walk/Run starts at 8 a.m. and then view the floats, antique cars, horses and the bike brigade in the 4th of July at Parade at 10 a.m. After the parade, food, music, field games and festivities on the Village Centre Green. At 6 p.m., the gates open at Turner Farm Park featuring music, games, contests and food trucks until the Fireworks Show gets underway just after dusk. Visit www.celebrategreatfalls.org.

Mount Vernon Independence Day. 9 a.m.-5 p.m. at George Washington’s Mount Vernon, 3200 Mount Vernon Memorial Highway. Troop inspection, wreath laying, citizen naturalization, music, fireworks and cake. Call 703-780-2000 or visit www.mountvernon.org.

Fairfax Station Holiday Crafts. Friday, July 4-1 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Crafts will highlight the holiday and the railroad. Museum members and ages 4 and under, free; ages 5-12, $2; ages 16 and older, $4. Visit www.fairfax-station.org, or call 703-425-922.

Great Falls Fireworks. 6 p.m. at Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls. As part of the Village of Great Falls Independence Day celebration, Christ the King Lutheran Church invites friends, members, and members of the community to gather on the church’s front lawn to enjoy the fireworks from this premium vantage point. Visit www.fgflutheran.org or call 703-792-8939.

Arlington Independence Day. 5-10 p.m. at the Long Bridge Park, 475 Long Bridge Drive, Arlington. Family-friendly activities including live music, food vendors, games, and a view of the Washington D.C., fireworks display. A day of fun and activities will include face painting, balloon art, moon bounces (weather permitting), cornhole, bounce, and more. No on-site parking at the event. Free event shuttles will run continuously from 4:30-10:30 p.m. between Long Bridge Park and the Pentagon City and Crystal City Metro stations. Free. Visit park.sullygov.us/july-4th.

Vienna July 4 Festival and Fireworks. 6:30 p.m. at Yeovin Park, 1319 Ross Drive SW, Vienna. Food available from the Vienna Little League snack bar, those who register can get their taste of America in the form of two eating contests: Children ages 5-10 can sign up onsite to participate in a pie-eating contest. Adults can give their chomping skills a try in Vienna's second annual hot dog-eating contest. Visit viennavva.gov or call 703-255-6360.

McLean Independence Day. 6:30 p.m. at Churchill Road Elementary School, 7100 Churchill Road, McLean. Musical entertainment by a local disc jockey, as well as food trucks selling a variety of entrées and snacks. Off-site parking and shuttles available. Admission is free. In case of inclement weather, the fireworks show will be presented at 9 p.m. on the rain date, Wednesday, July 5. Call 703-790-0123, or visit www.mcleanva.gov.

Herndon Independence Day Celebration. 6:30-9:30 p.m. in Broadly Park at the Herndon Community Center, 814 Ferndale Ave. Family-fun event featuring games, patriotic arts and crafts activities, live music, family games, bingo, food, balloon artists and more. Visit herndon-va.gov/recreation/special-events/4th-of-july.

falls Church City. 7-10 p.m. at George Mason High School, 7124 Leesburg Pike, Fairfax. Live music. Visit www.fallschurc bhva.gov.

Montgomery County Sparkles. 7-30 p.m. at Arlington Senior High School, 11315 Newport Mill Road, Kensington. Montgomery County celebrates Independence Day with live music featuring Gringo Jingo. Fireworks are at 9:15 p.m. Shuttle bus at Westfield Wheaton North Building. Handicap parking only available at Einstein High School. Food vendors on-site. Raindate is July 5 for fireworks only. Call 240-777-9311.

Free Sober Rides. Tuesday, July 4, 7-11 p.m. through Wednesday, July 5, 2 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter the code SOBER Ride IV 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.

THURSDAY/JULY 6

Patriotic Music. 1-2 p.m. at Holiday Park Senior Center, 3500 Fair Oaks Drive, Wheaton. $2 or free for residents. Visit www.holidaypark.us.

Summer Under the Stars Concert. 8 p.m. Veterans Amphitheater (adjacent to City Hall), 10455 Armstrong Street, Fairfax. Main Street Community Band. Visit Fairfax.gov or call 703-385-7855.

SUNDAY/JULY 8

Uncle Sam’s Independence Day Celebration. 5-10 p.m. at Oronoco Bay Park, 100 Madison St. Event to celebrate the 241st birthday of the USA and the 268th birthday of the City of Alexandria, featuring entertainment, cannon salute during the 1812 Overture, food and beverage sales, and fireworks at 9:30. Call 703-746-5592 or visit www.visitalexandriava.com/sbc-day.

Riverfront Fundraiser. 7:30-10:30 p.m. Del. Mark Levine’s house, at 805 Rivergate Place, Alexandria. Refreshments include “impromptu punch,” “Orange Russians,” wine and beer, soft drinks, and more. And great views of the fireworks which begin at 9:30 p.m.

Come early to get a good lawn seat or come later after the festivities next door at Oronoco Park.

PUBLIC NOTICE

Please be advised that a fireworks display will take place as part of a public evening event. Independence Fireworks at George Washington’s Mount Vernon on the following dates:

Friday, June 30, between 9:30 p.m. and 9:45pm (15 minutes)
Saturday, July 1, between 9:30 p.m. and 9:45pm (15 minutes)

The Mount Vernon Ladies’ Association thanks you for your tolerance and apologies for any disruption. To receive Mount Vernon fireworks notifications via e-mail, write to Events@MountVernon.org.
Art Exhibit
Oil Paintings by Patricia Uchello are on display July 14-Aug. 31, 9 a.m.-5 p.m. at the River Farm, 7931 East Blvd. Free. Call 703-768-6983 or visit www.patriciauchello.com for more.

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

ONGOING
Ceramic Show. Various times through July 1 at Studio 19 of the Torpedo Factory Art Center, 105 N. Union St. The “Classic Wadding Whims” Ceramic Guild show at Scope Gallery. Call Scope Gallery at 703-548-4288 or visit www scopegallery.com for more. Art Exhibit: Picnic and Repetition. Various times through June 25 at the Athenaeum, 201 Prince St. Artist Reni Gower and Stephen Bockus use repetitive shapes and patterns, combining both precision and randomness to create meditative and mesmerizing pieces. Visit www nvfaa.org or call 703-548-0035.


Flora and Fauna Artshow. Through June 25, open to artists at Potomac Fiber Arts Gallery, Torpedo Factory Art Center, Studio 29, 105 N. Union St. This show will highlight the work of Jeanne Bohlen and Floris Flan. Visit www. Potomacfiberartsgallery.com or call 703-548-0935 for more.


Artwork Inspired by Nature Exhibit. Various times through Aug. 31 at Hummey Meadows Park North Center, 3701 Lockhead Blvd. Local artist photograph Nusha Tiaser will share some of her mosaic work in an exhibit entitled “inspired by Nature.” Call 703-768-2525 or visit www.fairfaxcounty.gov/parks.

Costumes of Mercy Street. Through Sept. 1, at The Lyceum: Alexandria’s History Museum, 205 S. Washington St. To learn more about The Lyceum, visit alexandriavirginia.com/Lyceum or call 703-746-4994.

Gadsby’s Tavern Museum Relics. Various times throughout the year at Gadsby’s Tavern Museum, 134 N. Royal St. Special exhibits and treasures from the museum, the purchase and see the original woodwork. Call 703-746-4242 or visit www.gadsbystavern.com for more.


All the President’s Pups. Sundays 10 a.m. at George Washington’s Mount Vernon Museum, 300 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 mannerisms, and efforts to improve the quality of his hunting dogs throughout the 18th century. Visit www.mountvernon.org for more.

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. Afterward, take a stroll through local history behind the TV show. Short tours are $15, private tours for five are $49. Visit 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, 205 S. Washington St. View in the museum’s Coldsmith 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 various artifacts are in the museum’s collection, and how tangible representatives of the past help tell the story of Alexandria’s history. Free. Visit www alexandriahistory.org for more.

Pick-Up Hockey. Ongoing, Wednesdays and Fridays 11:30 a.m.-1 p.m. at Mount Vernon Ice Skating. Play hockey with other hockey buffs, hitting slap shots and shooting puck handling skills that the pro uses. Players must have full equipment. 16 and older. Visit www. fairfaxcounty.gov/parks/rec/intr vn or call 703-768-3224 for more.

Medical Care for the Civil War Soldier Exhibit. Ongoing at the Fort Ward Museum, 4301 W. Braddock Road. This exhibit features original medical instruments and equipment from the Civil War period and information on Union Army hospital sites in Alexandria. Free. Visit www alexandriavirginia.gov/forw ard for more.

Alexandria’s Nurses and Hospitals During the Civil War. Ongoing at The Lyceum, 205 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, written parallels with characters portrayed in the PBS drama “Mercy Street,” with references to the experiences of other nurses, such as Anna Reading, who worked in the Mansion House hospital and Jane Woolsey, who served at the Fairfax Seminary hospital. Admission is $2. Visit www alexandriavia.gov/lyceum for more.

Shield of Earth: Defending the Heart of the Union exhibit. Ongoing, museum hours Tuesday through Saturday, 10 a.m.-5 p.m. and Sunday, noon-4 p.m. at the 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.

Who These Wounded Are: The Extraordinary Stories of the Mansion House Hospital exhibit. Ongoing, Tuesday through Saturday, 10 a.m.-4 p.m. and 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 or call 703-549-2997.

Color Disorder Exhibit. Ongoing, Thursday through Sunday, noon-4 p.m. at The Athenaeum, 201 Prince St. A joint exhibition of artists Katie Baines and Amy Chan who use diverse painting materials such as acrylic, gauche, airbrush and screen print to build energized abstract landscapes. www nvfaa.org or call 703-548-0035. Flamecon 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. la tasca us.com.


Their Fates Intertwined: The Lees of Alexandria in the War of 1812. Wednesday-Saturday, 10 a.m.-4 p.m. Sunday, 1-4 p.m. Lee- Vendall House and Gardens, 614 Orono St. A new exhibit on the experiences of the Lee family in Alexandria during the War of 1812 examines the contributions of Alexandria’s citizens during the conflict that led to the writing of our national anthem through the lives of this iconic Virginia family. Visit www. lexingtonva.gov or call 703-548-1789.

Alexandria Cars and Coffee invites car enthusiasts to meet for coffee at Hollin Hall Shopping Center in front of Roscoes, 13900 Rockdale Road. Owners of classic cars, hot rods, exotic cars, vettes and more meet to share car stories and drink coffee. Group meets the first Sunday of every month. Visit www.museumva.org for more.


Dine for the Washingtons. 12 p.m. at George Washington’s Mount Vernon, 3200 Mount Vernon Memorial Highway. A walking tour that goes behind the scenes to find out how food was prepared and served before the era of microwaves and TV dinners. $5 in addition to estate admission. Visit www.museumofva.org for more.

Second Thursday Music artists. Ongoing at Athenaeum, 201 Prince St. 7 p.m. Second Thursday of every month. Visit mvfaa.org to view concert calendar and listen to upcoming Second Thursday Music artists.

The Morning Monday Birdwalk takes place rain, sleet, or shine (except during electrical storms, strong winds, or icy trails), at 7 a.m. (8 a.m. during March, April, and May), free, requires no reservation and is open to all ages. Meet in the parking lot at the park’s entrance at 5770 Lockhead Blvd. Direct questions to park staff during normal business hours at 703-768-2525.

Civil War Fiber Arts Gallery. Ongoing 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 alexandriacivilwar.org.

Doggy Happy Hour. Starting April 5, Tuesday through Friday 5:30-8:30 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, beers plus treats and water for canine companions. Free, but drinks sold separately. Visit monaco alexandria.com for more.

Wake Up Wednesdays featuring The Pop Up Cafe. 7:30-9:30 a.m. on Wednesday’s near the King Street Tunnel. Visit www.wwtcarlisle.com for more.

JUNETEENTH JULY 27
Potomac Fiber Arts Gallery. Various times at the Torpedo Factory, 105 N. Union Street, ground floor Studio 29. Show is called “A Big Top” highlighting the work of three featured artists: Janet Bernard, Poige Garber, and Anne-Sandraford Walker. Call 703-809-0935, or visit www. PotomacfiberartsGallery.com for more.

FRIDAY/JUNE 23
Celebrate American Freedom. 6-9 p.m. at George Washington’s Mount Vernon, 3200 Mount Vernon Highway, Mount Vernon. Fireworks choreographed to patriotic music. $30-$34 for adults and $20-$24 for youth. Visit www.museumva.org/ for more.

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Bacon Brothers in Concert, July 28-30. 7:30 p.m. at The Birchmere, 3701 Mt. Vernon Ave. Kevin and Michael Bacon’s band, find out if the six degrees of Kevin Bacon separation are true. Visit www.birchmere.com for more.

SATURDAY/JULY 1
Piano Concert. 3-5 p.m. at The Lyceum, 201 S. Washington St. Pianist Lydia Frumkin in an afternoon of music by Shostakovich as part of their summer chamber concert series. These weekly performances are free and open to the public. Donations are welcome. Email wmpa.execdir@gmail.com for more.

Celebrate American Freedom. 6-9:45 p.m. at George Washington’s Mount Vernon, 3200 Mount Vernon Highway, Mount Vernon. Fireworks choreographed to patriotic music. $30-$84 for adults and $20-$24 for youth. Visit www.mountvernon.org/herit rhyme for more.

Independence Day. 9 a.m.-5 p.m. at George Washington’s Mount Vernon, 3200 Mount Vernon Highway, Mount Vernon. Event includes a naturalization ceremony for 100 new citizens, military reenactments, a special wreath-laying ceremony, free birthday cake for all guests. Fireworks choreographed to patriotic music. $18, children ages 6-11, $9, and children under 5. Visit www.mountvernon.org/herit rhyme.

JULY 3-30
Ceramics Show. Various times at 105 N. Union St., ground floor Studio 19. The “Rough around the Edges” Kiln Club show. Call 703-548-6288 or visit scopegallery.org.

TUESDAY/JULY 4
Great War Discussion. 7:30 p.m. at The Lyceum, 201 S. Washington St. To commemorate the 100th anniversary of America’s entrance into the Great War, Historian Dr. Mitchell Yockelson will tell the story of some of the individuals who fought in the Meuse-Argonne. A book-signing will follow the lecture. Visit www.alexandriava.gov/Lyceum or call 703-838-4994.

JULY 8-AUG. 5
Adult Woodworking Class. 5-8 p.m. at the Alexandria Seaport Foundation, Union St. Woodworking 101, hosted by ASF’s Middle School Math Program Manager, woodworker, and furniture designer Nicole Reddinger of Habitat Woodworks. $250. Visit www.thedelrayartisans.org/event/Art-Camp-2017 for more.

JULY 17-21
History Camp for Kids. 9 a.m.-noon. at The Lyceum, 201 South Washington St. Engages children in American history and life in historic Alexandria through artifacts, history, and life in historic Alexandria through artifacts, history and life in historic Alexandria through artifacts, followed by a one-day gallery show. All art supplies and snacks are provided. Visit DelRayArtisans.org/event-Art-Camp-2017 for more.

JULY 24-28
Del Ray Artisans 2017 Summer Art Camp. All day at Del Ray Artisans gallery, 2704 Mount Vernon Ave. Ages 8-14 are invited to spend one week creating art and architecture, followed by a one-day gallery show. All art supplies and snacks are provided. Visit DelRayArtisans.org/event-Art-Camp-2017 for more.
**ENTERTAINMENT**

www.alexandriaseaport.org or call 703-778-0977 for more.

**SUNDAY/JULY 9**

Behind the Scenes Geek Tours. noon-1 p.m. at the Apothecary Museum, 105-107 S. Fairfax St. Outside of the regular tour parameters, an expert guide leads this tour, including the rarely open basement and 3rd floor of the historic pharmacy. Tour recommended for adults only. $15. Visit www.alexandriava.gov/Apothecary or call 703-746-3852.

Opening Reception. 4-6 p.m. at The Athenaeum, 201 Prince St. “Pairs: Fiber Art from New Image Artists.” Curated by Trudi Van Dyke, Pairs is an exhibition by 13 contemporary fiber artists who are members of the New Image Artists group. Exhibit runs from June 29-Aug. 6. Visit www.nvfaa.org or call 703-548-0035.

No. 9 on the 9th. 6:30-9:30 p.m. at the No. 9 Lounge, Evening Star Cafe, 2000 Mt. Vernon Ave. The Alexandria Young Democrats are relaunching the chapter. Visit www.alexyoungdems.org for more.

**WEDNESDAY/JULY 12**

Play: “May Fever.” 7-9:30 p.m. at Frank Lloyd Wright’s Pope- Leighey House Lawn, 9000 Richmond Highway. The Piano Theatre Company and Woodlawn/Pope Leighey House Present the only showing in Virginia of Noel Coward’s 1929 play about the dysfunctional family. Visit dumbrtNhinehouse.org/events for more.

How to Get Started in Scuba. 7:30 p.m. at 105-107 S. Fairfax St. A networking Alexandria Business Association meeting that will include a brief presentation. Visit alexchamber.com.

**THURSDAY/JULY 13**

Coffee and Connections. 8-9 a.m. at The Potomac Company, 1120 North Fairfax St. A networking Alexandria Chamber of Commerce event with a lecture by Elizabeth Wainstein on her career in auctions. $10 for members, $20 for non-members. Visit alexchamber.com.

Artists Reception. 6-8 p.m. at the Torpedo Factory. 105 North Union Street. “Sarah Neshbt: Making Sense of What We Have.” Exhibition open July 13-Sept. 3. Visit www.theartleague.org for more.


**JULY 13-29**

By the Seashore. Various morning hours at The Lab at Convergence, 1819 N. Quaker Lane. Produced by Arts on the Horizon. Using an imaginative mix of puppetry, movement, and sound, this sensory-filled production is specifically designed for babies and young toddlers. Visit www.artsonthehorizon.org for more.

**JULY 14-31**

Oil Paintings by Patricia Uchello. 9 a.m.-5 p.m. at the River Farm, 7931 Woodbridge Road. Tour the demonstration house and gardens. Free. Visit www.riverfarmmuseum.org for more.

**SATURDAY/JULY 15**

Russian Folk Music. 7:30 p.m. at The Holiday Inn, 625 First St. Festival concert of more than 100 musicians from all over the world marks the end of the International Music Convention of Russian Folk Instruments. View www.bdaa.com.

**SUNDAY/JULY 16**

Jazz at Meade. 4-6 p.m. at the Meade Memorial Episcopal Church, 322 N. Alfred St. Musicians Tony Craddock, Jr., and Cold Frooz. $20 donation. Visit www.meadechurch.org.

**TUESDAY/JULY 18**

The Mastersons in Concert. 7:30 p.m. at The Birchmere, 3701 Mt. Vernon Ave. $59.50. Visit www.birchmere.com for more.

**THURSDAY/JULY 20**

Garden Tour and Tea. 1-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. Tour the demonstration gardens with a Master Gardener docent who will narrate with stories of Green Spring past and present. Afterwards, a traditional English afternoon tea. $32. Visit www.fairfaxcounty.gov/parks/parktakess or call 703-643-5173.

**SATURDAY/JULY 22**

Russian Folk Music. 7:30 p.m. at the Holiday Inn, 625 First St. Festival concert of more than 100 musicians from all over the world marks the end of the International Music Convention of Russian Folk Instruments. View www.bdaa.com.

**THURSDAY/JULY 27**

40 Under 40 Celebration. 6-9 p.m. at United Way Worldwide, 701 N. Fairfax St. The 40 under 40 program was established in 2016 by the Alexandria Chamber of Commerce to recognize top men and women, age 40 and under, engaged in a variety of fields including business, technology, nonprofit management, civic life, public service, education, and the arts. $89. Visit alexchamber.com.

**JULY 28-30**

Bacon Brothers Concert. 7:30 p.m. at The Birchmere, 3701 Mt. Vernon Ave. Kevin and Michael Bacon’s band, find out if the six degrees of Kevin Bacon separation are true. Visit www.birchmere.com for more.

**SATURDAY/AUG. 5**

Saturday Cinema at Carlyle. 8:14 p.m. on John Carlyle Square, 300 John Carlyle St. Caddyshack is the second of this series. Free. Visit www.AlexandriaVA.gov/CarlyleFun.

**SUNDAY/AUG. 13**

An Outlandish Geek Tour. noon-1 p.m. at the Apothecary Museum, 105-107 S. Fairfax St. Learn about a few of the herbal medicines featured in Dana Gabaldon’s “Outlander” series of novels, from cascara to daiso seeds. Tour recommended for adults only. $15. Visit www.alexandriava.gov/Apothecary or call 703-746-3852.

**DOCUMENTARY FILM TOUR**

Screens at the Alexandria Virginia Film Festival of Green Spring past and present. Free. Visit www.AlexandriaVA.gov/FilmFest.

**PUBLIC NOTICE**

Please be advised that a brief fireworks display will take place as part of a private event at George Washington’s Mount Vernon on the following date:

**THURSDAY, July 4, between 1:00 p.m. and 1:15 p.m. (5 minutes)**

The Mount Vernon Ladies’ Association thanks you for your tolerance and apologizes for any disruption. To receive Mount Vernon fireworks notifications via e-mail, write to Events@MountVernon.org.

**G E O R G E W A S H I N G T O N’ S M O U N T * V E R N O N**
Federal Health Bill Horror

FROM PAGE 7

ic aid under the Affordable Care Act (ACA) and Virginia continues to have the lowest permissible level of federal matching for Medicaid at 50 percent. As a result, 75 percent of other states receive a higher Medicaid match than Virginia, putting us at an immediate economic disadvantage.

Second, using 2016 as a baseline would exclude the new Addiction Recovery and Treatment Services (ARTS) program designed to address Virginia’s opioid epidemic, which was declared a public health emergency. A per capita cap would also exclude Virginia’s $46 million developmental disability system investment that also begins this year.

The Senate ACHA uses the Consumer Price Index—Medical (CPI-M) metric, which BMAS says is “ill-suited for indexing Medicaid costs since Medicaid pays for services households typically do not purchase. This also exposes Virginia to potentially devastating retroactive federal funding changes. If the CPI-M were to drop only .5 percent, Virginia’s seven-year projected funding gap would go from $700 million to $2.1 billion.”

Another reason per capita CPI-M caps are bad is that CPI-M only calculates projections for urban populations and does not reflect the distribution of the costs for certain Medicaid populations like the aged, blind and disabled who have more expensive medical problems. The first year that the ACHA goes into effect, Virginia would lose $22 million, according to BMAS, growing and compounding annually as more boomers age and add to those populations.

Medicaid is an entitlement program so we are required by law to pay certain costs when Virginia creates its budget. Since Virginia has a balanced-budget requirement, the Republican legislature would need to undertake the single-largest tax increase in Virginia history, eliminate or cut medical, behavioral health services, addiction treatment, and long-term support services; reduce eligibility; cut provider payment rates (already only 75 percent of Medicare rates); cut payments to health plans. At risk here is more than Virginia’s fiscal health. The ACHA would inflict real damage on Virginians like you.

Someone who needed nursing care for their daughter currently receives 12-16 hours per day via Medicaid for only $500 per year. The ACHA would force you to choose between paying more than $86,000 out-of-pocket annually or to forego necessary nursing care in addition to pay for items like durable medical equipment and enteral formula.

Providing help to our fellow Virginians in need, who cannot help themselves, not only makes costs cheaper in the long term, but also is a moral imperative. The ACHA doesn’t simply “repeal Obamacare,” a stupid goal by itself, it breaks Medicaid and the entire health system as we know it.

Plan Now for NOVA’s Boom

FROM PAGE 6

ter way to go in terms of infrastructure, energy consumption, and quality of life. Leaders in the U.S. 1 Corridor in Fairfax and Prince William counties should see this as major redevelopment opportunity to improve our communities.

It also only underscores the pressure that Northern Virginia’s existing government infrastructure will feel as numbers continue to grow. We will need new transit, schools, and parks as we plan for this influx of people.

Planning for these kinds of populations shifts takes decades which is why we need to lay the groundwork today.

Politics

There are also political consequences in these population increases. Although I did not use the 2010 numbers, if you use the 2010 population used to conduct the last redistricting, this would mean a net pickup of 5-6 delegates and two senators for Northern Virginia.

Although, it is a little harder to calculate because of the activity in other states, it is also pretty apparent that Virginia will likely pickup 1-2 Congressional seats and at least one of them will be in Northern Virginia.

I did not do all of the math, but it is fairly apparent that nearly 70 percent of the state’s population will be in the I-95/I-64, NOVA-Richmond-Hampton Roads Corridor. Our regions need to continue to work together to look for common ground as we cope with these challenges.

It is an honor to serve as your state senator. Please email me at scott@scotturovell.com or you have any feedback.

School Notes

Email announcements to gazette@connectionnewspapers.com. Deadline is Thursday at noon. Photos are welcome.

Mary Grace Vivian Killmer, of Alexandria, was named to the dean’s list for spring 2017 at Wofford College (Spartanburg, S.C.).

Anastasia Carolyn Espejo Voelml, of Alexandria, graduated from Baylor University (Waco, Texas) with a Bachelor of Arts in international relations and is scheduled to graduate in 2017.

Timothy Robert Lindsay, of Alexandria, received a B.S. cum laude from Washington and Lee University (Lexington, Va.).

Alexandria, received a B.S.C. from Washington and Lee University (Lexington, Va.). Schmidt majored in business administration.

Claire Malkie, of Alexandria, was named to the dean’s list at Hofstra University (Hempstead, NY) for spring 2017.

Mary Margaret Patalia, of Alexandria, received a bachelor of arts degree from the College of the Holy Cross (Worcester, Mass.) for the spring semester of 2017.

Troy Clark, of Alexandria, made the president’s list for James Madison University (Harrisonburg, Va.) for the spring 2017 semester.

Nora Skiba, of Alexandria, made the president’s list at Bluefield College (Bluefield, Va.) for the spring semester of 2017.

Campbell Long Voltmann, of Alexandria, graduated from Baylor University (Waco, Texas) with a Bachelor of Business Administration in management information systems and supply chain management.
What’s Ahead for Mount Vernon?

From Page 1

“I have been fighting airplane and helicopter noise through letters, contacts and Board Resolutions targeted at the federal officials, who control this noise, by organizing and championing the efforts of the South Flow Alliance,” Storck said. “We need more people and other elected officials to join us.”

In terms of public safety, “I have held community meetings with the chief of police and the sheriff; I will hold a Senior Safety Summit at the Governmental Center on June 30. There will be a new south county Police Station which will bring more resources to our district and the county. The Mount Vernon police have done a remarkable job keeping our community safe with limited resources.”

In what ways can the county operate more efficiently and effectively?

“My tourism and commercial development initiatives can generate significant revenue while I continue to focus on our line of business reviews for efficiency and cost savings,” he said.

With Mount Vernon District’s significant number of 55-and-over residents, what can be done to promote independent living and ease the transition of aging seniors into more dependent stages?

“I am holding a Senior Safety Summit at the Governmental Center June 30; I have reached out to seniors to expand their involvement in the community. I have also stressed the importance of transitional housing,” he said.

In terms of Lorton transportation and development issues, Storck said he is “very pleased with the widening of Lorton Road, the ongoing adaptive reuse of the former Lorton Prison, and the expansion of residential development. In addition, the Workhouse Arts Center continues to be a positive financial opportunity that I will support.”

What is best about his job as Mount Vernon District supervisor?

“Meeting the thousands of people that I have met and continue to meet. The opportunity to help people in need. I especially enjoy the scenic beauty and history that is Mount Vernon; it is a pure joy,” Storck said.

See www.fairfaxcounty.gov/mountvernon.

Mount Vernon Supervisor Dan Storck and his staff at the Mount Vernon Governmental Center.

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Mulch Fire
Station 424 Woodlawn responds to a fire in the mulch pile on Sunday, June 25 at Grist Mill Park in Mount Vernon.

Mount Vernon Gazette  ❖ June 29 - July 5, 2017  ❖ 13
Four weeks out of every five, it appears as if I don’t have cancer. Fortunately, I don’t look the part. Nor do I act the part—in my opinion. However, there is one week out of every five when I most definitely feel the part: the week after my chemotherapy infusion, when eating is a particular challenge. The look, feel, taste and thought of food and/or drink is nearly impossible to swallow—literally and figuratively. And though I’m not in any pain from having this chemotherapy wreak, I am compromised nonetheless. Friends and family who are familiar with my “normal” eating habits will order off the children’s menu if I could have joked that since I’m unable to eat any of the usual and customary Kenny’s selections, perhaps I should try eating foods that I would never select: Brussels sprouts, grapefruit, tuna fish in a can, fresh fish on a plate, all condiments other than mayonnaise, all legumes and a million other foods that you probably love. Plain and boring is how I roll (a potato roll is my preference), repeatedly.

The problem is when that post-chemo, nothing satiates: salty, sweet or “snacky,” hot, cold or medium, hot off the stove, bought, homemade or restaurant ready. It’s all merely a variation on a theme where my back stiffness, my head tilts back and down and my eating mind says “no.” It’s been this way for about two and a half years now. And though I don’t look the least bit under-nourished, I am overwhelmed by these week-long post-chemotherapy eating fits and non-starts.

Naturally I have discussed this side effect with my oncologist. When asked how long this situation lasts, my seven-ish day struggle seems about average, according to my doctor, maybe even slightly shorter than some other patients he treats who are infused with the same chemotherapy drug as I am. Apparently, there are other patients where the eating challenges last even longer than mine. And since there’s nothing to be prescribed/rec-ommended to affect this eating problem/lack of outcome, all I can do is live with the consequences of my treatment. Live being the operative term. So unless I stop treatment, this eating challenge will persist, presumably. (Although, there’s scant clinical information regarding side effects on stage IV, non-small cell lung cancer patients still living after eight months, all I can do is live with the consequences of my treatment. Live being the operative term. So unless I stop treatment, this eating challenge will persist, presumably.)

The problem is that when I’m post chemo, any food looks unappealing, all legumes and a million other foods that you probably love. Plain and boring is how I roll (a potato roll is my preference), repeatedly.

An expert is someone who knows some of the worst mistakes that can be made in this subject and how to avoid them. —Werner Heisenberg

BULLETTIN BOARD

From Page 5

An Urdu-speaking Grocery Shopper is needed in Alexandria to assist an older adult male twice a month.

The Kingstowne Center for Active Adults monthly schedule: Monday— Thursday: Arts & Craft, Line Dance, Hula Hoop Class and African Style Dance.

The Mount Vernon Adult Day Health Care Center needs front desk volunteers, an Art Instructor, Program Volunteers, 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/Marawak, Aerobics and needs Front Desk Assistance.

THROUGH AUG. 25

Summer Lunches. The Fairfax County Public Schools Office of Food and Nutrition Services will be hosting the FEEDS (Food for Every Child to Eat During Summer) BBQ program, a USDA-funded program is free to all children 18 years and under and free for adults. There is no registration involved, and open to everyone. More information can be provided at the following sites Monday-Friday, 11:30 a.m. - 1 p.m. No service on July 3 and 4. In the Mount Vernon area, FEEDS is offered at the following locations:

- Bren Mar Park Elementary, 6334 Beryl Road
- Hylita Valley Elementary, 3415 Lockelihood Blvd.
- Mount Vernon Woods Elementary, 4015 Fielding Street
- Richmond Highway (T.J. Maxx), June 22 around 9 a.m.
- Senior Health and Safety Seminar.

FRIDAY/JUNE 30

Senior Health and Safety Seminar, 9 a.m. - noon at the Mount Vernon Governmental Center, 2511 Parkers Lane. Mount Vernon Fire and Special Services also have upcoming classes for Mount Vernon residents to attend a senior health and safety seminar. Visit www.fairfaxcounty.gov/news2/event/mount-vernon-distinct-senior-safety-june-30/