

## Short-Term Rentals Debated

State Sen. Scott Surovell: County late to regulate short-term rentals.

BY FALLON FORBUSH  
THE GAZETTE

As Fairfax County works to regulate the use of short-term rental properties, disputes between neighbors continue to flare up.

STRs, or spaces that are rented by tenants for fewer than 30 consecutive days, can be accessed through lodging reservation websites like Airbnb and other companies, like Craigslist, HomeAway and FlipKey. However, operating such a rental is illegal in the county because the zoning ordinance does not account for their existence and therefore does not permit them.

"Localities have always had the authority to regulate short-term rentals," said state Sen. Scott Surovell (D-36). "I'm not sure why Fairfax County had never acted before this year, but many localities in Virginia have."

Surovell voted for Senate Bill 1578, "Short-term rental property; registration of persons offering property for rental," which was signed into law on March 24, taking effect on July 1. The new legislation authorizes localities in the commonwealth to adopt an ordinance to require people to register annually in a short-term rental registry.

"When the legislature decided to step in, it created some uncertainty about where we were going to go with the subject, but before we acted, it was always thought that localities could regulate Airbnb-type rentals all they wanted to," he said.



PHOTO BY FALLON FORBUSH/THE GAZETTE

**Fairfax County Zoning Administrator Leslie Johnson addresses the community during an open house about zMod, the county's initiative to modernize its Zoning Ordinance.**

The legislation solidifies what localities already had the power to do and will encourage those that have not addressed the issue to do so, according to Surovell.

The legislation has motivated Fairfax County to act, but not before disputes started brewing in residential neighborhoods.

**TWO ROOMS** of the Herrity Building in Fairfax were filled to standing room only on July 26, during an open house about the county's proposed zoning changes.

"This is our first foray into what we're

calling an open house," said Leslie Johnson, zoning administrator for the county. "We have a lot of different topic areas that we're working on as part of the amending of the zoning ordinance. We thought it was a good opportunity to bring people in to talk to our staff, to be able to ask questions on what we're doing and just let people know that we are working on modernizing our zoning ordinance."

The Zoning Administration Division of the Fairfax County Department of Planning and Zoning launched the Modernization of Fairfax County's Zoning Ordinance initia-

tive, or zMod, after the plan was presented to the Board of Supervisors in March.

"Our ordinance is 40 years old and it does need some rebooting," Johnson said. "We're looking at not only updating some of the provisions, but more importantly, we're also looking at updating the format and kind of restructuring it; maybe bucketing uses so they're more in categories, so as uses change, we have a better ability to put new uses into a category."

There are 14 provisions being drafted under the modernization plan, according to Johnson, including adding more generic guidelines for restaurants, which have not been updated since 1981. The definitions for restaurants would be more generically defined in three categories: general restaurant; restaurant with a drive-through; or a carryout restaurant. Locations for restaurants would also be revised to reflect the newly defined uses and use limitations would be simplified. Parking for restaurants would also be changed by converting the basis for restaurant parking requirements from the number of seats and employees to the square feet of a restaurant's gross floor area.

Also being drafted is an increase to the percentage allowed for residential homeowners to cover their backyards with patios, pool decking and other man-made features. Current provisions only allow for

SEE SHORT-TERM RENTALS. PAGE 6

## Learning to Face County's Opioid Overdose Crisis

Chris Atwood Foundation hosts training on opioid overdose reversal.



PHOTOS BY ANDREA WORKER/THE GAZETTE

**Ginny Atwood Lovitt, director of the Chris Atwood Foundation, shows the class how to recognize the symptoms of an opioid overdose and how to respond. After the training, the CAF and REVIVE! made Narcan kits for reversing the effects of an overdose available.**

BY ANDREA WORKER  
THE GAZETTE

Ginny Atwood Lovitt is the executive director of the Chris Atwood Foundation (CAF), an organization that she founded with her family in honor of her brother Chris, lost to them from a heroin overdose. Their goal is to educate the public on the opioid crisis and to provide resources and support for those caught in its growing wake. CAF partnered with the Fairfax County Community Services Board and the Virginia Department of Behavioral Health and Developmental Sciences to create REVIVE! — the Commonwealth's education program on opioids and the use of the

drug naloxone that can reverse the effects of an opioid overdose when administered properly and in time.

Lovitt became a certified trainer for the program, and since 2015, has trained more than 200 people. On Aug. 18, at the Unity Church of Fairfax in Oakton, she hosted another session. The difference between this class and those that had been offered before was his-

toric. Thanks to the passage of Virginia Senate Bill 848-2017 and House Bill 1453, for the first time, Lovitt and REVIVE! were able to offer Naloxone to those who completed the course and submitted their registration.

Naloxone is a medication that attaches to the opioid receptors in the brain, in effect, "knocking the opioids off" and allowing the overdose victim's respiratory and car-

SEE TRAINING. PAGE 20

REQUESTED IN HOME  
MATERIAL  
TIME-SENSITIVE  
POSTMASTER:  
ATTENTION  
PERMIT #482  
ALEXANDRIA, VA  
PAID  
U.S. POSTAGE  
FIRST CLASS

# Alexandria trusts McEneaney Associates



REALTORS®

there when it counts

McEneaney.com

OPEN SUN 9/10, 1-4



**Alexandria**  
**\$1,399,000**

5 bedrooms, 4.5 baths, 4,500 square feet. Top-of-the-line, brand new, solid construction. Built for energy efficiency. Entertain in style. 2806 Valley Drive

**Jud Burke 703.966.8343**  
[www.JudBurke.com](http://www.JudBurke.com)

OPEN SUN 9/10, 1-4



**Alexandria**  
**\$979,000**

Just Listed! 6 bedrooms, 5 baths plus au-pair quarters. Expansive great room with fireplace & French doors to the yard. Spacious living/dining room & gourmet kitchen for large scale entertaining. Waywood School district. 1110 Westmoreland Rd.

**Bob Martini 703.798.7400**  
[www.BobMartini.com](http://www.BobMartini.com)

OPEN SUN 9/10, 2-4



**Del Ray**  
**\$699,900**

Charming 2-bedroom, 1-bath bungalow. Traditional layout with hardwood floors and main floor bedroom. Renovated kitchen opens to great room addition. Finished attic for extra living space. Enjoy the private yard & being steps to "The Avenue." 109 E Custis Ave.

**Jen Walker 703.675.1566**  
[www.JenWalker.com](http://www.JenWalker.com)

OPEN SUN 9/10, 2-4



**Belle Haven**  
**\$724,900**

New Price! Come see this charming 3-bedroom, 2-bath, all-brick rambler with a large, flat, private yard and back veranda. Great flow to entertain, hardwood floors throughout, and 2 wood-burning fireplaces

2301 Windsor Road  
**Miriam Miller 703.598.6619**  
[www.MM-RealEstate.com](http://www.MM-RealEstate.com)

OPEN SUN 9/10, 2-4



**Alexandria**  
**\$853,000**

Stunning renovation of the entire house! Beautiful open concept kitchen. Main level bedroom with full bath. Abundant closet and attic storage, refinished hardwood flooring throughout, new windows, doors and lighting. Amazing views! 1702 Mason Hill Dr

**Lauren Bishop 202.361.5079**  
[www.LaurenBishopHomes.com](http://www.LaurenBishopHomes.com)

OPEN SUN 9/10, 1-4



**Alexandria**  
**\$925,000**

NEW PRICE! Today's best renovations transform this home's warm, inviting interior. Updated sunroom has skylights, sliders, adjacent outdoor BBQ space. NEW kitchen, NEW floors, NEW doors, NEW family room. Beautiful, fully-fenced, .42 acre lot. 1212 Trinity Drive

**Kristin Mango 571.276.0798**  
[www.KristinMango.com](http://www.KristinMango.com)

OPEN SUN 9/10, 1-4



**Old Town**  
**\$949,900**

Beautiful 3-bedroom, 2.5-bath historic home which has been renovated & restored to a very high standard. Exquisite kitchen with custom cabinetry, marble, integrated appliances. Two fireplaces, wood floors, private patio garden. 716 Queen Street

**Margaret Benghauser 703.989.6961**  
[www.MBenghauser.com](http://www.MBenghauser.com)

OPEN SUN 9/10, 2-4



**Kingstowne**  
**\$614,000**

Lovely all-brick, end unit, 4-bedroom, 3.5-bath townhome. Gracious entry flanked by a large step-down living room with a gas fireplace & spacious dining room. Sunny, eat-in kitchen with granite & stainless. Inviting family on the lower level. 6151 Braeleigh Lane

**Pat Day & Mason Bavin 703.850.7934**  
[www.housesbydaybavin.com](http://www.housesbydaybavin.com)

OPEN SUN 9/10, 1-4



**Old Town**  
**\$735,000**

This enchanting 2-bedroom, 1.5-bath, 18th century home has retained much of its original charm with wide hardwood floors, crown molding & 2 wood-burning

fireplaces. Lovely living room with built-in bookshelves. The combined kitchen & dining space open on to an enchanting courtyard garden. Off-street parking space beyond the garden walls. 519 Duke Street

**Mason Montague Bavin 703.338.6007**  
[www.MasonBavin.com](http://www.MasonBavin.com)

OPEN SUN 9/10, 2-4



**Alexandria**  
**\$416,000**

Sophisticated, smart living is yours with this refreshed, top-floor, 2-bedroom Colecroft condominium with new wood floors, vaulted ceiling, fireplace, covered

balcony, one parking space, private attic and stunning sunset views of Masonic Temple. Just one block to Braddock Road Metro. 526 N West Street

**Ann Duff 703.965.8700**  
[www.AnnDuff.com](http://www.AnnDuff.com)

OPEN SUN 9/10, 1-4



**Old Town**  
**\$634,000**

Freshly painted with updated kitchen and new stainless steel appliances, this darling 2-bedroom, 1-bath offers wood floors throughout, a deep fully fenced yard

and off-street parking. 511 N Columbus Street

**Holly Beville 703.622.8840**  
[www.HollyBeville.com](http://www.HollyBeville.com)

OPEN SUN 9/10, 2-4



**Del Ray**  
**\$599,900**

Enviably location in sought-after Del Ray and close to Metro! Wonderful 3-bedroom, 1.5 updated bath home with 3 finished levels, hardwood floors, granite

counter tops, a lower level rec room space and a great deck for outdoor entertaining. [thegoodhartgroup.com/listings/405-e-howell/](http://thegoodhartgroup.com/listings/405-e-howell/)

**Sue & Allison Goodhart 703.362.3221**  
[www.TheGoodhartGroup.com](http://www.TheGoodhartGroup.com)

Serving the Washington, DC Metro Area since 1980.  
703.549.9292 | 109 South Pitt Street | Alexandria, VA 22314



# September Is Suicide Prevention Month

Area agencies, organizations and citizens engage to raise awareness and prevent deaths.

BY ANDREA WORKER  
THE GAZETTE

**A**t its meeting on July 11, the Fairfax County Board of Supervisors presented a proclamation, designating September 2017 as Suicide Awareness and Prevention Month.

Suicide is the 11th leading cause of death in Virginia. On average, one person dies by suicide every eight hours in the state. According to the statistics published for 2017 by the National Capital Area branch of the American Foundation for Suicide Prevention (AFSP), suicide is the second leading cause of death for ages 15-34 in Virginia, third for ages 10-14, and fourth among people 35-54.

“So many of these tragedies are preventable,” said Ellen Shannon, area director for the region’s AFSP chapter, “if only we can end the stigma and get people talking. It’s not a conversation that we’re comfortable having, but if we listen, and talk, we might just save a life.”

Studies show that more than 50 percent of all people who attempt suicide tell someone about their intentions, but too often people considering suicide are afraid to ask for help, and those who think they see the signs of trouble are reluctant to be wrong and then offend, or cause embarrassment.

Wendy Gradison, CEO of Psychiatric Rehabilitation Services, Inc. (PRS) that runs Northern Virginia’s crisis hotline and textline, agrees. In a statement, Gradison said that by “turning up the volume, we can make it OK to have a conversation, make a call or send a text. Making a call or sending a text [to our CrisisLink] saves lives.”

PRS reports that for every death, 278 people are able to move past that crisis moment, and the numbers could increase to the positive if more people can be reached. The nonprofit has contributed to



The Fairfax County Board of Supervisors presented a proclamation to declare September as Suicide Awareness and Prevention Month.

those survival statistics, handling nearly 34,000 crisis calls and exchanging more than 33,000 crisis text messages from the Northern Virginia region in 2016 alone through its CrisisLink program.

All of the area organizations that support mental health and fight against suicide are actively engaged in that battle all year long, 24/7, but during Suicide Awareness and Prevention Month, those efforts get magnified to engage as many citizens as possible in the conversation.

Who’s doing what to promote suicide awareness and prevention during September, and how can to get involved? Here are just a few of the events and activities taking place in the area:

## Out of the Darkness Walk

The 10th annual Fairfax/NoVA Out of the Darkness Community Walk to benefit the American Foundation for Suicide Prevention, National Capital Area Chapter, (AFSP) takes place on Saturday, Sept. 16, starting at 11 a.m. Check-in begins at 9 a.m. The walk begins and ends at the Fairfax County Government Center in Fairfax.

Online registration for the event at [www.afsp.donordrive.com](http://www.afsp.donordrive.com) is open until noon on the Friday before the walk, but individuals and teams can still register in person at the walk from check-in until the start of the walk.

The event is family and pet friendly. Walkers and spectators are encouraged to come

early in order to explore the resources area. Representatives from local agencies and non-profits will be on hand to offer information and news about upcoming events. The organizers say it’s also a good time to simply “connect and gain support” from others with similar experiences.

Working closely with the AFSP and leading the charge for the walk for the second year in a row is retired Fairfax County firefighter, Karrie Leigh Boswell, who has been an advocate for firefighter line-of-duty death benefits during her 27-year career. She got involved in the cause to prevent suicide deaths when “trying to make sense” of the suicide “of one of our own, Nicole Mittendorf.” Mittendorf was a firefighter from Woodbridge, who took her own life in April last year and whose death sparked investigations into cyberbullying as a possible contributing factor in her death.

Boswell says she felt compelled to get involved and do her part for suicide prevention for everyone, but particularly for her “brother and sister” firefighters and rescue personnel. “If you think there’s a stigma among the general public when it comes to talking about your mental health or feelings of suicide,” said Boswell, “it’s even greater in those ranks and with law enforcement. We feel like we’re supposed to be the ones helping, not the ones needing help.”

Boswell is committed to doing what she can personally and to building a community to tackle the tragedies of suicide. “Nothing ever gets done without a broad-based coalition,” she said.

“Last year we had about 1,000 walkers and raised about \$150,000,” said Boswell. Those numbers made the Fairfax Walk number 18 of the 411 AFSP-sponsored walks



From left: Capt. II Dennis Kotecki, Wellness and Fitness Program Manager, Fairfax County; Karrie Leigh Boswell, retired Fairfax County firefighter and chair of the Out of the Dark Community Walk; and Ellen Shannon, area director, National Capital Area, American Foundation for Suicide Prevention.



Doing the walk in 2016 to raise awareness and funds and prevent suicide.

PHOTOS CONTRIBUTED

# Weichert®

Buying • Selling • Mortgage • Title • Insurance



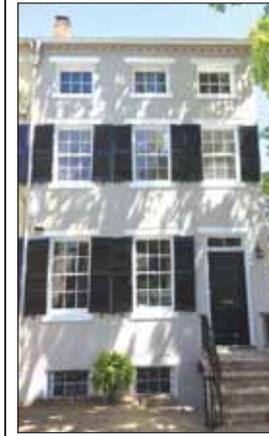
**Old Town \$3,995,000**  
214 North Royal Street. Elegant circa 1846 detached residence with off street parking and a gorgeous walled garden with heated pool! Beautifully renovated with 4 bedrooms, 4.5 baths and over 6,000 sq. ft. of living space. Gracious rooms with tall windows, soaring ceilings, exquisite moldings and 2 gas fireplaces. This grand home with a Chef's kitchen is perfect for entertaining large groups or intimate parties with seamless flow between the interior and exterior spaces. Finished lower level w high ceilings has family room, full bath & storage room.

**Christine Garner**  
703.587.4855



**Old Town \$1,799,000**  
214 S. Lee St. Over a million in renovations to this 3 bedroom, 3.5 bath semi-detached historic property. Expanded with a fabulous 3 story addition with over 2600 sq. ft. of living space. High end finishes and quality craftsmanship, original heart of pine floors, 2 gas fireplaces and a gourmet kitchen that opens to a family room. Deep fenced yard with extensive hardscape and 2 balconies, 1 with a river view!

**Christine Garner 703.587.4855**



**Old Town \$1,595,000**  
207 Gibbon St. Masterful restoration of this 4 bedroom (all upper), 4 bath historic property in the S.E. quadrant of town steps from Lee Street Park! Gourmet kitchen, 3 fireplaces, original hardwood floors, handsome moldings and built-ins. Two bedroom suites including the Master bedroom with a fireplace. Finished lower level with 9' ceilings, 4th full bath and private front entry. Georgetown patio, alley access and brick shed with electricity.

**Christine Garner**  
703.587.4855



**Alexandria \$1,200,000**  
4010 Franconia Road. Beautiful 4 column house WITH LAND This house has 4 bedrooms and 2.5 baths. But then there is MORE- the swimming pool and POOL house which includes a kitchen and full bath. PLUS a carriage house with 2 car garage and one bedroom apartment with its own washer/dryer. AND a huge barn with parking for 4 cars and finished upper level, perfect for watching football games!

**Julie F. Hall 703.786.3634**



**Old Town \$959,900**  
422 Euille Street. Beautiful Move-in Ready 3 bedroom, 3.5 bath brick front townhouse with a 2 car attached garage. Located in a quiet courtyard just a few blocks from the waterfront and historic King St. Open floor plan with tall ceilings, handsome moldings and wainscoting in the dining room. Eat-in kitchen with granite counters and island and lower level family room with gas fireplace. Two bedrooms and 2 full baths on the upper level including the Master suite with luxury en suite bath. Third level bedroom with en suite bath, den/office and a rooftop deck!

**Christine Garner**  
703.587.4855



**Old Town \$915,000**  
204 Franklin Street. 2 blocks to the riverfront, this beautifully updated, historic home offers 2BR + Den and 3.5 baths. Gorgeous open-kitchen & patio.

**Diann Hicks Carlson 703.628.2440**



**NEW LISTING**

**Alexandria \$634,900**  
906 Juniper Place. New listing. Beautiful 4 bed/3 bath home with updated kitchen and baths. Relax or entertain in the private backyard/patio. 4th bedroom is perfect in-law suite. Close to shopping, & 395. Welcome Home!

**Fran Slade 904.476.2691**



**Del Ray \$589,000**  
2404 East Randolph Ave. Enjoy 1 level living in this charming 3 bedroom, 1 bath brick home. Beautifully updated with an open floor plan, wood floors and replacement windows throughout. Kitchen with granite counters and natural Maple cabinetry with adjoining dining room. Three nice size bedrooms each with ceiling fans with lights. Fully fenced yard with stone patio surrounded by perennial gardens. Blocks to shops and restaurants and 1.4 miles to Braddock Metro.

**Christine Garner 703.587.4855**



**Open Sunday 2-4pm**

**Alex/Mt Zephyr \$429,000**  
8524 Richmond Ave. You'll love this charming brick rambler -- 2 BRs + den and sitting room off MBR, 2 full baths, updated kitchen, FP, hardwood floors, crown molding, family room addition, fenced yard (nearly 1/2 acre), huge deck, and patio. Bonuses include newer furnace and roof, and replaced windows. Close to Ft Belvoir and Mount Vernon.

**Mary Hurlbut 703.980.9595**



**OPEN SUNDAY 1-4**

**Alexandria/Montebello \$289,900**  
5902 Mount Eagle Dr # 201. This is a must see, in resort-like Montebello, minutes from Old Town! Two private master bedroom suites, near elevator. The gourmet cook will enjoy the recently renovated kitchen. Charming sun drenched enclosed balcony. New HVAC & freshly painted. Amenities include new fitness center (2016), shuttle bus, tennis, indoor & outdoor pools, bowling, restaurant, and many different clubs; pet-friendly, too!

**Cindy Baggett 703.593.1418**  
**Leslie Rodriguez 703.400.3010**



**OPEN SUNDAY 1-4**

**Alexandria/Montebello \$265,000**  
5901 Mount Eagle Dr #1002. Spacious & contemporary 1005 SF condo with Potomac & treed views; enjoy Montebello's park-like oasis of 37 wooded acres. Vacation at home with its many amenities. 24/7 on-site security, indoor & outdoor pools, cafe, tennis, bowling, shuttle bus, \$1.4 M fitness center (2016); variety of activities. Unique open gourmet kitchen & updated bathroom; freshly painted; new 6 panel doors; storage space; HMS warranty.

**Cindy Baggett 703.593.1418**  
**Leslie Rodriguez 703.400.3010**



**Alexandria \$240,000**  
301 Reynolds Street S #209. Beautiful secure entry building. Lots of personality AND awesome location! HIGH ceilings & contemporary feel. Updated kitchen & baths. NEW cabinets, granite, Stainless appl. Wood floors. Balcony. covered parking. Newer windows and SGD. NEWer AC. W/D in unit. New lights. Close to Van Dorn metro, landmark, 395.

**Julie F. Hall 703.786.3634**

Alexandria/Old Town Office | 703-549-8700

**Weichert**  
REALTORS®





PHOTOS BY TRACEY KOHLER



The smiles of students at Fort Hunt Elementary School are framed on the first day of school. Students and their families also participated in the annual Community Clean-Up day to plant new flowers, and mulch the gardens on school grounds.

# Back to FHES with Smiles

In the week leading up to the first day of school, Fort Hunt Elementary School was packed with families and staff coming together to get the school ready for a new year.

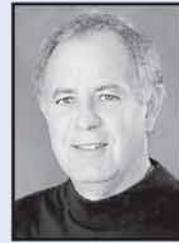
"We strive to create one community at Fort Hunt. It is always wonderful to see parents and school staff coming together to make school a great place for students, but I feel our partnership is deeper than that. Our students, families, and staff are all part of a caring and connected community," said Thomas Fitzpatrick, FHES principal.

At the Open House, students hugged old and new friends, and families posed for pictures before entering the school to meet their teachers. Then on Saturday, more than 50 Fort Hunt family members attended the school's second annual Community

Clean-Up day to plant new flowers, and mulch the gardens on school grounds. Monday morning was filled with balloons, signs and smiling Fort Hunt staff, as they welcomed students back for their first day.

Lauren Chuk, Fort Hunt's assistant principal highlights the importance of bringing families together both in and outside of school hours: "Spending time with the students and families at PTA events such as the annual Clean-up day gives everyone a chance to feel connected and committed to building a strong community and school."

The annual PTA Coffee and Kleenex following the first day's drop off was filled with parents appreciating the feeling they had dropping off their students to such a warm and welcoming learning environment.



**Rex Reiley**  
**RE/MAX Allegiance**  
**703-768-7730**  
 rex.reiley@rmxtalk.com



**Alex/Riverside Estates \$509,900**  
**8519 Wagon Wheel Road**  
 Great price on this lovely 4BR, 2.5BA Colonial in popular Riverside Estates. 3 finished levels with a large 2 car garage. Hardwood floors underneath carpet on main and upper levels. 5 minutes to Ft. Belvoir, 15 mins to Old Town, 25 mins to Ntl' Airport, 30 mins to Pentagon/D.C. You won't get a much quality house for this price in Mount Vernon!



**Alex/Riverside Estates \$644,900**  
**8331 Blowing Rock Road**  
 Beautiful Mt. Vernon Colonial w/stunning renovations! 4BRs, 3.5BAs, 3 lvs, garage & deck. Gorgeous addition w/exquisite remodeling expands the kit & family rm. The quality & design are exceptional. Stunning kit w/ all the bells and whistles (skylight, tile & bamboo flooring, SS appliances, silestone counters, high-end cabinetry, double wall oven, gas cooktop) & a casual eating area overlooking bkdy. Spectacular family rm w/gas FPL & sliding glass doors to the deck. Abundant windows provide natural lighting. 4BRs on the upper lvl. Lower lvl has a full bath, lg finished rec rm, & an additional rm that can be easily configured as a 5th BR. Roof replaced in "15. Wood FPL in living rm & lower lvl. This is a winner!



**Alex/Riverside Estates \$509,900**  
**3424 Ramsgate Terrace**  
 Lovely 4BR, 2.5BA home w/garage in wonderful Mt. Vernon neighborhood. Updated & open kitchen w/granite, SS appliances & lots of counter space. Beautiful hwd floors- Replacement windows-2 FPLs-Your own private sauna. HVAC 2013, roof 2008, windows 2010, kitchen 2015. Kitchen leads to a large deck overlooking a beautiful bkdy & stone patio. Fenced bkdy. Great location, close to Ft. Belvoir & GW Parkway for scenic commuting to D.C.



**Alex/Mt. Vernon Manor \$549,900**  
**8806 Falkstone Lane**  
 Spectacular 3 level split w/5BRs, 3BAs- So many updates: roof, windows, furnace, A/C & HWH. Remodeled kitchen w/granite & lovely eating station. Remodeled lower level bath & beautiful refinished hardwood floors throughout main and upper levels. Sit and wave to your neighbors from your charming front porch. Enjoy a large manicured backyard. 5 minutes to Ft. Belvoir, 15 mins to Alex, Old Town, along the GW Parkway.



**Alex/Mt. Vernon Manor \$584,900**  
**4601 Wood Drive**  
 Stunning 4BR, 3BA Split w/a carport & garage on a beautiful lot w/a spectacular custom-built screened porch-perfect for entertaining & enjoying your private time. Freshly painted interior, beautiful refinished hwd floors, updated kitchen w/granite counters. Great price. 5 minutes to Ft. Belvoir, 25 mins to Ntl Airport. This is a 10!



**Alex/Loftridge \$2,400/Mo**  
**4405 Churchman Court**  
 Lovely 3lvl, 3BR,3.5BA townhome w/ upgraded kitchen- Lg fully finished basement w/family rm, newly carpeted, & full bath. Freshly painted interior, ducts cleaned-Well located, heavily treed subdivision. Large, open floor plan w/SGD to lovely brick patio, fenced back yard, shed & backs to trees. Quick access to I-495



**Wellington Heights \$929,900**  
**7519 Ridgecrest Dr.**  
 Beautiful 2 level Wellington Heights home with winter views of Potomac River, in fabulous location on sought after Ridgecrest Road. Stunning kitchen-5bed-rooms, 4 baths, 2 car garage, large, private .58 acre lot. Open floor plan with expansive windows overlooking the private backyard oasis with swimming pool and large patio, perfect for relaxing and entertaining. Waynewood Elementary. This house is a gem!



For more information: [www.RexReiley.com](http://www.RexReiley.com)



Each Office Independently Owned and Operated



**FALL EVENTS**

EXTRAORDINARY

*Alexandria*

**George Washington Patriot Run 10K/5K**  
September 10

**15th Annual King Street Art Festival**  
September 16-17

**Mount Vernon Colonial Market & Fair**  
September 16-17

**76th Annual Historic Alexandria Homes Tour**  
September 23

**22nd Annual Art on the Avenue**  
October 7

**42nd Annual Virginia Wine Festival**  
October 14-15

**21st Annual Del Ray Halloween Parade**  
October 29

For a full list of events, tours, and fall fun go to:  
**VisitAlexandriaVA.com/Fall**




## NEWS

# Short-Term Rentals

FROM PAGE 1

up to 30 percent of a backyard of a single-family dwelling to be covered. The changes could allow for up to 60 percent of coverage.

The county's Sign Ordinance is also being rewritten in response to a U.S. Supreme Court decision in *Reed v. Town of Gilbert* in June 2015, which clarified when municipalities may impose content-based restrictions on signage. The rewrite of the zoning rules for signs will make them content-neutral.

Among all of the proposed updates, short-term rentals are the hot topic, says Johnson.

"There were people that have concerns about short-term rentals that are creating problems for them in their neighborhoods," said Lily Yegazu, who works for the Department of Planning and Zoning and manned the STR booth at the open house. "There are also people that wanted to know how to do it [list property for short-term rental]."

Whether people support STRs or not, they are currently illegal in the county.

"We do not allow for transient occupancy of a dwelling unit, unless it's a bed and breakfast, which requires special exception approval [from the Board of Supervisors]," Johnson said during the meeting.

Amanda Staudt and Peggy Hillman of North Reston, who have an Airbnb property operating on their street in a residential neighborhood, were vocal about their opposition to STRs at the meeting.

"We have a small cul-de-sac with 21 kids 18 and younger," Staudt said. "One of the houses on our street, the owner moved in a year and a half ago, moved into the basement and started renting out individual rooms at about \$35 a night. So basically, it was a small hotel."

### Community Meetings Scheduled

Up until Aug. 31, the county was collecting public feedback about STRs through an online survey. County residents can learn about the results from the survey and weigh in on the topic during these scheduled community meetings this month:

- ❖ **Wednesday, Sept. 13, 7 p.m.:** South County Government Center, 8350 Richmond Highway, Alexandria.
- ❖ **Monday, Sept. 25, 7 p.m.:** Dranesville District Community Room at the McLean Governmental Center, 1437 Balls Hill Road, McLean.

The Zoning Administration Division will start putting together concepts, strategies and recommendations for the Board of Supervisors to consider after the September meetings, according to Leslie Johnson, zoning administrator.

"Ultimately, we have to present something to the board for them to react to and for them to approve, but we try to provide professional recommendations to them," Johnson said.



PHOTO BY FALLON FORBUSH/THE GAZETTE

**Michelle Minstrell of Falls Church (center) and John McEwan (right) speak to Fairfax County Zoning Administrator Leslie Johnson (left) about their experience operating Airbnb rentals in the county.**

The women's anxiety over safety concerns with their transient neighbors was made real.

"We have had incidents where we've had to contact the police because of some of the residents, or customers — whatever you want to call them — were giving undesired attention to teenage girls in the neighborhood," Staudt said.

"We don't know how many people are in the house at any one time in each room," Hillman added. "We don't know how many people can stay in a room. There's multiple cars, which disrupt our street, which is not a wide street."

The two women said they have complained to the county non-stop over their concerns of the illegal activity on their street.

"They've been semi-responsive, but they've basically said that they are limited in what they can do on enforcement," Staudt said.

"They're having trouble enforcing their existing regulations," Hillman added.

The two women worry that if the county cannot regulate current law, then the county will not be able to enforce a potential registry if STRs are permitted.

"If they can't enforce it now effectively, how are they going to enforce it if they make it more complicated and available to more people?" Hillman said.

Hotels have always been regulated and people don't have a right to run hotels in residential neighborhoods.

"If somebody begins to use their property in a way that looks like a hotel, then they're going to find that the government takes an interest in how they use their property," Surovell said.

But he agrees with Staudt and Hillman that the county's enforcement has been weak.

"Fairfax County code enforcement in general is pretty pathetic," Sen. Surovell said. "It tends to be mainly complaint driven."

**OVER THE PAST YEAR**, the Fairfax County Department of Code Compliance received 18 complaints of possible STRs

SEE REGULATE, PAGE 7

WWW.CONNECTIONNEWSPAPERS.COM

# Regulating Short-Term Rentals

FROM PAGE 6

operating in the county, according to Tony Castrilli, a spokesperson for the county government.

"DCC staff investigated these complaints and found sufficient information to corroborate two [short-term rentals], one in the Mason District and one in the Mount Vernon District, for which notices of violation were issued," Castrilli said. "Some of the other cases were closed because there was insufficient evidence that STRs were actually operating at those addresses or that there were any other zoning violations occurring."

The property owners who were issued notices of violation were: John and Mary Lou McEwan for their property at 9319 Ludgate Drive in Alexandria and Blake and Sara Ratcliff for their property at 3320 Grass Hill Terrace in Falls Church, according to Castrilli.

John McEwan and Blake Ratcliff are appealing their citations and have been scheduled to have hearings on Nov. 29, according to McEwan.

McEwan said he would be appealing the violation at the cost of \$600 because he was told by various county employees that no citations would be given while the county considers changes to the zoning laws.

Others in the crowd were worried that the overwhelming tide against STRs could sway the opinion of officials and bar them from participating in a form of income they have come to rely upon.

Michelle Minstrell lives in her home in Falls Church and regularly rents out a spare room on Airbnb to help cover the expense of her mortgage and has never received a complaint from her neighbors.

"We have permit parking on our streets and I have off-street parking for that additional resident and my vehicle is off the street as well," Minstrell said. "I've never had any noise problems. Neighbors have not mentioned issues at all."

With Minstrell's advice, another single woman in her neighborhood with a mortgage has started renting out space in her home on Airbnb.

"There is such a huge range of what the short-term rental can be," she said. "I live in my house and I'm only renting a small portion of it."

"I fear that the people who might be angry about it are seeing the whole party houses, absentee homeowner situation and not realizing that there are those of us who are making money to pay for our mortgage off of a roommate," she added.

**Morganite**

**Halo**

**Diamond Rings**

**Eternity**

**King's Jewelry**

**KingsJewelry.NET**  
609 King Street  
Old Town Alexandria  
703-549-0011

Open Thurs 10am-8pm  
Mon-Sat 10am-6pm  
Closed Sundays

Family owned and operated for over 60 years.

**KING STREET**

**ART FESTIVAL**

**KING STREET IN OLD TOWN ALEXANDRIA, VA**

**SATURDAY, SEPTEMBER 16**  
10AM-7PM

**SUNDAY, SEPTEMBER 17**  
10AM-5PM

**FREE ADMISSION** | Visit [AlexandriaVA.com/ArtFestival](http://AlexandriaVA.com/ArtFestival)

**Art festival.com**  
A Howard Alan Event

**EXTRAORDINARY Alexandria**

**THE LINCOLN MOTOR COMPANY**

**Information: (561) 746-6615**

**McEneaney ASSOCIATES**

**GEICO**

**Renewal by Andersen**

**Gutter Helmet**  
NEVER CLEAN YOUR GUTTERS AGAIN

**ExpressLanes**

**CROWNE PLAZA**  
OLD TOWN ALEXANDRIA

## Until What Affects Them Affects You

### A Father's Plea

BY CHRIS DAVIS  
SENIOR PASTOR  
GROVETON BAPTIST CHURCH

I wasn't alive in 1962 for the Cuban missile crisis. The only part of the Cold War I lived through was too consumed with Knight Rider and G.I. Joe's for me to absorb any of the concerns over Soviet Union nukes. But I think it's fair to say that the Cold War created an ambient terror in America. A low-grade, incessant concern hung in the air that something radically life-altering could happen at any time.

Imagine a social experiment where 62 percent of the nation were rendered incapable of feeling the dread that accompanied the possibility of nuclear attack. Consequently, they do not understand the fallout shelters, the embargoes, the international grandstanding. They don't taste the fear, so the actions smack of hysteria. Imagine the challenge the 62 percent and the

38 percent would have in engaging in meaningful conversations about foreign policy when a minority lives with ambient terror and the majority does not.

I believe this is why conversations about race are so difficult in America. The only reason I feel qualified to say this is because I have both the 62 percent and the 38 percent in the same head.

I have always been part of the 62 percent of whites in America. While I have observed, studied, and conversed at length about race in America, I have never been on the wrong end of racism. I have never been inexplicably pulled over by the police, watched nervously in a convenience store, met with surprise after speaking something intelligent, or asked to give my ethnic group's position on a social or political matter (all experiences black friends have relayed).

But for the past 11 years, as a parent of Sophia, Stephan, and Marcus, I have slowly



**Chris Davis is the senior pastor of Groveton Baptist Church in Alexandria. Chris and Rachael have four children by adoption and by birth. They live in the Kirkside neighborhood**

begun to experience hints of ambient racial terror. The history from slavery to sharecropping to Jim Crow to lynchings to redlining to the Southern strategy to mass incarceration has made the epic, 18-inch journey from my head

SEE OPINION, PAGE 14

## Burying Utilities Should be a Priority

BY SCOTT SUROVELL  
STATE SENATOR (D-36)



As we enter hurricane season, I start to get questions about burying utility lines. We are making limited progress in Virginia but efforts hit a setback last week.

In communities built since the mid-1980s all utilities are underground. In the older parts of Northern Virginia, such as where we live here in eastern Fairfax and Prince William counties, nearly all utilities are above ground.

In June, 2012, Northern Virginia was rocked by a Derecho that stormed in from Chicago, killed 22 people and caused over \$2.9 billion in damage. Our older infrastructure, coupled

with our heavy older and established tree canopy caused major utility outages. In the Derecho's aftermath, I heard calls through my district for undergrounding of utility lines. I even held a townhall focused exclusively on undergrounding power lines.

In the 2014 General Assembly Session, the General Assembly passed legislation declaring power line undergrounding in the public interest and authorizing Dominion Power to spend no more than \$200 million per year and recover up to \$2 billion from ratepayers to underground electrical lines but required the effort to focus on lines that were particularly prone to outages. Dominion's methodology focuses on lines that have failed nine or more times in the last 10 years.

Unfortunately, this program does not bury cable or phone lines due to problems with cost, coordination and easements. I am exploring methods communities could partner to achieve

this, but it is a very difficult problem. Also, none of this addresses undergrounding commercial utilities which is something that is only funded by localities, is desperately need on U.S. 1, and I will write about that separately in the future.

Over the last two years, Dominion has been implementing this program. For example, Dominion finished burying a problematic line in Waynewood last week and held meetings last month regarding plans to underground certain lines on Mason Neck.

Focusing on outage-prone lines not only improves reliability for those customers, but it improves service for everyone by allowing work crews to focus on other outages (e.g. your house) and get your power turned back on, plus it reduces repair costs over the long term which reduces everyone's rates.

However, Dominion cannot do this without supervision from the State Corporation Com-

### LETTERS

#### Impact of Airplane Noise

To the Editor:

As a concerned citizen, I am writing in response to the increased and incessant airplane noise, experienced on a daily basis in neighborhoods like mine. In 2015, the FAA implemented a satellite based system called NextGen, which allows for more take offs and landings concentrated on one flightpath versus multiple flight paths. As a result, our neighborhoods are bombarded with noise often from 5:30 a.m.-midnight.

mission (SCC) who must approve all utility actions that affect electricity rates. The SCC rejected the first proposed round of undergrounding so we passed additional legislation last session to make the General Assembly's intent more clear.

Although the SCC approved the first \$122 million phase, last week — while the costliest hurricane in history was hitting the United States — the SCC rejected Dominion's second request for 244 miles of undergrounding at \$270 million which creates uncertainty for the continued effort and will slow everything down.

We have a long way to go to get our area infrastructure up to par with the newer parts of Northern Virginia and next session, I plan to do everything I can to limit the SCC's ability to kill these projects — they are too important.

It is an honor to serve as your state senator. Please let me know if you have any feedback at [scott@scottsuovell.org](mailto:scott@scottsuovell.org).

According to the FAA website, "NextGen ... helps passengers reach their destinations on time, while reducing fuel burn and lessening our impact on the environment" yet at what cost to us, as citizens, and to our families? According to studies, excessive airplane noise has been linked to impairing long term memory and reading ability in children living near German airports (published in Psychological Science, Sept 2002) and most recently, excessive noise was related to possible increased hypertension according to the HY-ENA study in Europe.

SEE LETTERS, PAGE 9

[www.MountVernonGazette.com](http://www.MountVernonGazette.com)

@MtVernonGazette

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by  
Local Media Connection LLC

1606 King Street  
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to [connectionnewspapers.com/subscribe](http://connectionnewspapers.com/subscribe)

NEWS DEPARTMENT:  
[gazette@connectionnewspapers.com](mailto:gazette@connectionnewspapers.com)

**Steven Mauren**  
Editor, 703-778-9415  
[smauren@connectionnewspapers.com](mailto:smauren@connectionnewspapers.com)

**Mike Salmon**  
Assistant Editor  
[msalmon@connectionnewspapers.com](mailto:msalmon@connectionnewspapers.com)

**Andrea Worker**  
Reporter  
[aworker@connectionnewspapers.com](mailto:aworker@connectionnewspapers.com)

**Jeanne Theismann**  
[jtheismann@connectionnewspapers.com](mailto:jtheismann@connectionnewspapers.com)  
@TheismannMedia

ADVERTISING:  
For advertising information  
[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)  
703-778-9431

**Debbie Funk**  
Display Advertising/National Sales  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

**Julie Ferrill**  
Real Estate, 703-927-1364  
[jferrill@connectionnewspapers.com](mailto:jferrill@connectionnewspapers.com)

**Helen Walutes**  
Display Advertising, 703-778-9410  
[hwalutes@connectionnewspapers.com](mailto:hwalutes@connectionnewspapers.com)

**David Griffin**  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

**Publisher**  
Jerry Vernon  
703-549-0004  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor & Publisher**  
Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
@MaryKimm

**Editor in Chief**  
Steven Mauren  
**Art/Design:**  
Laurence Foong, John Heinly,  
Ali Khaligh  
**Production Manager:**  
Geovani Flores

CIRCULATION  
**Circulation Manager:**  
Ann Oliver  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)

A Connection Newspaper



# LETTERS

FROM PAGE 8

Help take back our neighborhoods by voicing your concerns and continuing to register your complaints:

<http://www.flyreagan.com/dc/Reagan-national-submit-noise-complaint>.

**Elizabeth O'Hare**  
Alexandria

## Inappropriate Hunting Site

To the Editor:

*The following open letter was addressed to Mount Vernon District Supervisor Dan Storck.*

It has recently come to my attention that the county will be expanding its Deer Management Program in the southern portion of Fairfax County. As our local elected official, I ask your support in reviewing this action which impacts parks that abut property overseen by associations such as: Riverside Estates Civic Association, Stratford Landing CA, and Williamsburg Manor CA to name a few.

My particular concern relates to property that I assume to be known as Little Hunting Creek Park. First and foremost I would like to make the county aware that this supposed "park" is little more than a 10.23 acre lot that the county does not manage in any way, shape, or form other than maintaining its easement rights to storm water runoff into the Little Hunting Creek. The county does not clean the trash that gets left behind, does not chase off groups that come to use the area as a hideaway for drug use, does not maintain trails or small foot bridges, and does nothing to manage invasive plant species that threaten to kill off the trees and leave us with a wasteland.

The land is in fact maintained by the lo-

cal community. Residents of Riverside Estates care for the trails, take English ivy off of ravaged trees, and clean up garbage. We do this so that our neighbors and children can use this area to enjoy the outdoors. In this particular lot, children aged 3 to 18 use the land on a daily basis for fishing, hiking, walking dogs, building wood forts, hide and go seek, etc. Permitted hunting on this land poses a danger to the public safety of those using the park as well as those that live adjacent to it. I can see a tree stand placed yesterday from my back window. This stand is located no more than 15 yards from a trail system and 30 yards from private property. Not only does this pose a safety hazard but it should not be allowed in such a small piece of land that is used by so many.

I am personally appalled that the county would allow such activity without any input from the localities impacted. No public hearing, little to no prior notification, and seemingly with zero understanding of the park itself. I am by no means a prude when it comes to hunting but in a residential neighborhood with young children this represents an unacceptable danger. No matter the skill level of the hunter, accidents happen. Are we willing to allow that possibility for the sake of a few deer? Management needs to tackle the issue at its core, inside established large scale parks such as Huntley Meadows.

I ask that the county place an immediate moratorium on its Deer Management Program in Little Hunting Creek Park. Other jurisdictions impacted in southern portion of Fairfax County should also be reviewed for safety and efficacy. Continuing the expansion of a kill program in small residential areas should be studied and discussed on a larger scale and backed up with data.

Thank you for your consideration.

**Paul Evans**  
Mt. Vernon



PHOTO BY MICHAEL K. BOHN

## A Feast

The purple coneflowers have gone to seed in late August, but that provides a great buffet for a Goldfinch. Several of the brightly colored males frequent a backyard garden near the Potomac in the Fort Hunt area.



If you are looking for a Remodeling company with Outstanding Customer Service and Lasting Value, give Foster Remodeling a call at 703.672.2249



## Please Join Us

## Free Fall Seminars





**Kitchen and Bath Remodeling**  
Wednesday October 4<sup>th</sup>, 2017 - 7:00pm

Have you been dreaming about a remodeling project? Please join us for concepts, inspiration, and industry insight!  
Doors open at 6:30pm - Seminar begins at 7:00pm



**Big Impact, Small Space**  
Saturday October 21<sup>st</sup>, 2017 - 9:30am

Join our creative design team as they help you untap the potential of a smaller space.  
Doors open at 9:00am - Seminar begins at 9:30am



**Kitchen and Bath Remodeling**  
Saturday October 21<sup>st</sup>, 2017 - 11:00am

From layouts and new technologies to finishes and code requirements, Foster Remodeling Solutions will get you up-to-date.  
Seminar begins at 11:00am

**Call today to reserve your spot - 703.672.2249 or online at FosterRemodeling.com under Seminars**

**Foster Remodeling Solutions**  
7211-H Telegraph Square Drive • Lorton, VA 22079  
703.672.2249 • FosterRemodeling.com

## SNAP OUT OF IT!

### Ban Fracked-Gas Pipelines in Virginia!

*As citizens of Virginia, we have a vision of our Commonwealth as a leader in transitioning to renewable clean energy. We call on Governor McAuliffe to use his authority through the Clean Water Act to deny permits for all fracked-gas pipelines. We call on elected officials to stand firmly on the side of the safety and welfare of your constituents. Refuse contributions from the fossil fuel industry, including Dominion Power, so you can be uncompromised and speak out to protect our air, water, and land!*

- No-** Eminent domain to take private and public land for corporate profit.
- No-** Trespassing on and destruction of family farms against the will of the owners
- No-** Bullying of African-American and Indigenous communities with toxic compressor stations and pipelines.
- No-** Rate payer funding of dirty energy infrastructure to benefit stockholders.
- No-** Fracked-gas pipelines in Virginia!
- Yes-** Invest in renewable clean energy, the fastest growing job sector.
- Yes-** Protect our waterways and mountain ridges.
- Yes-** Turn back Global Warming NOW!

|   |  |  |
|---|--|--|
| Signed by:<br>Bruce P. Tinker, MD<br>Pam Tinker, BS, PT, MAIS<br>Lynn Alsmeyer-Johnson<br>Xabier Arzuaga<br>Barbara Bacon<br>Patti Barkett<br>Mike Beidler<br>Sherri Berthrong<br>Henry Bobotek<br>Sonja Bloom<br>Dorothy M. Brandt<br>Wendy Burns<br>Curt Christian<br>Daniel L. Cohen, MD<br>Suzanne Cleary Cohen, MA<br>Renee Conrad<br>Thomas S. Corbit, SSBN Navy(ret)<br>Kimberlee A. Christian<br>Marcia Crockett, GSA(Ret)<br>Caroline D'Aguiar, US. Dept of Defense (Ret)<br>Roger F. D'Aguiar, US Air Force (Ret) | Joan Darrah<br>Gail Dickert, Social Justice Advocate<br>Janel L. Dillard<br>Margaret Dorsey<br>Linda Doyle<br>Cheryl Focht<br>Kathryn Forbes<br>Dr. William Gleason, State Dept (Ret)<br>Donna Gold<br>Phyllis Gonigam<br>Laurie Hayden<br>Nancy R. James<br>Ulysses James<br>Laura Jernigan<br>Connie Jordan<br>David Keegan<br>Lynne Kennedy<br>Sally Lindfors<br>Don Lipscomb, AIA<br>Jan Lipscomb, OTR<br>MyraSands Lusk, US Census Bureau<br>Marianne Martz | Peter Martz<br>Randall Merrifield<br>Linda Moncure<br>Fran Oropeza<br>Mary Paden<br>Elaine Petermann<br>Sandy Peterson<br>Janet Powers<br>Dolly Rowe<br>Emma Schneider<br>Raymond M. Schneider<br>Melanie A. Schneider<br>R. Gabriel Schneider<br>Maya J. Schneider<br>Diana Simonton, LMT<br>Ralph Slawson<br>Marian Louise (Mimi) Stevens<br>Jeb Taylor, WWII Vet<br>Nina Tisara<br>Blanca Vasquez<br>Sherry Whitaker<br>Bob Young |
|---|--|--|

# September Events Highlight Suicide

FROM PAGE 3

that took place across the country in 2016. Her goals for this year? “Double? Triple? Ultimately to break a million dollars!” Boswell is pleased that half of the funds raised will remain here in the community, with the other half going to fund scientific research, and national suicide prevention and advocacy efforts.

AFSPorg offers seminars and workshops for clinicians as well as the general public. The group also raises funds for research and resources and advocates at all levels of government to “find better ways to prevent suicide, to educate and to procure resources.”

Contact information: Website [www.afsp.org](http://www.afsp.org), Twitter @AFSP\_NCAC and on Facebook.

## 24 Hour Work-Out of the Darkness

Organized by Fairfax County’s LiveWell program and Fire and Rescue’s Well-Fit program, this 24-hour workout event is a “great companion piece” for the Out of the Darkness Walk,” said Capt. II Dennis Kotecki, wellness and fitness program manager with Fairfax County. The action also takes place at Government Center, starts at 8 a.m. on Friday, Sept. 15, and concludes an hour before the Walk check-in begins on Saturday morning.

“We are really looking for ways to help our county employee community stay fit, physically and mentally ... and it’s just a great, fun experience and way to support efforts to prevent suicide.”

The Workout is open to all Fairfax County government employees, retirees, family members and first responders from surrounding jurisdictions. The activities are divided into 30-minute sessions and include opportunities for individual exercise as well as group fitness classes.

“We’ll have it all going on,” said Kotecki. There will be cycling, Zumba, a walking labyrinth, a kids’ fitness zone, kettleballs and routines using TRX equipment.

Like the Out of the Darkness Walk, the Work-Out will also have a mental wellbeing expo, from 11 a.m.-2 p.m. on Friday, with information about community resources, as well as county employee benefits.

Eligible participants can learn more, register and select workout activities and timeslots at [m.signupgenius.com/#!/showSignUp/20f04aaba92fa1fbg-workout2](http://m.signupgenius.com/#!/showSignUp/20f04aaba92fa1fbg-workout2).

## #CallTextLive

PRS, Inc. Is launching its third annual #CallTextLive campaign, using that hashtag to reach out directly through social media to engage the community and encourage

those in need to make contact with people who can help. The campaign works to educate the community about what resources are available, and what they can do to get help, or give it.

On the PRS website, the organization has posted an interactive Calendar of Events. Throughout the month of September on the calendar viewers can click on links that guide them to resources, training classes, ways to volunteer or donate, inspirational messages, and actions that anyone can take to help raise awareness and prevent suicide.

On Sept. 10 on the PRS calendar, there’s information about World Suicide Prevention Day. Sept. 21 invites people to join in on “Selfie Day!” by sharing pictures on PRS’s social media platforms dressed in a #CallTextLive T-shirt. Sept. 16 and 17 direct viewers to information about, and registration for, a two-day ASIST training session. ASIST is a suicide intervention workshop.

The sessions are open to “virtually anyone older than 16, regardless of prior experience or training.”

In addition to running the CrisisLink Hotline and Textline, PRS offers training workshops and programs such as “CareRing Services” to maintain supportive contact with area older adults.

Contact information: Website –

[prsinc.org](http://prsinc.org). The Crisis Hotline number is 703-527-4077. Text “CONNECT” to 85511 to reach the PRS Textline.

## NAMI Northern Virginia “Help Shine a Light” Walk

The local affiliate of the National Alliance on Mental Illness will host its annual Walk on Saturday, Sept. 23, in Tysons Corner, with check-in starting at 9 a.m.

NAMI Northern Virginia has been serving residents of Fairfax, Arlington, Alexandria, Falls Church and Loudoun County for 40 years. They offer numerous classes, clubs, and support for individuals living with mental health conditions, as well as support groups, sessions and resources for the families, partners, and friends of those individuals.

Contact information: Website [www.nami-northernvirginia.org](http://www.nami-northernvirginia.org). Helpline 571-458.7310 Email at [info@nami-vova.org](mailto:info@nami-vova.org).

Other mental health resources are available through the county on line at [www.fairfaxcounty.gov](http://www.fairfaxcounty.gov), and through the Fairfax-Falls Church Community Services Board. Emergency mental health services with the CSB are available 24/7 by calling 703-573-5679, or coming directly to the Merrifield Center at 8221 Willow Oaks Corporate Drive, lower level, rear entrance, in Fairfax.

ALEXANDRIA  
*Symphony Orchestra*

**BEETHOVEN**  
Symphony No. 5

**WAGNER**  
*Prelude and Liebestod*

**STRAUSS**  
*Don Juan*

Michael Rossi, *guest conductor*

Saturday, September 23 at 8pm  
Sunday, September 24 at 3pm

Adult: \$20-80 • Student: \$10 • Youth: \$5

[www.alexsym.org](http://www.alexsym.org) • (703) 548-0885

**THE UNITED STATES AIR FORCE BAND**  
WASHINGTON, D.C.

*Colonel Larry H. Lang, Commander and Conductor*

*Chamber Players Series*

**FREE CONCERTS**  
Every Thursday at 7:30 p.m.  
September 21 – October 26  
**The Lyceum**  
Alexandria’s History Museum  
201 S. Washington St., Alexandria, Va.

No tickets needed. Please visit our website for concert info.

[www.usafband.af.mil](http://www.usafband.af.mil)

# ColdwellBankerHomes.com

#1 Real Estate Brand Online\* | Unmatched Property Exposure on 900+ Websites | 111-Year Legacy



### Chapel Hill

1300 Bishop Lane, Alexandria VA Sited on over an acre of land, this stately brick 5BR + 3 1/2BA colonial features a glorious entrance foyer, fine moldings, first floor family room, 2 fps, slate roof, tennis court plus 9 car garage! \$1,725,000 Donnan C. Wintermute (703) 608-6868 <http://bit.ly/2q2APPC>



### Traumerei Farm

70 Legacy Lane, Fredericksburg VA Exceptionally maintained, light-filled open flr/pln w/ gracious frml Rms & high-end custom finishes. 36.6 Acres w/ 3 fenced paddocks, 7 stall barn w/ heated tack Rm, office & bathroom. Privately set w/ trails to explore, Orchards & Herb Garden. Located halfway between RVA & DC, it's a quick drive with EZ pass access. \$1,545,000 Susan Gray (703) 203-9900 <http://bit.ly/2whNKUj>



**Old Town Alexandria**  
121 Queen Street, Alexandria VA LOCATION! LOCATION! Just steps to the Potomac River, Old Town shops/ restaurants. GARAGE Walk In Level Family Room, Living Room w/9'+ ceiling looks out to private patio. Eat In Kitchen + separate DR, Excellent southern light, 2BR 2.5BA Attic potential expansion! Move In Condition! \$1,100,000 Jolee Rubin (703) 548-0697 <http://bit.ly/2tyXwNx>



### Open House Sunday 2-4pm • Alexandria

8133 Stacey Road, Alexandria VA Just Listed, New Construction in Wayneswood School district by prominent local builder. Over half acre lot backs to woods. 4BR, 4.5BA Craftsman Style loaded with upgrades. \$824,900 The York Group (703) 409-3377 <http://bit.ly/2tOecPG>



### Open House Sunday 1-4pm • Oakleigh

3207 South Glebe Rd, Arlington VA Patio & terraced back yard an excellent oasis for entertaining & inside newly renovated. Multipurpose room with higher ceiling in basement with own full bath, sitting area. Nearby access to bus stops to Crystal City and Pentagon City Metro, Pentagon & State Dept. Across from 4 mi run park BIKE PATH TO ALL AREA BIKE PATHS, Capital Bikeshare & Farmer's Market walking distance. Well priced for your new home in Arlington Ridge. \$789,000 Jim Larsen (703) 380-5645 <http://bit.ly/2tnYjQk>



### Open House Sunday 2-4pm • Marina Towers

501 Slaters Lane # 1419, Alexandria VA Fabulous Waterfront Condo Living Rarely available three bedroom two bath two car garage parking unit awaits your personal touch!! One light to DC, Airport and Old Town. Newly re-fashioned building with great amenities. \$665,000 Mary Cay Harris (703) 981-9976 <http://bit.ly/2evMghM>



### Open House Sunday 2-4pm • Millside

7820 Elba Rd, Alexandria Va Huge \$46,000 Price Reduction!! Owner Says Sell This Updated 4/5Br St\*Cul-De-Sac\*Updated Kit W/Corian Countertops, Recessed Lights & Maple Cabinets\*Freshly Painted\*Hardwood Floors\*Family Rm W/Fp\*Large Updated Deck In Private Setting\*5Th Br Configured As An Office W/Shelves\* It Is A Beauty! \$629,000 Edward Pagett (571) 237-4753 <http://bit.ly/2Ubogxu>



### Open House Sunday 2-4pm Alexandria House

400 Madison Street # 707, Alexandria VA Fully renovated 2 bdr., 2ba. with 2 garage pkg. sp. New stainless kitchen appliances, \$50,000 in bath upgrades, designer closets, hardwoods, 2 lights to DC, walk to metro & Old Town. All amenities of the luxury condo bldg. convey, 24/7 concierge + roof pool. A LOVELY VERTICAL VILLAGE TO CALL HOME! \$600,000 Lib Willey (703) 362-7206 <http://bit.ly/2evB4BR>



### Open House Sunday 1-4pm • Mt Vernon Manor

8639 Gateshead Rd, Alexandria VA classic center hall colonial on private fenced and treed 1/2 acre--hardwood on two levels--remodeled baths,country kit and master br with sitting room-2900 sq ft finished \$599,950 Steve Deleyiannis (703) 966-6062 <http://bit.ly/2gppwlym>



### Claremont

2221 S Dinwiddie St, Arlington VA Price Reduced by 25K, Motivated Seller, Fabulous Location! Short Walking Distance to Shirlington Village, Schools, Parks, Bike/Jogging Paths, Shopping and Dining. Great Neighborhood of Historic Claremont. \$599,000 Nora Partlow (703) 867-8872 <http://bit.ly/2gq1emC>



### Open House Sunday 2-4pm • Groveton Heights

3220 Memorial St, Alexandria VA PRICE REDUCED! Late '40s home features orig hrdwd, radiant heat, beautiful arched doorways. Open central stairs to spacious upper bdrms w remodeled FB. Large living room with wood burning fpl, DR, & bdrm/den + 1/2 bath. Waterproofed unfinished bsmt. Lrg. .3 acre- level mostly fenced back yard. Mature trees & large garage w electricity, heat, & loft. Many recent upgrades. Convenient to everything. \$449,000 Michelle Zelsman (202) 390-8714 <http://bit.ly/2gpFeyw>



### Gleneagles South

5306 Exeter Place, White Plains MD PRICE CUT! Two years young end unit; pristine 3 level townhome w/2car garage; backs to beautiful landscaping & fenced yard; hardwood, fin RR, SS, granite; 3 BRs; 2 full, 2 half baths; w/d; & large deck. Pool membership/Club House. Closing Assistance, Home Warranty plus 100% Financing available! Convenient location to shopping, markets & restaurants. \$335,000 James & Annie Haskins (301) 404-3130 <http://bit.ly/2rXf8Vj>

Proud Sponsor of TWIG For the Historic Alexandria Homes Tour September 23rd!

Alexandria 310 King St. | Alexandria, VA 22314 | 703.518.8300

\*comScore, Jan.-Dec. 2015. The property information herein is derived from various sources that may include, but not be limited to, county records and the Multiple Listing Service and it may include approximations. Although the information is believed to be accurate, it is not warranted and you should not rely upon it without personal verification. Real estate agents affiliated with Coldwell Banker Residential Brokerage are independent contractor agents and are not employees of the Company. ©2016 Coldwell Banker Real Estate LLC. All Rights Reserved. Coldwell Banker Real Estate LLC fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Operated by a subsidiary of NRT LLC. Coldwell Banker, the Coldwell Banker logo, Coldwell Banker Global Luxury International and the Global Luxury logo are registered and unregistered service marks owned by Coldwell Banker Real Estate LLC. 10713MA\_A6/16



**Now Rated 5-Stars**  
by Medicare.gov

**Helping to Restore Life's Balance**

- A high staff-to-patient ratio for better quality attention and care
- A continuum of care approach to serve our patient's entire needs
- Complete rehabilitative services
- Unique programs like Linked Senior™ and Lifeline Emergency Response™
- Providing services to the Mt. Vernon community since 1979

**MT. VERNON**  
NURSING & REHAB CENTER  
RESTORING LIFE'S BALANCE

8111 Tis Well Drive, Alexandria, VA 22306 • 703-360-4000 • www.mvnrc.net

**Getting Fit has NEVER been so REWARDING...**

**360 START SMART PROGRAM:** Give your fitness a kick-start with our exclusive 360 Start Smart Program. Specifically designed for you to begin your workout routine safely with expert help and guidance!

**Join Now and Receive:**

- 2 FREE appointments with a Trainer
- A complimentary nutrition workshop
- 1 complimentary 1/2 hour massage

**(703) 382-1011 | www.mtvac.net**

**Alexandria's Favorite Place for Tennis, Fitness & Fun**

**THE CONNECTION**  
Newspapers & Online

Turn to Connection Newspapers' award-winning weekly publications and Web sites to promote your business. Our readers are forecast to unleash millions in spending acquiring new homes, resale homes, home improvement, home financing, remodeling, interior design and home decorating.

**REAL ESTATE & NEW HOMES**

Special Pullout! **HomeLifeStyle**

**Fall 2017 Edition**

**Publishes:**  
September 13, 2017  
**Advertising Closes:**  
September 7, 2017

Your ads in Connection Newspapers' 15 demographically segmented markets appear in print and digital editions on our Web sites, reaching affluent viewers and readers.

**Perfect Marketing Opportunity for:**  
New Homes | Resale Homes | Home Financing | Home Improvement | Landscaping Pools | Hot Tubs | Home Decorating | Interior Design | Home Furnishings

## WELLBEING

# Healthy and in Season

From juicy apples to hearty cabbage, how to reap the health benefits of fall produce.

BY MARILYN CAMPBELL

With her one-year old daughter in tow, Ellen Knight poked at apples and carressed peppers on a Sunday morning at the Bethesda Farmers Market. The activity is part of her weekend ritual, searching for the freshest, most flavorful seasonal fruits and vegetables to use in meals throughout the rest of the week.

"I'm a little neurotic about produce and farmers markets," she said. "I try to only buy at farmers markets and only buy what's in season. I'm excited about fall and the new changes in what's coming in from the local farms."

As the weather gets cooler and temperatures drop, the bumper crops of fall can be found in flavorful abundance at farmers markets, grocery stores and even backyard gardens. Among the most nutritious and readily available produce are cabbage, peppers, squash, beets and other root vegetables, says Chef Pete Snaith of Culinaria Cooking School in Vienna.

"The fall harvest is a glorious time for peak-of-the-season vegetables and fruits," he said. "Farmers markets will be piled high ...."

With a flavor that can be the basis of both sweet and savory dishes, sweet potatoes are one of the most nutritious foods to debut in fall, says nutritionist Allison Speer of the Speer Nutrition Group in Alexandria. "They're loaded with potassium and vitamin E," she said. "In fall there's a greater variety available like Purple Stokes, Garnet and Hannah."

Choose small or medium-sized sweet potatoes that feel heavier than they look, advises Speer. "Store them in a dark place and keep them cool, but not cold," she said. "Letting them get cold ruins the flavor."

Winter squash is an umbrella term for a wide-range of squash varieties with thick, tough skins, such as butternut and acorn. Most readily available beginning in early fall and slow to go bad, winter squash can be stored whole for several weeks, says Arlington-based dietitian Melissa Hawkins, RD. "They are full of vitamins A and C," she said. "They also have a lot of potassium and fiber, which can make you feel



PHOTO COURTESY OF CULINARIA COOKING SCHOOL

**This roasted beet salad is an example of a healthy preparation method for fall produce, says Chef Pete Snaith of Culinaria Cooking School.**

full and satisfied for a longer time."

Hawkins also touts the versatility of winter squash. "I like to use butternut squash or pumpkin in soup," she said. "Acorn squash can be made into a puree. One of my favorite things to do is to spiralize winter squash to make spaghetti or noodle-like strands that I use instead of pasta. It's super easy and deeply satisfying."

Though its trendier cousins kale and Brussels sprouts get more hype, Hawkins says that cabbage is a versatile superfood that should not be overlooked. "There are so many varieties like Savoy and Napa and it's full of vitamins C and B6 and fiber," she said. "Leafy greens in general, like chard, mustards and kale, are nutrition powerhouses and are at their best in the fall."

Cabbage and other greens are low and calories and can be prepared in a myriad of ways, adds Speer. "One of the simplest ways to cook them is to roast them or stir fry them," she said. "Cabbage can also be stuffed or turned into slaw."

Most commonly seen in dark red, beets come a variety of colors like white, pink and orange. They're earthy, sweet and nutritious, says Hawkins. "Eating beets is almost like taking a big multivitamin," she said. "You're getting vitamins, A, B and C, plus iron, potassium, folic acid and beta-carotene."

Beets can be eaten raw or prepared in a variety of ways, says Speer. "You can roast them, puree them or even make beet chips," she said. "They can stain your hands and clothing so you have to be careful when handling them."

Among the foods most often associated with fall are apples. With varieties ranging from tart Granny Smiths to sweet Fujis, there's an orb for every palate, says Speer. "Apples are packed with fiber and vitamin C," she said. "You can slice them or eat them whole, so they're accessible and easy to carry and eat."

Select apples that are firm and without blemishes or bruises, and coat them with lemon juice after they've been cut to keep them from turning brown, advises Speer.

Choosing produce that is fresh and in-season, makes it easier to prepare them with little fuss so that their nutritional value is preserved. "Fresh vegetables deserve quick, simple, healthy preparation," said Snaith "Steaming, blanching, grilling, and roasting quickly come to mind. Apples, watermelon, and peaches are abundant now as well. You can top off a delicious meal with a light dessert of baked apples or grilled peaches with homemade vanilla ice cream."

## Roasted Beet Salad

2 each, red and golden beets, wash but not peeled.  
2 TBSP, olive oil  
3 oranges, peeled and segmented  
1/4 cup, fresh mint, chiffonade  
4 oz., feta cheese, sliced into 1/2" cubes or crumbled\*  
1 mango, sliced in 1/2" cubes  
micro greens or pea shoots (optional)

Vinaigrette  
1/2 cup, olive oil  
2 TBSP., balsamic vinegar  
1 TBSP., orange juice  
salt and pepper to taste

1. Preheat the oven to 400° F.
2. Coat the beets with the olive oil and season with salt and pepper. Place the beets in a roasting dish and cover. Place in the oven and roast for about 1 to 1 and a half hours or until tender. Remove from the beets from the oven and let cool. Peel when cooled. Cut into 1/2" pieces
3. While the beets are roasting, prepare the vinaigrette. Place the ingredients in a bowl and whisk to combine.
4. Place the beets, mango, orange, and pea shoots in separate bowls. Drizzle each with a tablespoon of vinaigrette and toss to coat.
5. Arrange the salad attractively on the plate. Top with pea shoots and drizzle with the vinaigrette and top with the mint.

# NEWS



From left are Sammy Nelson from Orchestra, Cassie Burdick from Chorus, Micah Moore from Band, Adrianna DeLorenzo from Theater, and Beatrix Castro from Guitar.

## Tag Day This Saturday

### Arts students raise funds door-to-door.

Local residents, get ready: Two hundred performing arts students from West Potomac High School are about to swarm the neighborhood for their annual Tag Day.

Teams from band, chorus, guitar, orchestra and theater will be out knocking on doors. They'll be handing out a "tag" inviting the

community to this year's performances, and asking for donations to support West Potomac's programs. The Fairfax County Public Schools' budget does not fully cover the costs of instruments, equipment, costumes, uniforms, travel, special staffing, etc. so the students count on the support of the local community on Tag Day.

If not home when they come by, residents can still donate by clicking on the "Tag Day Donation" button at [www.wolverineband.com](http://www.wolverineband.com). All proceeds from Tag Day are split between the five groups.

### BULLETIN BOARD

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

#### SENIOR VOLUNTEERS

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

#### 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).

#### SATURDAY/SEPT. 9

**Office Hours**. Mount Vernon District Supervisor Dan Storck will host Saturday office hours. Email

[mtvernon@fairfaxcounty.gov](mailto:mtvernon@fairfaxcounty.gov).  
 ♦ 10:30 a.m.-noon at Lorton Library, 9520 Richmond Highway, Lorton.  
 ♦ 12:30-2:30 p.m. at district office, 2511 Parkers Lane, Mount Vernon.

#### FRIDAY/SEPT. 15

##### Richmond Highway Business

**Forum**. 7:30-10 a.m. at Hampton Inn & Suites, 5821 Richmond Highway. The first program in this breakfast series, "Exploring Richmond Highway," will focus on the significant changes to this historic area of the County that are driving an influx of jobs and creating the need for housing and service retail. Sponsored by Northern Virginia Building Industry Association. Visit [www.sfdc.org/events/nvbia/](http://www.sfdc.org/events/nvbia/) for more.

#### SATURDAY/SEPT. 16

**Embark Richmond Highway Open House**. 9 a.m.-noon at West Potomac High School Cafeteria, 6500 Quander Road. Participate in planning the future of Richmond Highway. Visit <http://www.sfdc.org/embark-richmond-highway/> for more.

#### Exceptional Military Families

**Summit**. 9 a.m.-1:30 p.m. (check-in begins at 8:30 a.m.) at Mount Vernon High School, 8515 Old Mt. Vernon Road, Entrance 4 or Entrance 6. Learn more about the many resources and opportunities for military families of students with special needs in Fairfax County Public Schools. Visit the exhibit hall with exhibitors from military organizations, community partners and a host of Fairfax County Public School offices. Learn more at [www.fcps.edu/resources/family-engagement/parent-resource-center](http://www.fcps.edu/resources/family-engagement/parent-resource-center).

SEE BULLITIN BOARD. PAGE 22

**Local Color**

Residents since 2014 and 2013

At Westminster at Lake Ridge, a vibrant and exciting world awaits you. The retirement lifestyle you deserve is shared with the active and engaged friends and neighbors who make our community home, all with peace of mind that comes with on-site health care.

**WESTMINSTER**  
 AT LAKE RIDGE  
 ENGAGED LIVING  
 An Ingherside Community

Now accepting wait list deposits.  
 Call 703-791-1100 or visit us today!

Westminster at Lake Ridge is a CARF accredited, not-for-profit, continuing care retirement community.

703-791-1100 | [www.wlrva.org](http://www.wlrva.org)  
 12191 Clipper Drive | Lake Ridge, VA

**"The Fairfax is like a cruise ship."**

—Colonel Philip (Phil) J. Saulnier, USA, Retired and Judith (Judy) Saulnier, Residents at The Fairfax for 3.5 Years

"There are many reasons that we moved to The Fairfax. The beautiful and spacious grounds, the activities, medical care, not having to cook anymore... The Fairfax is like a cruise ship—you have everything available to you. Most important was the true financial value of the LifeCare program as well as the potential tax advantages available to us. It was the smartest lifestyle and financial decision we ever made."

Visit [TheFairfaxRetirement.com](http://TheFairfaxRetirement.com) for more information or call to schedule a personalized tour today.

The Fairfax is a LifeCare Community in Fort Belvoir, VA, offering luxury retirement living.

9140 Belvoir Woods Parkway, Fort Belvoir, VA  
 703-799-1200 | [TheFairfaxRetirement.com](http://TheFairfaxRetirement.com)

**The Fairfax**  
 A SUNRISE SENIOR LIVING COMMUNITY  
 Developed for the Army Retirement Residence Foundation-Program



**Route 1 Legal**  
The one route to peace of mind

**A NON-PROFIT LAW FIRM WITH  
AFFORDABLE SLIDING-SCALE FEES  
FOR WORKING FAMILIES**

*Abogados de habla hispana para familias trabajadoras*

**Executive Director: Jonathan Y. Short, Attorney at Law**  
5845 Richmond Highway, Suite 230, Alexandria, VA 22303  
**(703) 962-7286**

**Criminal Law**  
**Landlord/Tenant Law**  
**Consumer Protection**  
**Family Law**  
**Debtor Defense**  
**Elder Law**

## OPINION

# A Father's Plea

FROM PAGE 8

to my heart.

So when I see the photo of black boys imprisoned to do labor following emancipation, I can't help but see my sons. When the news tells me of black young men shot by the police, I don't immediately think in rational terms about all sides of the argument. Rather, I feel my role to ensure that my boys survive. When I hear statistics related to the disproportionate imprisonment of black men, the cortisol starts pumping through my brain. When I discipline one of my boys for expressing his anger with his hands rather than his words, with a mixture of tears and fear I say, "You can't act that way in this country or you'll end up in prison or dead."

This is ambient racial terror — like the heightened vigilance a parent has when her child toddles around a yard with an unfenced pool. It's not always on. I have the privilege of being a white, upper-middle class, educated male who lives in a progressive county. That provides many layers of protection for my black children, so it's not 24/7. But it is very real.

In light of this, I'm asking my fellow 62-percenters to hear me out about President Trump's response to the white supremacist rallies in Charlottesville.

White supremacists invented racial terror in America. Whether the slave master's whip or the lynching mob's knives and noose, white supremacists have used implements of terror to assert superiority since this American experiment began (see also, our treatment of Native Americans). So when I look at a collection of white men gathered in Charlottesville to assert the same supremacy that led to 4,000 lynchings, to a separate and unequal society, I am looking at terrorists who want to do my children harm — if not physical, then economic and social.

Yet these are fringe players, right? Lunatics. Clowns. If we can all agree that this is terrorism and terrorism is bad, we can all fight together.

But our president would not say this. Most of us have become acclimated to his rhetorical overstatement when it comes to terrorism and threats. Just days before the rallies in Charlottesville President Trump said America would meet North Korea's nuclear saber-rattling "with fire and fury like the world has never seen." He did not equivocate. He did not qualify that some North Koreans are very fine

people. He has never conveyed nuance when describing ISIS, distinguishing the well-intentioned from the bad apples. He has communicated all-out, full-throated, unequivocal opposition to threats of terror.

So when President Trump suddenly became qualified and nuanced about those standing with white supremacists in Charlottesville, it was a sucker-punch to this father's gut. I'm not disagreeing with his logic. Maybe there were well-intentioned people who have concerns about erasing history. Maybe there were violent, ill-intentioned people in the counter-protest. Maybe his renunciation of racial hate groups was sincere. But I'm not here to argue technicalities with my fellow 62-percenters. I'm simply here to describe the ambient racial terror that our president just elevated by adopting a tone of qualification and nuance.

Rachael and I have oscillated between feeling hurt and angry about this. We are concerned about what kind of country America is becoming. This is not irrational — we don't fear white college students with tiki torches storming our house and enslaving our children. But we do worry about what might be happening behind the scenes in the Department of Justice to make America a less just place for our children. We do worry what cabinet members with shady racist histories are doing to the mechanisms of our republic. We do worry about what kind of permission other Americans will feel to express racist sentiments.

But more than anything else, we simply want to be heard. We want our white friends to hear the aching of our hearts. We want you to hear what I can only assume many of our brothers and sisters of color wish their fellow Americans would hear — "We aren't making this up." We're not interested in arguing. Just listen, give us the benefit of the doubt, and then let's talk about what it looks like to model harmony, mercy, and justice in our land.

And if you do not have any relationships that broaden your experience from the 62 percent, that cause you to feel pain over something that does not directly impact you, take steps to build such relationships. Love people who don't look like you until what affects them affects you. Then stand with them, whatever the cost. This is the only way we can move forward from events like Charlottesville.



## Public Meetings Fall Transportation Meeting

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The meetings will begin with an open house followed by a town hall style meeting. The open house will provide information on various transportation initiatives including proposed changes to Virginia's project prioritization process (SMART SCALE), recently funded projects in the Six-Year Improvement Program, Virginia's Statewide Transportation Improvement Program, VTrans Multimodal Transportation Plan, and Scenario Planning and Freight plans. Representatives from the Office of Intermodal Planning and Investment, Departments of Transportation and Rail and Public Transportation, along with Metropolitan Planning Organizations, Planning District Commissions, and Transit organizations will be in attendance to highlight their transportation programs and to discuss your ideas and concerns on Virginia's transportation network. The open house will be followed by a town hall session, where you can engage in discussion and ask questions about the various initiatives. Comments will be accepted informally at the meeting and may also be submitted via email, or online.

### Meeting Dates and Locations

Open House begins at 4:00 pm in each of the locations:

|   |  |   |
|---|--|---|
| <b>Tuesday August 29, 2017</b><br>Germanna Community College Center for Workforce & Community Education<br>10000 Germanna Point Drive<br>Fredericksburg, VA 22408 | <b>Thursday, August 31, 2017</b><br>The Prior Center at UVA-Wise<br>437 Stadium Drive<br>Wise, VA 24293  | <b>Monday, September 11, 2017</b><br>Culpeper District Office Auditorium<br>1601 Orange Road<br>Culpeper, VA 22701                        |
| <b>Thursday, September 14, 2017</b><br>Chesapeake Conference Center<br>700 Conference Center Drive<br>Chesapeake, VA 23320  | <b>Monday, September 18, 2017</b><br>NOVA District Office<br>The Potomac Room<br>4975 Alliance Drive, Fairfax, VA 22030                                  | <b>Monday, October 2, 2017</b><br>Hilton Garden Inn Richmond South/<br>Southpark<br>800 Southpark Boulevard<br>Colonial Heights, VA 23834 |
| <b>Wednesday, October 4, 2017</b><br>Holiday Inn Lynchburg<br>601 Main Street<br>Lynchburg, VA 24504  | <b>Tuesday, October 10, 2017</b><br>Blue Ridge Community College<br>Plecker Center for Continuing Education<br>One College Lane<br>Weyers Cave, VA 24486 | <b>Thursday, October 12, 2017</b><br>Holiday Inn Valley View<br>3315 Ordway Drive<br>Roanoke, VA 24017                                    |

Meeting materials will be available at <http://www.ctb.virginia.gov/planning/fallmeetings/> beginning August 29, 2017.

If you cannot attend a meeting, you may also send your comments on highway projects to Infrastructure Investment Director, VDOT, 1401 E. Broad St., Richmond, Virginia 23219, or [SixYearProgram@VDOT.Virginia.gov](mailto:SixYearProgram@VDOT.Virginia.gov) and on rail, public transportation and transportation demand management to Public Information Officer, DRPT, 600 E. Main St., Suite 2102, Richmond, Virginia 23219, or [DRPTPR@drpt.Virginia.gov](mailto:DRPTPR@drpt.Virginia.gov). Comments will be accepted until October 20, 2017.

The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of its services on the basis of race, color or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).

# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**Student Art Exhibit.** Various times through Sept. 15 at the National Art Education Association (NAEA) gallery, 901 Prince St. NAEA is exhibiting artwork from across the country created by students who are members of the National Art Honor Society (NAHS/high school students) and the National Junior Art Honor Society (NJAHS/middle school students). Call 800-299-8321 or 703-860-8000 or email [info@arteducators.org](mailto:info@arteducators.org) for more.

**Wizard of Hip.** Various times through Sept. 17 at MetroStage, 1201 North Royal St. Featuring Thomas W Jones II as he journeys from adolescence to adulthood as Afro Jo with original music by William Knowles and two back-up singers. Call 703-548-9044 or visit [www.metrostage.org](http://www.metrostage.org) for more.

**Alexandrians Fight The Great War.** Various times through Nov. 11 at The Lyceum, 201 S. Washington St. This exhibit shares some of the stories of Alexandrians during the war and their more active participation in the American war effort after April 1917. Visit [www.alexandriava.gov/Lyceum](http://www.alexandriava.gov/Lyceum) or call 703-838-4994 for more.

**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) for more.

**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) 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 and learn the actual



PHOTO BY RICHARD MUMFORD/GAZETTE PACKET

## At King Street Art Festival

The 15th Annual Alexandria King Street Art Festival will be held Saturday and Sunday, Sept. 16-17.

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 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 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.alexandriahistory.org](http://www.alexandriahistory.org) for more.

**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 for more.

**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) for more.

**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 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).

**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-Fendall House and Gardens, 614 Oronoco 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.leefendallhouse.org](http://www.leefendallhouse.org) or call 703-548-1789.

**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.

## BurgerFi Going Beyond with New Plant-Based Burger

BY HOPE NELSON

It's no secret that plant-based dining options are grabbing more market share with every passing year. Not just the realm of vegetarians and vegans anymore, die-hard carnivores are also coming around, whether for health or ethical reasons. Now, the latest generation of meat-free burgers are finding a home in an unlikely location: BurgerFi, a national chain that has a foothold here in Alexandria.

Beginning this week, BurgerFi will offer a hearty plant-based burger, the Beyond Burger from Beyond Meat, alongside its animal-source options on the menu. And well before Monday's launch, the store's phone has been ringing off the

hook with requests for status updates.

"The amount of phone calls that we have been getting is ridiculous," laughed Alexandria BurgerFi general manager Christopher Landry. After news of the Beyond Burger's partnership with BurgerFi was featured on the "Today" show in July, the 111 N. Pitt St. location received an onslaught of requests.

"We are the first chain to adopt a fully plant-based burger, and Beyond Meat is the first 100 percent plant-based burger to acquire a restaurant chain like BurgerFi," Landry said. "The Beyond Burger follows BurgerFi's philosophy of purist — our beef as well as no hormones, no antibiotics, no steroids ever."

The Beyond Burger isn't a paltry, cardboard affair. Rather, its meaty texture and hearty, even slightly fatty, taste is incred-

ibly reminiscent of the animal-based variety. And it contains 20 grams of protein — the same as a beef burger.

"It cooks and gives you the feel of a regular beef patty," Landry said. "... My wife likes it so much that we've now had it several times at home."

Despite the new burger's arrival to the menu, the restaurant's existing veggie burger will also keep its place, Landry said. The original veggie burger is made in-house with quinoa and vegetables; while it's vegetarian, it's not vegan. The Beyond Burger swoops in to fill that gap — and then some.

"BurgerFi did want to keep a traditional burger experience, so the standard Beyond Burger is going to come with onions, pickles, lettuce, tomato, ketchup, mayonnaise, mustard, and American cheese," Landry said. There'll be a fully vegan option, too,

which comes in a lettuce wrap and will omit the cheese and mayo.

But humans can't live on burgers alone. Pair some freshly made French fries with the sandwich and you've got a complete meal, Landry said. Not to mention a little something to wash it all down — perhaps a sampling of BurgerFi's craft beer selection.

The Beyond Burger's addition to the menu is a welcome one, and Landry aims for it to be well-received by customers.

"I never get tired of hearing 'This is the best burger I've ever had,' and I hear it all the time," he said.

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).

TRAVIS MANION FOUNDATION

# 9/11 HEROES RUN

"IF NOT ME, THEN WHO..."



**STAND FOR YOUR COMMUNITY.  
RUN FOR OUR HEROES.**

#911HEROESRUN

REGISTER TODAY: [911HEROESRUN.ORG](http://911HEROESRUN.ORG)

**5K & 1/2 M FUN RUN**  
**SANDBURG MIDDLE SCHOOL, ALEXANDRIA**  
**SATURDAY, SEPTEMBER 9TH @ 9 AM**

NATIONAL PRESENTING SPONSORS: COMCAST NBCUNIVERSAL, CBS RADIO

LOCAL SPONSORS: IHOP, STARBUCKS, AMSG, GE, COVANTA, MUSEUM OF THE FUTURE, and many others.

RACE PROCEEDS BENEFIT: TRAVIS MANION FOUNDATION

Join Us for Lunch:

# PASTA



**Thursdays**  
EVERY THURS. 11 a.m. to 2 p.m.

MADE TO ORDER

- Choose Your Pasta
- Choose Your Toppings
- Choose Your Sauce
- Includes Salad Bar & Hot Bread

**\$8.50** per person

SCAN Image with Smart Phone using QR code reader to view content on our website

FREE WiFi, AMERICAN EXPRESS, MasterCard, VISA

**Royal Restaurant**  
ALEXANDRIA'S NEIGHBORHOOD RESTAURANT • SINCE 1904

734 North Asaph Street, Alexandria VA 22314  
703-548-1616 [www.RoyalRestaurantVA.com](http://www.RoyalRestaurantVA.com)

**10% OFF**

BRING THIS AD and RECEIVE 10% OFF Your Entire Bill. Limited to parties of 4 or less. One coupon per party and Offer excludes alcohol, tax & gratuity. Cannot be combined with any other offer. Present coupon when ordering. Exp. 9/30/17

## ENTERTAINMENT

**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.

**Dinner 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.mountvernon.org](http://www.mountvernon.org) for more.

**Second Thursday Music.** Athenaeum, 201 Prince St. 7 p.m. Second Thursday of every month. Visit [nvfaa.org](http://nvfaa.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 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 St. 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](mailto:maurisapotts@gmail.com)

### CAMPS, CLASSES & WORKSHOPS

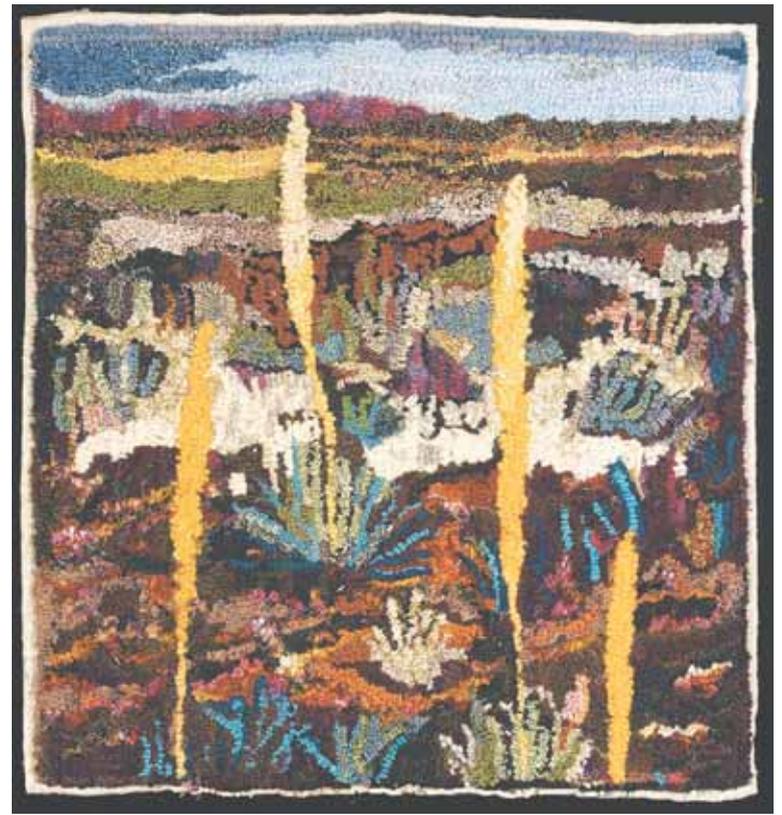
**Community Dance.** 7:30-9:30 p.m. every third Friday at Hollin Hall Senior Center, 1500 Shenandoah Road. Live music. Tickets are \$4. Call 703-765-4573.

**Life Drawing.** Del Ray Artisans offers a range of open life drawing sessions for anyone to develop life-drawing skills further. Drop-in for the session and bring supplies to draw or paint live models. Fee ranges from \$8-\$12. All skill levels are welcome. Del Ray Artisans is located at 2704 Mount Vernon Ave. Visit [www.TheDelRayArtisans.org](http://www.TheDelRayArtisans.org) for a schedule.

**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.

### SEPT. 6-OCT. 31

**Artists Exhibit.** Various times in the Fireplace Alcove, Mount Vernon Unitarian Church, 1909 Windmill Lane. Dolly Rowe's hooked artworks called "Painting in Wool and Silk" will be on display. Contact



## Desert After Rain

From Sept. 6-Oct. 31, Dolly Rowe's hooked artworks called "Painting in Wool and Silk" will be on display in the Fireplace Alcove, Mount Vernon Unitarian Church, 1909 Windmill Lane. Contact [dollyrowe73@yahoo.com](mailto:dollyrowe73@yahoo.com) for more.

[dollyrowe73@yahoo.com](mailto:dollyrowe73@yahoo.com) for more.

### SEPT. 7-OCT. 1

**"Aqueduct: Stone Ruins in Maryland & Virginia."** Various times at The Art League 105 North Union St. Printmaker M. Alexander (Alex) Gray illuminates forgotten local history through the images in his exhibit, "Aqueduct: Stone Ruins in Maryland & Virginia." O Gray, a lifelong Virginian, wants to bring these lesser-known, historic sites back into the public eye. Call 703-683-1780 or visit [www.theartleague.org](http://www.theartleague.org).

### THURSDAY/SEPT. 7

**Meet The Ballerina.** 3:45 p.m. in The Athenaeum, 201 Prince St. Children of all ages have the opportunity to meet a ballerina from The Washington School of Ballet. Free. Visit [www.nvfaa.org](http://www.nvfaa.org) or call 703-548-0035.

### FRIDAY/SEPT. 8

**Patriot Day Golf Classic.** 11:30 a.m.-6:30 p.m. at Belle Haven Country Club, 6023 Fort Hunt Road. 4th Annual Patriot Day Golf Classic to benefit two veteran and wounded warrior organizations. Visit [www.bellehavenc.com/golf/patriotday](http://www.bellehavenc.com/golf/patriotday) for more.

**Concert.** 8 p.m. at Blessed Sacrament Catholic Church, 1427 W. Braddock Road. Violinist Sonya Hayes, cellist Igor Zubkovsky and pianist John McCrary will perform a program including the Vitebsk Trio of Aaron Copland, the Piano Trio of Leonard Bernstein and the First Piano Trio of Dvořák. Donations are encouraged to support the concerts given at Blessed Sacrament. Email [jmccrary@blessedsacramentcc.org](mailto:jmccrary@blessedsacramentcc.org) or call 703-998-6100, ext. 103 for more.

### SATURDAY/SEPT. 9

**Sidewalk Sale.** 9 a.m.-5 p.m. at the

Hollin Hall Shopping Center, 529 Hollin Hall. Call 703-765-4110 or email [hhvs@vacoxmail.com](mailto:hhvs@vacoxmail.com) for more.

**Fall Garden Day.** 9 a.m.-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. Numerous local plant and garden craft vendors will have gardening materials, while a silent auction, bake sale, live music, food and kids' activity tent add to the festivities. Free. Call 703-642-5173 for more.

**Labor Movement Lecture.** 10 a.m. and 2 p.m. at the Lee-Fendall House, 614 Oronoco St. Topic titled "John L. Lewis: Public Figure, Private Man" will examine the legacy of one of the most innovative leaders of the labor movement. Visit [www.leefendallhouse.org](http://www.leefendallhouse.org), or call 703-548-1789.

**Ethiopian New Year Celebration.** Noon-5 p.m. at the Durant Arts Center, 1605 Cameron St. The Ethiopian music and rhythms performed by "Dankira," a troupe of Ethiopian musicians and the "Ethio-American Eskista Group" of dancers who will celebrate the Ethiopia's tradition. \$5. Call 703-746-5565 or email [cheryllanne.colton@alexandriava.gov](mailto:cheryllanne.colton@alexandriava.gov), or visit [www.alexandriava.gov/arts](http://www.alexandriava.gov/arts).

### SEPT. 9-20

**Northern Virginia Senior Olympics.** Various times and locations, more than 50 different events taking place at more than 25 venues across Northern Virginia. Call 703-403-5360 or visit [www.nvso.us](http://www.nvso.us) for more.

### SUNDAY/SEPT. 10

**Application Deadline.** Post-Graduate Residency Studio at Torpedo Factory Art Center is now open at [torpedofactory.org/artopps](http://torpedofactory.org/artopps). Questions about the residency or applications can be directed to [torpedofactory@alexandriava.gov](mailto:torpedofactory@alexandriava.gov) or 703-746-4570.

# ENTERTAINMENT

**George Washington Patriot Run.** 8 a.m.-noon at the George Washington Memorial Parkway, the finish line at the George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. \$50 per runner; \$10 for spectator tickets at the finish line. Call 703-780-2000 or visit [www.MountVernon.org](http://www.MountVernon.org) for more.

**Museum Geek Tour.** noon-1 p.m. at the Stabler-Leadbeater Apothecary Museum, 105 S. Fairfax St. Civil War in Alexandria. Call 703-746-3852 or visit [alexandriava.gov/apothecary](http://alexandriava.gov/apothecary) for more.

**Cemetery History Walking Tour.** 3 p.m. at Ivy Hill Cemetery is located at 2823 King St. \$5 suggested donation. Visit [www.ivyhillcemetery.net](http://www.ivyhillcemetery.net) for more.

## MONDAY/SEPT. 11

**Yoga for Gardeners I.** 9:30-10:30 a.m. at Green Spring Gardens, 4603 Green Spring Road. This class features a gentle introduction to the vinyasa method which helps participants increase the strength, flexibility and endurance necessary for gardening. Class held indoors. \$123/person for 11 lessons. Register online at [www.fairfaxcounty.gov/parks/greenspring](http://www.fairfaxcounty.gov/parks/greenspring) using code 290 426 2401 or call 703-642-5173.

**Alexandria 9/11 Remembrance Ceremony.** 10 a.m. at Market Square, 301 King St. The event will feature remarks from Alexandria Fire Chief Robert Dubé, Police Chief Michael Brown and Sheriff Dana Lawhorne, as well as musical performances and the "Return to Quarters" bell-ringing ceremony. Visit [www.alexandriava.gov/](http://www.alexandriava.gov/) for more.



"Life of the Universe" by Nahid Navab

## Art Exhibits

Exhibitions "Zip Infinity," a series of acrylic paintings by artist Maremi Andreozzi and "The Time of No Time" by Nahid Navab will be on display through Sept. 17 at the Rachel M. Schlesinger Concert Hall and Arts Center, 4915 East Campus Drive.

  
**PRS CrisisLink**  
[#CallTextLive](https://www.prsinc.org/CallTextLive)

**SUICIDE PREVENTION MONTH**

September 1-30, 2017

PRS, Inc. and The Connection Newspapers team up for

**#CallTextLive**

A social media campaign promoting suicide prevention and awareness.

#CallTextLive engages the community in discussing suicide and encourages people to get help.

Learn more at: [prsinc.org/CallTextLive](http://prsinc.org/CallTextLive)

Sponsored by The Connection Newspapers

Be a part of our **Wellbeing** pages, the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

Questions? E-mail [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com) or call 703-778-9431

*Mount Vernon Gazette*

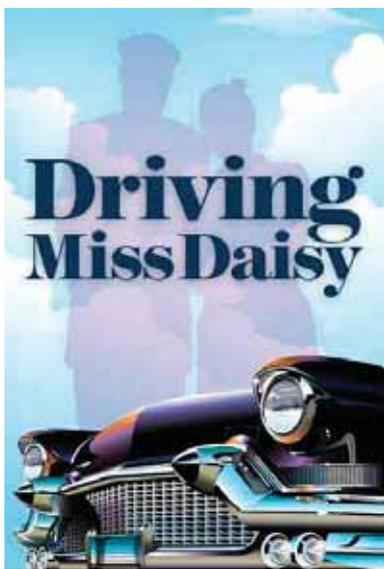


**GET YOUR TICKETS TODAY**

**THU OCT 5**  
**7:30PM**

**RUSSIAN GRAND BALLET**  
 PRESENTS  
**SWAN LAKE**  
**RACHEL M. SCHLESINGER CENTER**  
**ONE NIGHT ONLY!**

TICKETS AVAILABLE ONLINE AT [TICKETMASTER.COM](http://TICKETMASTER.COM),  
 BY PHONE AT 800.745.3000 AND AT ALL TICKETMASTER OUTLETS  
 PLEASE VISIT [RUSSIANGRANDBALLET.COM](http://RUSSIANGRANDBALLET.COM)  
 FOR MORE INFORMATION



This Pulitzer Prize-winning play spans a complex 25-year relationship to show that friendships are found in even the most unlikely circumstances.

**SHOW DATES:**  
SEPTEMBER 9-30, 2017



Little Theatre of Alexandria  
600 Wolfe Street • 703-683-0496  
www.thelittletheatre.com

## ENTERTAINMENT



### Live Music

**On Thursday, Sept. 14, Penny and Sparrow are in concert 7:30 p.m. at The Birchmere, 3701 Mt. Vernon Ave. Performing their new album "Wendigo," with opener Lowland Hum. Visit [www.birchmere.com](http://www.birchmere.com) for more.**

You can read any of this week's 15 papers digital editions here:

[www.ConnectionNewspapers.com/PDFs](http://www.ConnectionNewspapers.com/PDFs)



#### Garden Sprouts: Nature

**Playgroup.** 10-11:30 a.m. at Green Spring Gardens, 4603 Green Spring Road. Preschoolers learn through nature-themed toys and puzzles while parents meet other playgroup parents one Monday a month. September's theme is "Pollinators Everywhere." Adult must accompany registered child. \$6/child. Register online at [www.fairfaxcounty.gov/parks/greenspring](http://www.fairfaxcounty.gov/parks/greenspring) using code 290 401 2701 or call 703-642-5173.

**Using Native Plants.** 7-8:30 p.m. at the Mount Vernon Recreation Center, 2701 Commonwealth Ave. Curious about tried and true garden performers? Want to attract birds to your yard? All this and more will be covered as we walk through different native plants and how to use them to create beautiful and sustainable home landscaping. Free and open to the public. Registration is requested at [ALXnativeplants.eventbrite.com](http://ALXnativeplants.eventbrite.com). Email [AlexandriaBeautification@gmail.com](mailto:AlexandriaBeautification@gmail.com) for more.

#### WEDNESDAY/SEPT. 13

**Museums Temporarily Closed.** All day, the Office of Historic Alexandria, the comprehensive public history agency of the City of Alexandria, will be holding a full-day retreat for all staff. Alexandria Archaeology Museum; Alexandria Black History Museum; Archives and Records Center; Fort Ward Museum; Friendship Firehouse Museum; Gadsby's Tavern Museum; Lloyd House Administrative Offices; Stabler-Leadbeater Apothecary Museum; and The Lyceum, Alexandria's History Museum will be closed. Carlyle House Historic Park and the Lee-Fendall House and Gardens, separate Alexandria historic house museums not operated by OHA, will be open during their regular hours. Visit [www.alexandriava.gov/historic](http://www.alexandriava.gov/historic) or call 703-746-4554.

#### THURSDAY/SEPT. 14

**Gardening Excursion.** 7 a.m.-7 p.m., at Green Spring Gardens, 4603 Green Spring Road. Chanticleer Garden in Wayne, Pennsylvania is a blend of art and horticulture. Trip includes motor coach, entrance, guided tour, and lunch. \$124. Visit [www.fairfaxcounty.gov/parks/greenspring](http://www.fairfaxcounty.gov/parks/greenspring) or call 703-941-7987.

**Artists Reception.** 6-8 p.m. at the Target Gallery, Torpedo Factory, 105 North Union St. Alexandria artists Floydetta McAfee and Michael Holt are part of the exhibit "Culture Shock" that explores socio-political issues through the lens of pop culture

and street art. The exhibit runs from Saturday, Sept. 9 through Sunday, Oct. 22. Visit [torpedofactory.org](http://torpedofactory.org).

**Meet the Artist Reception.** 6:30-8 p.m. at The Art League 105 North Union St. Printmaker M. Alexander (Alex) Gray illuminates forgotten local history through the images in his exhibit, "Aqueduct: Stone Ruins in Maryland & Virginia." Gray, a lifelong Virginian, wants to bring these lesser-known, historic sites back into the public eye. Call 703-683-1780 or visit [www.theartleague.org](http://www.theartleague.org).

**Penny and Sparrow Concert.** 7:30 p.m. at The Birchmere, 3701 Mt. Vernon Ave. Performing their new album Wendigo with opener Lowland Hum. Visit [www.birchmere.com](http://www.birchmere.com) for more.

#### FRIDAY/SEPT. 15

**History By The Glass.** Various times at Gadsby's Tavern, 134 North Royal St. Enjoy drinks at the tavern, which historically served a wide variety of beverages, and learn about the history behind them. \$50 for drinks and hors d'oeuvres. Call 703-746-4242 or visit [www.gadsbystavern.org](http://www.gadsbystavern.org) for more.

**Nomination Deadline.** Nominated a Living Legend of Alexandria. Look at these current Living Legends of Alexandria for inspiration to add to that list, by submitting nominations for consideration by Sept. 15 online at [www.AlexandriaLegends.org](http://www.AlexandriaLegends.org).

**Swing Band Concert.** 7:30-9:30 p.m. at the Hollin Hall Senior Center, 1500 Shenandoah Road. Dance and listen to swing music. Visit [www.hollinhallseniorcenter.org/](http://www.hollinhallseniorcenter.org/) for more.

#### SATURDAY/SEPT. 16

**Java Jolt Lecture.** 10 a.m.-noon at Alexandria Archaeology Museum, 105 North Union St., #327. Feature Paula Whitacre's new book, "A Civil Life in an Uncivil Time: Julia Wilbur's Struggle for Purpose." Email [archaeology@alexandriava.gov](mailto:archaeology@alexandriava.gov) or call 703-746-4399 for more.

**Civil War Artillery Day.** 10 a.m.-4 p.m. at Fort Ward, 4301 West Braddock Road. Learn about the role and equipment of Civil War artillerymen in the Defenses of Washington. Call Fort Ward Museum at 703-746-4848 for more.

#### SEPT. 16-17

**Street Art Festival.** 10 a.m.-5 p.m. at 480 King St. King Street from Washington Street to the waterfront is transformed into an outdoor art gallery with original artwork by more than 200 artists from the U.S. and

abroad. Featuring live music, and interactive art activities, as well as The Art League's Ice Cream Bowl Fundraiser. Visit [www.artfestival.com/festivals/alexandria-king-street-art-festival](http://www.artfestival.com/festivals/alexandria-king-street-art-festival).

**Crafts at Carlyle.** 10 a.m.-2 p.m. at Carlyle House Historic Park, 121 N. Fairfax St. Children will be able to create their own piece of art at Carlyle House to take home. Children will get the chance to paint their own version of a floorcloth, a popular 18th Century floor covering. Call 703-549-2997 or visit [www.nvrpa.org](http://www.nvrpa.org) for more.

#### SUNDAY/SEPT. 17

**Jazz at Meade.** 4 p.m. at Meade Memorial Episcopal Church, 322 N. Alfred St. Featuring The Vibe Collective: Afro-Cuban-Latin Jazz. \$20 donation. Call 267-463-7936 for more.

#### TUESDAY/SEPT. 19

**Researching Aviation Pioneers.** 1-3 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Mary Lipsey talks about researching biographical information about aviation pioneer Dr. William Wallace Whitney Christmas of Clifton. Free. Call 703-768-4101 or visit [www.mvgenealogy.org](http://www.mvgenealogy.org).

#### SEPT. 22-OCT. 1

**Cinderella, The New Musical.** Various times at the Lee Center, 1108 Jefferson St. An Infinity Stage production. \$15-35 online, \$20-\$40 at the door. Visit [www.InfinityStage.com](http://www.InfinityStage.com) for more.

#### SATURDAY/SEPT. 23

**Mount Vernon Flea Market.** 8 a.m.-1 p.m., at 8717 Fort Hunt Road. Refreshments will also be on sale. Admission is Free. Visit [mountvernonfleamarket.wordpress.com](http://mountvernonfleamarket.wordpress.com) for more info.

**Historic Homes Tour.** 10 a.m.-3 p.m. at Ramsey House Visitor Center, 221 King St. Visit eight homes in the heart of Old Town Alexandria. All proceeds benefit Inova Alexandria Hospital. Visit [www.thetwig.org](http://www.thetwig.org) for more.

**Gardening Film Screening.** 2-4 p.m., at Green Spring Gardens, 4603 Green Spring Road. Karyl Evans screens her new documentary film about the career and life of 20th century landscape gardener Beatrix Farrand, who designed dozens of gardens. \$20. Visit [www.fairfaxcounty.gov/parks/greenspring](http://www.fairfaxcounty.gov/parks/greenspring) or call 703-941-7987.

**Inside or out...**

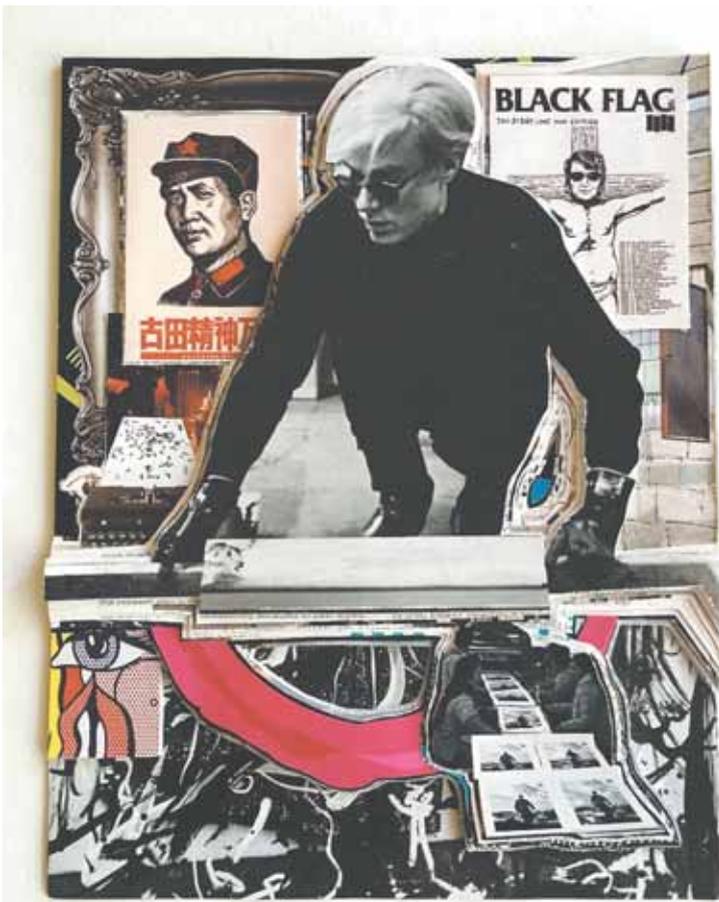
**...Tech Painting's got you covered!**

Serving:  
VA  
DC  
MD  
OBX

**703-684-7702**

[www.techpainting.com](http://www.techpainting.com)

# ENTERTAINMENT



## Punk, Pop and Propaganda

Punk, pop and propaganda by Michael Holt is part of the "Culture Shock" art show in September at the Torpedo Factory. For this show, there is an Artists Reception on Thursday, Sept. 14, from 6-8 p.m. at the Target Gallery, Torpedo Factory, 105 North Union St. The exhibit runs from Saturday, Sept. 9 through Sunday, Oct. 22. Visit [torpedofactory.org](http://torpedofactory.org).

**River Farm Gala.** 6-10 p.m. at the River Farm, 7931 E. Boulevard Drive. The event's theme of "America's Garden Legacy: From Sea to Shining Sea" highlights horticulture's contributions to the beauty and prosperity of our country. Visit [www.ahsgardening.org/gala](http://www.ahsgardening.org/gala) or contact AHS Director of Development and Engagement, Susan Klejst at 703-768-5700, ext. 127 or [sklejst@ahsgardening.org](mailto:sklejst@ahsgardening.org).

**Bourbon in the Basement.** 7-9:30 p.m. at the Lee-Fendall House Museum & Gardens, 614 Oronoco St. Fundraiser to restore the foundation and commemorate the Lee-Fendall House's Prohibition-era history. \$50. Call 202-215-1250.

**Alexandria Symphony Orchestra.** 8 p.m. at the Rachel M. Schlesinger Concert Hall and Fisher Art Gallery NOVA, Alexandria Campus, 4915 East Campus Drive. Michael Rossi, guest conductor. Visit [www.nvcc.edu/schlesingercenter/](http://www.nvcc.edu/schlesingercenter/).

### SUNDAY/SEPT. 24

**U.S. Navy Concert Band.** 1:30 p.m. in The Athenaeum, 201 Prince St. Chamber music recital series will feature traditional and contemporary music. Visit [www.nvfaa.org](http://www.nvfaa.org) or call 703-548-0035.

**Alexandria Symphony Orchestra.** 3 p.m. at George Washington Masonic Memorial, 101 Callahan Drive. Michael Rossi, guest conductor. Visit [www.alexsym.org](http://www.alexsym.org) or call 703-548-0885.

**Masonic Concert.** 7 p.m. at the George Washington Masonic Memorial, 101 Callahan Drive. Peter Mayer plus Jerry Bresee are in concert. \$15/18. Visit [www.focusmusic.org](http://www.focusmusic.org) for more.

### TUESDAY/SEPT. 26

**Film Screening.** 7 p.m. at the Alexandria Black History Museum, 902 Wythe St. Director Matt Spangler, filmmaker and writer, discusses his film "Forgotten Warriors of the Empire." E-mail [black.history@alexandriava.gov](mailto:black.history@alexandriava.gov), or call 703-746-4356.

### WEDNESDAY/SEPT. 27

**Jesse Cook Concert.** 7:30 p.m. at The Birchmere, 3701 Mt. Vernon Ave. Visit [www.birchmere.com](http://www.birchmere.com) for more.

**Mansion Illuminated by Light Art.** 8-9 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. Swiss light artist, Gerry Hofstetter, has a light show on the west side of George Washington's Mansion. Visit [www.mountvernon.org/lightart](http://www.mountvernon.org/lightart) for more.

### THURSDAY/SEPT. 28

**"Twisted Masterpieces."** 6-9pm at Port City Brewing Company, 3950 Wheeler Ave. Del Ray Artisans host silent auction of 2D and 3D artwork and live auction of furniture. \$25. Visit [DelRayArtisans.org/event/twisted-masterpieces](http://DelRayArtisans.org/event/twisted-masterpieces) for more.

### FRIDAY/SEPT. 29

**Georgetown Saxatones.** 7 p.m. in The Athenaeum, 201 Prince St. Proceeds to benefit the Saxatones' preferred charity the John McNicholas Pediatric Brain Tumor Foundation. \$15/\$10 members. Visit [www.nvfaa.org](http://www.nvfaa.org) or call 703-548-0035.

# SHOP LOCAL FIRST

MOUNT VERNON ★ LEE

Chamber  
OF COMMERCE

Connecting Business and Community

Find local businesses at  
[www.MtVernon-LeeChamber.org](http://www.MtVernon-LeeChamber.org)  
703-360-6925

Monthly Networking  
Second Thursday Business Breakfast  
2nd Thursday of each month  
8:00 am to 9:30 am  
Belle Haven Country Club

MOUNT VERNON-LEE CHAMBER OF COMMERCE  
6821 Richmond Highway / Alexandria, VA 22306

## JOIN THE FIGHT FOR ALZHEIMER'S FIRST SURVIVOR.



At the Alzheimer's Association Walk to End Alzheimer's®, people carry flowers representing their connection to Alzheimer's — a disease that currently has no cure. But what if one day there was a flower for Alzheimer's first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world's largest fundraiser to fight the disease. Register today at [alz.org/walk](http://alz.org/walk).



Walk to End Alzheimer's  
in Northern Virginia  
Reston Town Center  
September 24 | 2:00 pm

# Training Held on Opioid Overdose Reversal

FROM PAGE 1

diac functions to re-start for a short time. The “Naloxone Accessibility” bills now allow agencies and organizations to offer doses of the medication to the general public on premises and immediately following the completion of the short approved training session.

Outside of its singular purpose at pushing aside the opioids, Naloxone has no other effect on body, so there is no danger to anyone who receives the drug accidentally. The dosage is the same for adults and children, so there is no fear of administering too much to a child.

“Before this, we were training, giving the knowledge, but not the tools,” said Lovitt.

Naloxone wasn’t even a consideration, when Chris Atwood was a client at any of the numerous treatment programs in which his family had enrolled him. “I don’t think it was even mentioned,” said Lovitt.

In 2013, she was the one who found Chris when he overdosed at the family’s home. “There was nothing I could do but call 911 and wait,” she told the class. “If I had had access to Naloxone, maybe he would be here with us today. I don’t want anyone else, any family, to go through this.”

**OPIOID ABUSE** and overdoses are a serious health issue in Virginia. Twenty-three



PHOTO BY ANDREA WORKER/THE GAZETTE  
**Melody Rose, a teacher from Fairfax, attended the training. “You see so much in the schools. This is really a serious problem.” Rose wanted to learn and to be prepared.**

people died in Virginia from prescription opioid abuse in 1999, the first year in which the numbers were collected. By 2013 the number had jumped to 386 deaths — a 1,578 percent increase.

Factor in the deaths from all opioids — prescription and illicit opioid drugs, and the number rises to 683 lives lost that year. The numbers have not yet been finalized for 2016, but early data shows 1,133 deaths attributable to opioid abuse — an almost 40 percent increase from the previous year.

In 2014, Governor Terry McAuliffe issued Executive Order 29, establishing a task force to study the issue and make recommenda-

tions to address the growing crisis. In November of that year, the Governor supported the Virginia Commissioner of Health’s declaration of the opioid abuse epidemic as a “public health emergency.” As of July, 2017, Virginia is one of six states to make such a declaration, according to the Network for Public Health Law.

The declaration of such an emergency “is like the state writing a prescription for the general public,” said Lovitt. A “standing order” was put into place, so that Virginians could go directly to their pharmacy and request Naloxone without seeing a medical provider.

A very important first step, “but that still wasn’t enough,” said Lovitt, whose experiences show that too many people won’t take advantage of the availability, whether because of the cost, or “more likely the stigma of asking for a drug to counteract an opioid overdose.” Lovitt took her story and her cause to her legislators and was “overwhelmed by the positive response.”

Three of the General Assembly members who championed the Naloxone accessibility bills in both the State Senate and the House were present at the training session.

State Sen. Jennifer Wexton (D-33) was one of the sponsors of SB 848-2017 and declared that she was proudest of its passage in the last legislative session. “Now we have to use it ... and remember that com-

bating the stigma is as important as combating the addiction.”

Del. Jennifer Boysko (D-86) said she was more than happy to help, when Lovitt came knocking on her door. “The Atwood Foundation is a real beacon of light,” she said, “looking to address the root causes of the problem, as well as the effects.”

Boysko also stated that she was heartened by the fact that the House Bill was supported “by representatives from every part of the Commonwealth. In today’s political climate, it ... was miraculous that the bill passed unanimously.”

Del. John Bell (D-87), a retired major in the United States Air Force, shared a personal experience with the attendees. “My son asked me to go public with his story. He has been struggling with an opioid addiction for years ... and we didn’t know it. We had no idea what to look for.”

After a car accident years earlier, the younger Bell was given a 90-day prescription for opioids for pain, with five refills. “He was addicted before the end of the first prescription,” said Del. Bell.

“He has been clean now for months,” but the fear is still there for the delegate and his family and others in their situation. As he noted, overdoses often occur when an addict relapses after having been clean of

SEE TRAINING, PAGE 21

*“We’ve made a lot of good friends since moving to Hermitage”*

**Enjoy the Carefree Lifestyle You Deserve**  
Meet Carol and MJ. Carol and MJ are great buddies. They are also next door neighbors. Carol is 88 years old and MJ is 79. Carol moved to Hermitage Northern Virginia from Arlington about a year before MJ, who came from Montgomery County, Maryland. After moving, the two friends discovered a shared love of outdoor walks on the grounds of the community and around the quiet neighborhood streets. Carol focuses on her balance with a functional fitness class 4x a week and MJ enjoys reading in the library. Carol likes the many interesting people and MJ enjoys the many excursions and the reading club. It feels like a family here at Hermitage Northern Virginia.

**For more information, call 703-797-3814**

**HERMITAGE**  
NORTHERN VIRGINIA  
PINNACLE LIVING  
www.hermitagenova.org

Call **703-797-3814** to schedule a tour of our beautifully appointed apartments.

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known



Helping Animals Find Their Way Since 2001

Volunteers needed for adoption events, fostering, transportation, adoption center caretaking and more.

**Adopt/Donate/Volunteer**

[www.lostdogandcatrescue.org](http://www.lostdogandcatrescue.org)

# Opioid Overdose Reversal

FROM PAGE 20

opioids for a while. The drugs can have a greater effect, especially if the user takes a dose equal to what they were using before, after long-term opioid abuse. "And no one is immune because of status, age, demographics or economics." Bell referenced cases in Virginia that spanned the age spectrum from an 11-year-old girl, to a 78-year-old grandmother.

**THE TRAINEES** also heard from DEA Special-Agent-in-Charge, Washington Division, Karl C. Colder. "In 31 years in law enforcement," said Colder, "I have never seen an epidemic like this ... we now are even having babies born addicted."

After the remarks, Lovitt got down to showing the trainees what to look for, how to respond, in what order to take the necessary steps, and how to administer Narcan, the nasal inhalant version of Naloxone, using mannequins as the victims.

As she demonstrated, Lovitt kept up a steady stream of advice and safety tips. "Remember," she said, "the victim can revive suddenly ... it's like waking up to instant withdrawal for them. Ensure your own safety, as well as theirs."

The Narcan kits, including the instructions, two doses of the medication with an inhaler, and a CPR breathing mask and latex gloves were then made available, free of charge thanks to the generosity of Reston-based, Fortune 500 Leidos, whose chairman and CEO, Roger Krone, also attended. "Our involvement is really from the grassroots," said Krone. He received an email from one of the company's 32,000 employees who was directly impacted by a family



**The REVIVE! kits with instructions, CPR victim mask, and gloves, and two doses of Narcan were available to those who completed the training. The Narcan distribution was funded by Leidos, based in Reston.**

member's overdose, and wanted to know if the company "would do something." They did. "This is the biggest, unknown health crisis in America. We need to be involved."

For information about upcoming REVIVE! Training, visit its website at [revive@dbhds.virginia.gov](http://revive@dbhds.virginia.gov). Read more about the Chris Atwood Foundation and their efforts, discover support and resources at [www.chrisatwoodfoundation.org](http://www.chrisatwoodfoundation.org).

## HOME SALES

In July 2017, 159 homes sold between \$2,375,000-\$108,000 in the Mount Vernon area. This week's list represents those homes sold in the \$2,375,000-\$600,000 range. For the complete list, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

| Address                   | BR | FB | HB | Postal     | City        | Sold Price        | Type | Lot AC | Postal Code              | Subdivision |
|---------------------------|----|----|----|------------|-------------|-------------------|------|--------|--------------------------|-------------|
| 9514 MOUNT VERNON LNDG    | 5  | 5  | 1  | ALEXANDRIA | \$2,375,000 | Detached          | 0.59 | 22309  | MT VERNON ON THE POTOMAC |             |
| 1816 EDGEHILL DR          | 5  | 5  | 2  | ALEXANDRIA | \$1,975,000 | Detached          | 0.30 | 22307  | BELLE HAVEN              |             |
| 8802 WINTHROP DR          | 5  | 4  | 1  | ALEXANDRIA | \$1,490,000 | Detached          | 0.50 | 22308  | PLYMOUTH HAVEN           |             |
| 8740 PLYMOUTH RD          | 6  | 5  | 0  | ALEXANDRIA | \$1,350,000 | Detached          | 0.52 | 22308  | PLYMOUTH HAVEN           |             |
| 1130 ARCTURUS LN          | 5  | 3  | 1  | ALEXANDRIA | \$997,930   | Detached          | 0.35 | 22308  | WELLINGTON MANOR         |             |
| 1711 HOLLINWOOD DR        | 5  | 4  | 0  | ALEXANDRIA | \$880,000   | Detached          | 0.52 | 22307  | MASON HILL               |             |
| 8914 BRIDGEHAVEN CT       | 4  | 3  | 0  | ALEXANDRIA | \$845,000   | Detached          | 0.50 | 22308  | BRIDGEHAVEN              |             |
| 1606 MASON HILL DR        | 5  | 3  | 1  | ALEXANDRIA | \$840,000   | Detached          | 0.50 | 22307  | MASON HILL               |             |
| 909 DARTON DR             | 4  | 2  | 1  | ALEXANDRIA | \$815,000   | Detached          | 0.27 | 22308  | WAYNEWOOD                |             |
| 1315 GATEWOOD DR          | 5  | 3  | 0  | ALEXANDRIA | \$810,000   | Detached          | 0.37 | 22307  | VILLAMAY                 |             |
| 8637 WINTHROP DR          | 4  | 2  | 1  | ALEXANDRIA | \$810,000   | Detached          | 0.28 | 22308  | PLYMOUTH HAVEN           |             |
| 6029 GROVE DR             | 3  | 3  | 0  | ALEXANDRIA | \$799,000   | Detached          | 0.29 | 22307  | BELLE HAVEN              |             |
| 6126 EDGEWOOD TER         | 2  | 1  | 1  | ALEXANDRIA | \$791,000   | Detached          | 0.20 | 22307  | BELLE HAVEN              |             |
| 1316 GATEWOOD DR          | 4  | 3  | 0  | ALEXANDRIA | \$790,000   | Detached          | 0.38 | 22307  | VILLAMAY                 |             |
| 8805 FIRCREST PL          | 4  | 3  | 1  | ALEXANDRIA | \$785,000   | Detached          | 0.28 | 22308  | WAYNEWOOD                |             |
| 2110 WILKINSON PL         | 5  | 3  | 1  | ALEXANDRIA | \$775,000   | Detached          | 0.60 | 22306  | KIRKSIDE                 |             |
| 3903 PICARDY CT           | 4  | 3  | 1  | ALEXANDRIA | \$768,000   | Detached          | 0.48 | 22309  | BELLE RIVE               |             |
| 7812 BOULEVARD DR W       | 3  | 2  | 1  | ALEXANDRIA | \$765,000   | Detached          | 0.48 | 22308  | WELLINGTON               |             |
| 6419 11TH ST              | 4  | 2  | 0  | ALEXANDRIA | \$754,000   | Detached          | 0.32 | 22307  | NEW ALEXANDRIA           |             |
| 5901 MOUNT EAGLE DR #1608 | 4  | 3  | 0  | ALEXANDRIA | \$750,000   | Hi-Rise 9+ Floors |      | 22303  | MONTEBELLO               |             |
| 2106 STIRRUP LN           | 4  | 2  | 1  | ALEXANDRIA | \$750,000   | Detached          | 0.34 | 22308  | RIVERSIDE GARDENS        |             |
| 2218 WILLIAM AND MARY DR  | 4  | 2  | 1  | ALEXANDRIA | \$732,500   | Detached          | 0.43 | 22308  | WILLIAMSBURG MANOR       |             |
| 1503 ALEXANDRIA AVE       | 4  | 3  | 0  | ALEXANDRIA | \$729,900   | Detached          | 0.30 | 22308  | HOLLIN HALL VILLAGE      |             |
| 6405 14TH ST              | 4  | 2  | 1  | ALEXANDRIA | \$725,000   | Detached          | 0.16 | 22307  | NEW ALEXANDRIA           |             |
| 8230 STACEY RD            | 4  | 2  | 1  | ALEXANDRIA | \$719,000   | Detached          | 0.27 | 22308  | NORTH BRANCH ESTATES     |             |
| 8708 CAMDEN ST            | 5  | 3  | 1  | ALEXANDRIA | \$715,000   | Detached          | 0.27 | 22308  | STRATFORD LANDING        |             |
| 9325 MAYBROOK CT          | 5  | 3  | 1  | ALEXANDRIA | \$699,000   | Detached          | 0.32 | 22309  | MT VERNON GROVE          |             |
| 8420 MASTERS CT           | 4  | 2  | 1  | ALEXANDRIA | \$690,000   | Detached          | 0.25 | 22308  | RIVERSIDE GARDENS        |             |
| 4502 PHYLLISS ST          | 6  | 4  | 1  | ALEXANDRIA | \$690,000   | Detached          | 0.39 | 22309  | MT VERNON MANOR          |             |
| 8001 NEW MARKET RD        | 4  | 2  | 0  | ALEXANDRIA | \$688,000   | Detached          | 0.23 | 22308  | HOLLIN HALL VILLAGE      |             |
| 6308 10TH ST              | 3  | 2  | 1  | ALEXANDRIA | \$687,500   | Detached          | 0.21 | 22307  | NEW ALEXANDRIA           |             |
| 5805 QUEENS GATE CT       | 4  | 3  | 1  | ALEXANDRIA | \$670,000   | Detached          | 0.22 | 22303  | NORTON SQUARE            |             |
| 7112 CHESHIRE CT          | 4  | 3  | 1  | ALEXANDRIA | \$660,000   | Detached          | 0.63 | 22307  | WHITE OAKS               |             |
| 3910 QUISENBERRY DR       | 4  | 4  | 1  | ALEXANDRIA | \$660,000   | Detached          | 0.31 | 22309  | KINGS HILL               |             |
| 2632 CHILDS LN            | 4  | 2  | 1  | ALEXANDRIA | \$655,000   | Detached          | 0.27 | 22308  | STRATFORD ON THE POTOMAC |             |
| 1205 FALSTER RD           | 5  | 3  | 0  | ALEXANDRIA | \$649,500   | Detached          | 0.27 | 22308  | COLLINGWOOD ESTATES      |             |
| 2406 NORDOK PL            | 3  | 1  | 1  | ALEXANDRIA | \$645,000   | Detached          | 0.35 | 22306  | HOLLIN HILLS             |             |
| 7011 DAVIS ST             | 5  | 3  | 1  | ALEXANDRIA | \$640,625   | Detached          | 0.50 | 22306  | POPKINS HEIGHTS          |             |
| 8520 DOYLE DR             | 3  | 2  | 0  | ALEXANDRIA | \$635,000   | Detached          | 0.29 | 22308  | WAYNEWOOD                |             |
| 2500 DUXBURY PL           | 5  | 3  | 0  | ALEXANDRIA | \$625,000   | Detached          | 0.49 | 22308  | STRATFORD LANDING        |             |
| 8805 ANNE TUCKER LN       | 4  | 3  | 0  | ALEXANDRIA | \$625,000   | Detached          | 0.36 | 22309  | WESSYNTON                |             |
| 4106 ADRIENNE DR          | 4  | 3  | 0  | ALEXANDRIA | \$618,000   | Detached          | 0.51 | 22309  | SULGRAVE MANOR           |             |
| 2642 SIDE DR              | 5  | 3  | 1  | ALEXANDRIA | \$600,000   | Detached          | 0.18 | 22306  | MEMORIAL HEIGHTS         |             |
| 7501 MILWAY DR            | 4  | 3  | 0  | ALEXANDRIA | \$600,000   | Detached          | 0.35 | 22306  | MILWAY MEADOWS           |             |
| 8062 FAIRFAX RD           | 3  | 2  | 0  | ALEXANDRIA | \$600,000   | Detached          | 0.25 | 22308  | HOLLIN HALL VILLAGE      |             |
| 8614 OLD MOUNT VERNON RD  | 5  | 3  | 0  | ALEXANDRIA | \$599,999   | Detached          | 0.26 | 22309  | WOODLEIGH WOODS          |             |
| 7226 LUDWOOD CT           | 3  | 2  | 1  | ALEXANDRIA | \$590,000   | Detached          | 0.46 | 22306  | POPKINS FARM ESTATES     |             |

Copyright 2017 MarketStats for ShowingTime. Source: Bright MLS as of August 15, 2017.

### Announcements

**We pay top \$ for STERLING,**  
MEN'S WATCHES,  
JEWELRY, COSTUME JEWELRY,  
FURNITURE, PAINTINGS AND CLOCKS.  
**Schefer Antiques**  
703-241-0790  
[theschefers@cox.net](mailto:theschefers@cox.net)

### Employment

**Help Wanted**  
Seeking part time computer skilled personal assistant. Person with academic background preferred. No housework. Reply to [rayhfredette@aol.com](mailto:rayhfredette@aol.com).

### Employment

**Preschool / Before & After School Staff**  
**Experienced Full-Time Preschool Teachers.**  
**Full and PT Teacher Assists Also Needed.**  
Before School 7-9am /After School 3-6pm at Alexandria Center. Positions available immediately. Must be Creative, Reliable, Flexible & Strong Communicator. Competitive Pay, 401K, Paid Fed Holidays, Med/ Dental Benefits & Earned Leave.  
Mt. Vernon (703) 765-8811  
Springfield (703) 256-9400  
Annandale (703) 256-4711  
Fairfax (703) 698-8050  
Email resume to: [r.addo@achildsplaceinc.com](mailto:r.addo@achildsplaceinc.com)  
Fax Resume (703) 425-2703. EOE.

### Announcements

### Computers

**HDI COMPUTER SOLUTIONS**  
JENNIFER SMITH  
Serving the Area Since 1995

- > Speed Up Slow Computers
- > Virus Removal
- > Computer Setup
- > Help with Windows 8

**571-265-2038**  
[Jennifer@HDIComputerSolutions.com](mailto:Jennifer@HDIComputerSolutions.com)

For a free digital subscription to one or all of the 15 Connection Newspapers, go to [www.connectionnewspapers.com/subscribe](http://www.connectionnewspapers.com/subscribe)  
Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.  
Questions? E-mail: [goinggreen@connectionnewspapers.com](mailto:goinggreen@connectionnewspapers.com)



### Announcements

**Lifetime ROOFING**  
by VA CAROLINA BUILDINGS, INC  
**FACTORY DIRECT WE FINANCE**  
**CALL 800-893-1242**  
**WWW.METALROOFOVER.COM**  
SINGLE WIDES  
DOUBLE WIDES  
HOUSES

**Find us on Facebook and become a fan!**

[www.Facebook.com/connectionnewspapers](http://www.Facebook.com/connectionnewspapers)



The Connection to Your Community

[www.connectionnewspapers.com](http://www.connectionnewspapers.com)

# Nothing To Do With Cancer, Almost

By KENNETH B. LOURIE



How lucky am I? In the last two days, I have been the extremely lucky, though presumably random, recipient, of not one but two unsolicited phone calls offering me FREE accommodations at any number of Marriott and Hilton hotels, fairly reputable brands, I'd say. All I have to do is transport my wife, Dina, and myself to the agreed-upon hotel during the designated window of opportunity and voila, a semi-unencumbered vacation for two awaits. And believe me, the offer couldn't have come at a better time. Let's be honest, what more than a cure does a "terminal" cancer patient need than a reasonably priced, stress-free get away from his every day? Need I even characterize that previous question as rhetorical?

Now since I hung up rather quickly, I don't have all the details, other than their phone numbers of course. Because, as you might imagine, I still have a few questions I'd like answered — you know, to optimize the benefits/coordinate the timing of our vacation. But the 'unsolicited' nature of the call didn't enable me to organize my thoughts and ask all the appropriate questions. Nevertheless, the opportunity seems worthy of a follow-up phone call.

Ideally, what I'd like to do is bracket my vacation/air fare and the miscellaneous travel expenses I'm undoubtedly going to incur around the respective properties' availability. Meaning, I'd like to fly once and stay twice; staying in their respective properties in the same city/location switching out of Marriott after my first free weekend stay and then booking into the Hilton for my next free weekend stay (and I'd be willing to pay for my mid-week excursion during the transition). In effect, making the trip a two-for-one as opposed to a not-going-at-all. And in so arranging, using as much of corporate America's largess and marketing budget as is cleverly possible for a non-corporate America employee to exploit.

Not having pursued this possible presumption quite yet because I've just had chemotherapy on Friday and I'm not really in the mood to tangle with a fast-talking, smooth operator, who though he/she may have my best travel plans at heart, may not exactly be feeling my strain. So I'm going to wait a few days until I regain my bearings — and patience, and tolerance and call them back unsolicited at a time convenient for me but possibly not so for them and see if we can make a deal.

Because, to tell you the truth, if I could coordinate two hotel reservations — along with all the amenities with which I'm likely to be showered for accepting these extraordinarily generous offers, combined with some free air miles I've accumulated with United Airlines/their travel partners, this indeed could be the trip that my oncologist encouraged us to take when he first delivered the life-changing/life-ending prognosis: "13 months to two years" back in late February 2009. Further adding that, before starting chemotherapy, was as good as I would likely feel for a long time. And as I have come to learn, the quality of my life is very important to my oncologist.

At that time however, I didn't feel the need and/or wasn't motivated to follow my oncologist's suggestion; I wanted to get started on my treatment. Now, eight and half years later, perhaps the timing is better, especially given that it presents itself at the beginning of a new Redskins football season. And if I may quote the late, great, former, head coach of the "Over the hill gang," George Allen: "The future is now." So let me sift through the offers this week and see if I can indeed take the "trip we've always dreamed of." I know it's often said that you can't go back. Maybe we can still go forward.

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

# BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

TO ADVERTISE YOUR BUSINESS, CALL KAREN AT 703-778-9422

|   |                     |  |  |
|---|---------------------|--|--|
| <b>ELECTRICAL</b>   | <b>ELECTRICAL</b>   | <b>LANDSCAPING</b>   | Good is not good, where better is expected.<br><b>-Thomas Fuller</b> |
| <b>K &amp; D ELECTRIC</b><br>COMMERCIAL / RESIDENTIAL SERVICE<br>Family Owned & Operated<br>Recessed Lighting<br>Ceiling Fans<br>Phone/CATV<br>Computer Network Cabling<br>Service Upgrades<br>Hot Tubs, etc...<br>Licensed/Bonded/Insured<br>Office 703-335-0654<br>Mobile 703-499-0522<br>lektrkman28@gmail.com                                   |                     | <b>A&amp;S CONSTRUCTION</b><br>SOD, Mulch, Clean-Up<br>Leaf Removal<br>Hauling.<br><b>703-863-7465</b>   |  |
| <b>GUTTER</b>   | <b>GUTTER</b>       | <b>LANDSCAPING</b>   | <b>LANDSCAPING</b>   |
| <b>GUTTER CLEANING</b><br>Gutters and Downspouts Cleaned<br>Small Repairs • Gutter Guards<br><b>PINNACLE SERVICES</b><br>Lic/Ins 703-802-0483 free est.<br>email jamie@lawnsandgutters.com<br>web: lawnsandgutters.com<br>Friendly Service with a Friendly Price!   |                     | <b>Patios &amp; Drainage</b><br>Your neighborhood company since 1987<br><b>703-912-6886</b><br><b>J.E.S. Services</b><br>Free Estimates • Fully Licensed & Insured<br><ul style="list-style-type: none"> <li>Planting &amp; Landscaping Design</li> <li>Drainage &amp; Water Problems</li> <li>Concrete Driveways, Replacement or New</li> <li>Patios and Walks • Masonry Work or Dry Laid</li> <li>Paver, Flagstone, Brick, any style you choose</li> <li>Retaining walls of all types</li> </ul> All work Guaranteed |  |
| <b>IMPROVEMENTS</b>   | <b>IMPROVEMENTS</b> | <b>LANDSCAPING</b>   | <b>LANDSCAPING</b>   |
| <b>Power Washing</b><br>Go from green to clean, do you have mold on your siding rotten wood that's a hoia violation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing.<br>Licensed & Insured • Free Estimates<br>email: jnave@comcast.net<br><b>703-987-5096</b>                                      |                     | <b>GOLDY BRICK CONSTRUCTION</b><br>Walkways, Patios, Driveways,<br>Flagstone, Concrete<br>FREE ESTIMATES<br>Licensed, Insured, Bonded<br><b>703-250-6231</b>   |  |
| <b>A&amp;S Landscaping</b><br><ul style="list-style-type: none"> <li>All Concrete work</li> <li>Retaining Walls • Patios</li> <li>Decks • Porches (incl. screened) • Erosion &amp; Grading Solutions</li> <li>French Drains • Sump Pumps</li> <li>Driveway Asphalt Sealing</li> </ul> <b>703-863-7465</b><br>LICENSED<br>Serving All of N. Virginia |                     | <b>BATHROOM REMODELING</b><br>by Brennan Bath and Tile<br>Partial or Full. Kit. Floors, Backsplashes.<br>Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp.<br>www.brennan-tile.com<br><b>703-250-2872</b><br>Licensed • Bonded • Insured   |  |
| <b>RN. CONTRACTORS, INC.</b><br>Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting<br>We Accept All Major Credit Cards<br>Licensed, Insured, Bonded • Free Estimates • Class A Lic<br>Phone: 703-887-3827<br>E-mail: rncontractorsinc@gmail.com<br>www.rncontractors.com               |                     | <b>Quality Tree Service &amp; Landscaping</b><br>Reasonable prices. Licensed & insured.<br><b>Summer Cleanup...</b><br>Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.<br>25 years of experience - Free estimates<br><b>703-868-5358</b><br><b>24 Hour Emergency Tree Service</b>  |  |
| <b>Alfredo's Construction Company, Inc.</b><br><ul style="list-style-type: none"> <li>Concrete Driveways</li> <li>Patios • Sidewalks</li> <li>Stone • Brick</li> </ul> Phone:<br><b>VA: (703) 698-0060 • MD: (301) 316-1603</b><br>www.alfredosconstructioncompany.com  |                     | <b>Find us on Facebook and become a fan!</b><br>www.Facebook.com/connectionnewspapers<br><b>THE CONNECTION</b><br>Newspapers & Online<br>The Connection to Your Community<br>www.connectionnewspapers.com  |  |
| An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.<br><b>-Werner Heisenberg</b>   |                     |  |  |

# BULLETIN BOARD

FROM PAGE 13

Visit [www.fcps.edu/index.php/node/28279](http://www.fcps.edu/index.php/node/28279) to register.

## THURSDAY/SEPT. 28

**Business Roundtable Speaker Series.** 8:30-10 a.m. at Holiday Inn Express & Suites, 6055 Richmond Highway. Visit [www.sfdc.org/](http://www.sfdc.org/) for more.

## SEPT. 29-30

**Fall Children's Consignment Sale.** 9 a.m.-8 p.m., at Cameron United Methodist Church, 3130 Franconia Road. Some items are half price on Saturday. To become a seller, email: [CUMC.CCS@gmail.com](mailto:CUMC.CCS@gmail.com), or visit [www.cameron-umc.org/](http://www.cameron-umc.org/).

## IN-PERSON, TV DEBATES

**The League of Women Voters** of the Fairfax Area (LWVFA) will hold four in-person forums and three televised forums for the public and the press to learn about the candidates who are running for election to the Virginia House of Delegates. The League invited all certified candidates campaigning for office in their respective districts. At the in-person forums, question-and-answer sessions will be followed by an opportunity for informal conversations with individual candidates. The public and press are encouraged to attend. For more information about the candidates' priorities and positions, visit [www.vote411.org](http://www.vote411.org).

In-person forums:

♦ **Thursday, Oct. 12** at 7 p.m. at Hayfield Secondary School, Lecture Hall: 7630 Telegraph Road, Alexandria.

The televised forums at Fairfax County Public Access are on Channel 10 or livestreamed on YouTube "Inside Scoop Livestream." The public can submit questions by email to [theinsidescooptv@gmail.com](mailto:theinsidescooptv@gmail.com) or call 571-749-1142 between 7-8:30 p.m. Tune in on: **Monday, Sept. 11** at 8 p.m.; **Monday, Sept. 18** at 8 p.m. and **Monday, Oct. 2** at 8 p.m.

## VOLUNTEERS NEEDED

**Line Dance Instructor needed** for the Gum Springs Senior Program once a week on either Tuesday, Wednesday or Thursday. Volunteer Solutions, call 703-324-5406, TTY 711.

**Volunteer Fairfax** makes it easy for individuals and families, youth and seniors, corporate groups and civic clubs to volunteer. Fulfill hours, give back, or pay it forward through a variety service options. Visit [www.volunteerfairfax.org](http://www.volunteerfairfax.org) or call 703-246-3460.

**STEM VOLUNTEERS.** The American Association for the Advancement of Science (AAAS) needs scientists, engineers, mathematicians, and physicians to assist K-12 STEM (Science, Technology, Engineering, Mathematics) teachers in the Northern Virginia Area, during the 2016-17 school year. In the 2015-16 school year, the numbers of STEM volunteers in Northern Virginia were: Fairfax County - 40, Arlington - 20, and Alexandria - one. Details of the collaboration are worked out between the teacher and the volunteer, and may involve giving demonstrations, assisting in lab experiments, lecturing on special topics, assisting with homework, etc. The hours are flexible, and volunteers attend a one-day training in September before being assigned to schools. To see how volunteers are assisting their teachers, view the video clips at [www.seniorscientist.org](http://www.seniorscientist.org). To volunteer, contact [donaledge@aol.com](mailto:donaledge@aol.com).

**Fairfax County's Community Services Board** is seeking volunteer office assistants. Volunteers are needed to assist CSB staff with greeting guests, making reminder phone calls, data entry, filing, shredding, stocking shelves, and other duties as needed. Hours are flexible, but would be during normal business hours. Visit [www.fairfaxcounty.gov/csb/viva/volunteers.htm](http://www.fairfaxcounty.gov/csb/viva/volunteers.htm) for more.

**Yoga Teachers** are needed. Help improve a person's well-being by teaching yoga classes to adults who are staying in a residential facility. The day/time is flexible, but would be during the week. Prior yoga instruction is required. Visit [www.fairfaxcounty.gov/csb/viva/volunteers.htm](http://www.fairfaxcounty.gov/csb/viva/volunteers.htm) for more.

**The Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov).

9

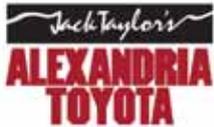
# VIRGINIA

2017

# Special VIP Offer for your Toyota



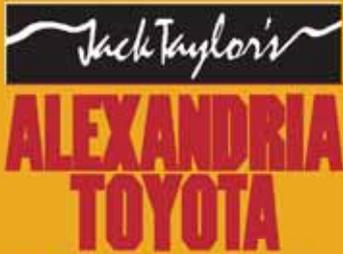
3750 Jefferson Davis Hwy • Alexandria, VA 22305  
703-684-0710 • www.alexandriatoyota.com



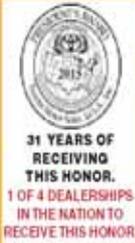
Want to earn **FREE SERVICES** and access your service coupons on your phone? Download our **FREE Mobile APP** today!

Access your vehicle's service records, receive our current service coupons, receive instant service reminders, schedule service instantly, store reward points & earn free service, & view our current sales inventory.

SCAN HERE TO DOWNLOAD OUR APP FOR IOS OR ANDROID!



3750 Jefferson Davis Hwy • Alexandria, VA 22305



**Service & Parts Dept. Hours:**  
Monday - Friday, 7:00am to 9:00pm  
Saturday, 8:00am to 5:00pm

**YOU HAVE SATURDAY OFF. THAT'S EXACTLY WHY WE DON'T!**

**ToyotaCare Customers**  
Don't Forget Your **FREE** Service.  
5,000 • 10,000 • 15,000 • 20,000 • 25,000  
Mile Services  
Call your ASM for details

**ToyotaCare Plus \$329<sup>00</sup>**  
Covers up to 4 years/45,000 miles

**NOW AVAILABLE**

## VENTILATION SPECIAL

**\$39<sup>95</sup>**

**INCLUDES:** Install A/C power foam & auto refresher, clean condenser fins, check A/C performance, inspect drive belts, & inspect cabin air filter.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/17.

## CHECK ENGINE LIGHT DIAGNOSIS

**NO CHARGE**

INITIAL DIAGNOSIS

**WE WILL RETRIEVE VEHICLE CODES & GIVE YOU AN ESTIMATE OF REPAIR COSTS.**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/17.

## BRAKE SPECIAL

**\$79<sup>95</sup>**

**INCLUDES:** Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only.

**MACHINE ROTORS AN ADDITIONAL \$199.95.**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/17.

## BASIC LUBE, OIL & FILTER CHANGE SERVICE

**\$29<sup>95</sup>**

NON-SYNTHETIC

**\$44<sup>95</sup>**

SYNTHETIC

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/17.

Check your windshield. Does your sticker say **8/17, 9/17, or 10/17**? If so, your VA Safety Inspection is now due **VIRGINIA STATE INSPECTION**

**FREE**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONE. GOOD THRU 8/31/17.

## SIGHT LINE WIPER BLADES

**\$10 OFF**

Sight Line only.

NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONE. GOOD THRU 8/31/17.

## 4 WHEEL ALIGNMENT

**\$64<sup>95</sup>**

Your car's alignment suffers, and can cause uneven tire wear and steering problems. **INCLUDES:** Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

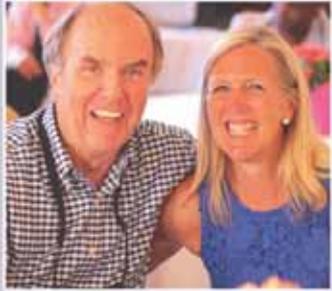
NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/17.

**15% OFF ANY ONE REPAIR**  
Maximum Discount \$200.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/17.

Jack Taylor's  
**ALEXANDRIA TOYOTA**

CALL FOR AN APPOINTMENT AT **703-684-0710** OR SCHEDULE ONLINE AT **ALEXANDRIATOYOTA.COM**



# CHRIS WHITE

*Planning to sell in 2017?*

*Now is the time to call Chris & Peggy White!*

*Leading the Area in Real Estate. **SOLD!!!***



**JUST LISTED**

555 S. Wash St.  
#101.  
\$999,000  
Historic!

Historically significant property combines Old Town charm and character with virtually every modern amenity and luxurious upgrade! Now available for truly stunning price! Fabulous features include: Large room sizes, top of the line Chef's kitchen, 3 finished levels, gorgeous walnut floors, patio with gas fireplace, and 2 car garage. Price makes it Old Town's greatest value!



**OPEN SUNDAY**

1904  
Sherwood Hall  
Ln.

\$1,275,000

**NEW HOME**



**JUST LISTED**

Brand new 4,635 sq. ft. home on 0.9 acres, with an extensive landscape package incl. irrigation system, large deck off the kitchen/ eat-in area with an expansive view of tranquil nature, bordering on a conservation area. Per GPS it's 10 miles to Washington DC.



1111 Cameron Rd.  
\$629,950  
Substantially updated  
in Wayneswood School  
area!

Rare opportunity - Spacious home on beautiful lot, just off GW Parkway minutes from Old Town in Wayneswood school area for remarkably reasonable price! Special features include 4 Bedrooms, 3 Baths, hardwood floors, thermal windows, and many other substantial upgrades. Gorgeous setting on spacious lot in premier location. Super Value!



**OPEN SUNDAY**

**NEW PRICE!**

9210 Cherrytree Dr.  
\$625,000

Fabulous home in premier Mt. Vernon neighborhood. Exceptionally spacious 5 BR, 3 BA home with bright, open floor plan. Major

updated include: roof, windows, HVAC, Kitchen & more. Features inc Chef's kitchen w/ gas cooking, beautiful stained hardwood floors, upgraded trim including custom wood handrail, sunroom, and custom deck overlooking grounds adjoining wooded area.



8307 Crown Court  
Rd.  
\$729,900

Spectacular 5 Bedroom, 5 Bath home featuring large room sizes, soaring cathedral ceilings, and oversize two

car garage. Large deck overlooks truly stunning backyard scene with custom pool, spa and extensive hardscaping. Vacation at home in setting that resembles luxury upscale resort!



**CONTRACT**

9309 Maybrook Pl  
\$549,500  
Great Value!

Super Value! Spacious 5 bedroom home in prime Mt. Vernon location at remarkably reasonable

price! Home in absolutely pristine condition with numerous features including: 5 Bedrooms, 3 Baths, open floor plan, hardwood floors, thermal windows, gas cooking/heat/hot water, sun



7617 Range Rd.  
\$639,000

Spacious 3 level home on gorgeous large fenced lot in prime close-in location. Many features include: bright open

floor plan, updated thermal windows, hardwood floors, four large bedrooms, distinctive stone front, huge level back yard, large storage out building, and two car garage. Fabulous property in prime location for very reasonable price!



**NEW HOME**

4403 Mt. Vernon  
Memorial Hwy..  
\$899,000

3 new luxury homes by Wakefield Homes! This Radford Model provides all the new home bells & whistles at a remarkably reasonable price! Open floor plan enhanced by high ceilings and large

windows. Great setting just down the road from Mt. Vernon Estate. FREE finished basement rec room w/ bath & \$10,000 seller credit\* for limited time! Visit our website for more info on this build & project!  
[www.mtvernonpark2.com](http://www.mtvernonpark2.com)



**SOLD**

8306 Centerbrook Pl.  
\$845,000

4008 Adrienne Dr.  
\$515,000



**SOLD**

2303 Cavendish Dr.  
\$569,000



**SOLD**

1205 Falster Rd.  
\$649,500



**SOLD**

3711 Great Neck Ct.  
\$639,900



**SOLD**

9504 Lynnhall Pl.  
\$1,099,000



**SOLD**



CHRIS WHITE 703.283.9028

[www.chrisandpeggywhite.com](http://www.chrisandpeggywhite.com)

[chris.white@longandfoster.com](mailto:chris.white@longandfoster.com)

Alexandria/Old Town Historic - 400 King Street, Alexandria, VA 22314

LONG & FOSTER  
REAL ESTATE

CHRISTIE'S  
INTERNATIONAL REAL ESTATE