Tuberculosis Found at Patrick Henry Elementary School

Help for those who may be at risk of exposure.

By Vernon Miles 
Gazette Packet

O nce known as the consumption, tuberculosis (TB) was a terrifying everyday reality for many Americans who watched loved ones cough blood into rags and wither away. But today, the relatively rare outbreak of TB is treatable and curable, a process currently underway at Patrick Henry Elementary School where someone in the school was discovered to be diagnosed with TB.

On April 30, Alexandria City Public Schools (ACPS) sent out an alert that TB was discovered and contained. Dr. Kim Luk from Alexandria’s Department of Health said the system of healthcare providers in the U.S. have a list of infectious diseases that, if found, they are required to report. Among them is tuberculosis.

“An individual at Patrick Henry was found out to have been diagnosed with active tuberculosis,” said Raashi Rastogi, Alexandria Health Department communications officer. “As soon as we found out, the person was quarantined and taken out of the school and started on proper treatment. Alexandria City Public Schools took precautions to make sure the students were safe and there is no longer any ongoing risk of exposure. The school was disinfected immediately and the air filters were replaced with new filters.”

Now, Rastogi says the Health Department is moving into the second stage of the process. “We’re identifying all of the students and staff who may have come into contact with the individual and may be at risk of exposure,” said Rastogi. “Over the next week or two, once isolated, we’ll be setting up a process for testing for TB for free at Patrick Henry. In the next two weeks we will be sending letters and giving calls to all students and staff determined to be at risk. They can come in for a blood test to determine whether or not they have TB and start treatments if they do.”

While tuberculosis isn’t rare, Rastogi said the city has been

See Tuberculosis. Page 26

Telescope Found at Patrick Henry Elementary School

Help for those who may be at risk of exposure.

By Vernon Miles 
Gazette Packet

O nce known as the consumption, tuberculosis (TB) was a terrifying everyday reality for many Americans who watched loved ones cough blood into rags and wither away. But today, the relatively rare outbreak of TB is treatable and curable, a process currently underway at Patrick Henry Elementary School where someone in the school was discovered to be diagnosed with TB.

On April 30, Alexandria City Public Schools (ACPS) sent out an alert that TB was discovered and contained. Dr. Kim Luk from Alexandria’s Department of Health said the system of healthcare providers in the U.S. have a list of infectious diseases that, if found, they are required to report. Among them is tuberculosis.

“An individual at Patrick Henry was found out to have been diagnosed with active tuberculosis,” said Raashi Rastogi, Alexandria Health Department communications officer. “As soon as we found out, the person was quarantined and taken out of the school and started on proper treatment. Alexandria City Public Schools took precautions to make sure the students were safe and there is no longer any ongoing risk of exposure. The school was disinfected immediately and the air filters were replaced with new filters.”

Now, Rastogi says the Health Department is moving into the second stage of the process. “We’re identifying all of the students and staff who may have come into contact with the individual and may be at risk of exposure,” said Rastogi. “Over the next week or two, once isolated, we’ll be setting up a process for testing for TB for free at Patrick Henry. In the next two weeks we will be sending letters and giving calls to all students and staff determined to be at risk. They can come in for a blood test to determine whether or not they have TB and start treatments if they do.”

While tuberculosis isn’t rare, Rastogi said the city has been

See Tuberculosis. Page 26

Healing Through Reflection

Trees planted in Memorial Garden to honor victims of 2007 Virginia Tech shooting.

By James Cullum 
Gazette Packet

T he lives of Joe and Mona Samaha were disrupted 11 years ago. Flanked by his wife and local politicians at Chinquapin Park on Sunday, Samaha reflected on the life and untimely death of his daughter, Reema, who was killed by a lone gunman at Virginia Tech on April 16, 2007. He dedicated a memorial garden to her and the other victims.

“For what we will have learned on our journey and revealed to all victims everywhere is that we can laugh again, we can breathe again and we can believe in God again, we can live again, we can trust again,” said Samaha, who is the president of the Virginia Tech Victims Foundation, which sponsored the building of the memorial. “And the greatest gift is that we are able to find forgive

See Healing, Page 26

Splitting the Bill

Meals tax debate divides council.

By Vernon Miles 
Gazette Packet

E very year, there’s 30 million meals sold in Alexandria. Across every restaurant and diner, there’s a four percent meals tax at the end of every receipt in addition to the six percent sales tax. But as the city budget nears its approval on May 3, the consensus on the City Council seems to be set in favor of increasing that meals tax by one percent, adding 16 cents to a $16 meal, to put into dedicated funding for affordable housing. But at the council’s final add/delete session on April 30, questions about the financial sustainability of the plan resurfaced and Mayor Allison Silberberg put forward an alternative plan.

In previous add/delete sessions, the plan put forward by Councilman Willie Bailey would raise $4.75 million a year to be dedicated to affordable housing. Silberberg, and City Councilors John Chapman and Redella "Del" Pepper signed on to the proposal. Vice Mayor Justin Wilson and Councilmen Paul Smedberg and Tim Lovain expressed reservations.

“Every time we’ve had dedicated funding in the past, and we saw this with open space, where money was sitting in a fund and you had schools and you had other priorities come forward,” said Smedberg. “There was nothing coming forward with open space, and what did councils do? They saw the money sitting there and they grabbed it and took it. That’s what I’m concerned about beyond philosophical opposition to dedicated funding in general. I’m concerned money sitting in a fund could potentially be taken. Even with dedication, future councils aren’t required to keep that. I think

See Dedicated. Page 12
A team built on reputation.

When John McEnearney opened for business, he had one simple goal in mind...attract the best real estate agents in the business to his firm so that McEnearney Associates could provide the highest level of service to our clients. For the past 37 years we have had the good fortune to see that wish come true. They are the reason so many clients trust McEnearney Associates. They are responsible for our enviable reputation. To put it simply...they are McEnearney Associates.

Alexandria | $1,050,000
Expanded & renovated home with 4 bedrooms and 3.5 baths. Grand rooms for entertaining, wonderful open kitchen with new appliances, 2 master suite options, sunroom & 2 decks that overlook fenced yard & patio.
thegoodhartgroup.com/listings/1000-w-braddock/  
Sue & Allison Goodhart 703.362.3221  
www.TheGoodhartGroup.com

Old Town | $995,000
3-bedroom, 3.5-bath, brick home 2 blocks to King St. Features include hardwood floors, renovated kitchen, large open living/dining rooms with glass doors leading to stunning garden, finished basement, 2 fireplaces & grand master suite. Garage parking for 1 car. 813 Duke St.
Wendy Santantonio 703.625.8802  
www.WendySantantonio.com

Del Ray | $557,900
Spacious 2-bedroom, 2.5-bath townhouse. Open & bright living room, dining room, kitchen and 4-season sunroom. Extra high ceilings in the basement are perfect for future expansion. Private rear patio. Walk to "The Avenue" & Braddock Rd Metro. 1729 Price St.
Jen Walker 703.675.1566  
www.JenWalker.com

Old Town | $1,649,000
Spacious & spectacular 5,000-SF end unit townhouse. Loft like space with tall ceilings & abundant natural light. Large upper level library can easily be returned to a third bedroom. Finished lower level offers family/media room, bonus room, kitchenette, full bath & storage.
Sissy Zimmerman 703.989.9779  
www.BBZgroup.com

Monticello Park | $775,000
Walk in to the sunny, open living, dining and kitchen. 3 bedrooms and 2 baths up a few steps. Down a few steps to rec room with fireplace, additional bedroom and bath. Steps to George Mason Elementary and playground.
Laurel Conger 703.577.6899  
www.LaurelConger.com

Old Town | $415,900
Luxury 1-bedroom, 1-bath condo with garage parking, private balcony, new wood floors & storage. Open kitchen with stainless & granite. Two walk-in closets and gleaming master bath. Walk to Braddock Metro & King Street shopping/dining. 1111 Oronoco St. #227
Holly Beville 703.822.8840  
www.HollyBeville.com

Old Town | $1,649,900
A rare gem on Captain's Row! Features random-width floors on 3 levels, high ceilings, beautiful moldings, elegant entertaining spaces, 4 fireplaces, brick-floored den. 3 bedrooms offer their own baths and walk-in closets. Garden includes two terraces and lovely lawn.
Julian Burke 703.867.4219  
www.JulianBurke.com

Warwick Village | $537,000
End Unit...lots of light. Great yard with deck and open feel. Double pane windows. Freshly painted. Lots of parking. Finished on all three levels. Wood floors on main and upper floor. Recessed lighting and newly installed tile floor in basement. Walk to Del Ray shops and restaurants.
Betty Mallon 703.989.8548  
www.BettyMallon.com

Old Town | $850,000
Entertainers Dream. Stunning semi-detached 3-bedroom, 2.5-bath townhouse. Top to bottom renovation features a fabulous kitchen, open living dining space with rustic barn door & fireplace leading out to 500-SF patio. Off street parking, minutes to Metro & King St. 320 Commerce St.
Courtney DeVries 703.795.8311  
www.courtneyd.com

Serving the Washington, DC Metro Area since 1980.
703.549.9282 | 100 S. Pitt Street | Alexandria, VA 22314 | McEnearney.com
Townhouse Plan Advances for Old Colony Inn Site

Commission approves hotel redevelopment into townhouses.

By VERNON MILES GAZETTE PACKET

Townhouse Plan Advances for Old Colony Inn Site

Housing Trust Fund.

on the surrounding streets. The site will also
developed as 19 condominium townhouses
unanimous approval the May 1 Planning
develop the site as townhouses received
true as Toll Brothers Inc.’s proposal to re-
the proposal, Puskar’s prophecy is coming
developers behind earlier plans to redevelop
nearby residences. Two years later, after the
developers behind earlier plans to redevelop
the property as a new hotel backed out of the
proposal, Puskar’s prophecy is coming
to Old Town."

主席 Mary Lyman. “The design of the
design but that the developers had done
manage to find a plan that neatly fit into place.

I think you've done a good job with a
difficult site,” said Planning Commission
Chair Mary Lyman. “The design of the
townhouses looks like it fits into Old Town.

SEWER OUTFALL

As the next stage in the city’s ongoing
plans to reform its Old Town sewer infra-
structure, the Planning Commission unani-
omously approved a transfer of ownership
of the troublesome outfalls to Alexandria
Renew. Though procedural, the docket item
overshadow neighboring residents. At the
commission meeting, there was only one
resident arguing for changes to the pro-
posal.

“If you surveyed residents of Canal Way,
 everyone would say it’s too tall and there’s
a nice continuum of buildings,” said resi-
dent Ken Adami. “That it’s disruptive and
not very attractive. But I think most resi-
dents would agree that’s a battle we fought
before and we’re not going to win today.”

On the Planning Commission, the consen-
sus uniformly favored the development,
though some said they liked the previous
Old Colony Inn plan.

“I’m disappointed by the proposal,” said
Commissioner Nathan Macek. “The hotel
use a few years ago [was] more appropri-
ate use of site, but given that it was not
feasible use of the site, I’m comfortable with
the design proposed here.”

Others on the commission argued there
was nothing outstanding about the site’s
design but that the developers had done
manage to find a plan that neatly fit into place.

“I think you’ve done a good job with a
difficult site,” said Planning Commission
Chair Mary Lyman. “The design of the
townhouses looks like it fits into Old Town.

Paths Not Taken

In a tight budget year, what options didn’t find traction?

By DAN BRENDEN GAZETTE PACKET

A

s the FY 2019 city budget process
ends, what potential alternative
designs didn’t make the cut, es-
cially with looming infrastructure chal-
lenge and certain trends of service reduc-
 tether.

The gigantic costs surrounding sewers,
Metro, city facilities and public schools are
well known.

City Manager Mark Jinks fully funded the schools’ 10-year capital improvement re-
quest, though only after the school system
trimmed some $130 million off its prior year
request. School Board Chair Ramee Gentry
cautioned in January that “major gaps” re-
main.

Several services have trended downward
over the last decade, according to a recent
OMB report. Between FY 2009 and FY 2018,
infrastructure funding fell by $7.3 mil-
lion (8 percent) and staffing by 94 full-time
equivalent (FTE) positions (9 percent) in the
following areas combined: community &
human services; recreation, parks & cul-
tural activities; libraries; and health.

“The city has been cutting back or elimi-
nating lower priority projects and programs
for some time. … There’s not a lot of fat
left on the bone,” said Councilman Tim
Lovain in an email. Local government’s
“core missions” include “public safety, pub-
lic education, public health, and some add,
public works. Those programs do account
for the lion’s share of our budget.”

Yet Jinks’ proposal contained numerous
items that may not easily fall into those cat-
egories, such as:
❖ Office of Historic Alexandria: $4.1 mil-
lion, 27 FTEs
❖ Visit Alexandria (taxpayer-funded tour-
ism marketing): $3.3 million
❖ Cultural activities (special events, arts): $2.5 million, 13 FTEs
❖ Communications & public information: $1.5 million, 8 FTEs (for comparison, Fairfax County advertised $1.8 million, 21 FTEs)
❖ Chinquapin ceramic floor tile replace-
mint: $540,000
❖ Public art acquisition & conservation: $353,000
❖ Hanging flower baskets on King Street: $103,000
❖ Summer interns: $75,000

For cost comparison, Councilwoman
Redella “Del” Pepper proposed adding a
position for $41,000 per year to assist older
adults seeking employment. She proposed
offsetting this cost by delaying funding for
another position. She declined to comment
on line items, but said that each had “some
good solid reason.” She had a hard time
finding anything to cut, she said.

Councilman John Chapman proposed
purchasing Renewable Energy Certificates
(RECs) for $81,000 per year to counterbal-
ance facility greenhouse gas emissions.
He proposed offsetting this cost in part by
reducing other staff hiring. He didn’t re-
}
A patron of the Lazarus “food pantry” at Historic Christ Church sits around a table in the church library on Thursday, April 26 hand writing a letter to U.S. Rep. Don Beyer about proposed cuts in the Supplemental Nutrition Assistance Program (SNAP). The proposed legislative changes in the program would impact the people gathered in the room who depend on SNAP for assistance.

Twenty-one other patrons of the food pantry are writing letters to Senators Tim Kaine and Mark Warner as well urging them to “work on a bipartisan farm bill that protects and strengthens domestic nutrition programs, especially the Supplemental Nutrition Assistance Program.” These letters will be delivered on May 7 to the Congressional offices by a delegation of adult and youth members from Christ’s Church and the patrons of the food pantry.

Proposed changes in the SNAP program would impose stricter work requirements and include benefits and eligibility cuts. The letter states: “SNAP already encourages work. When individuals can meet their basic needs, they don’t have to worry about where their next meal will come from, so they can focus on finding and keeping a job.”

The current SNAP requirements include not voluntarily quitting a job, taking a job if offered, and participating in employment and training programs. SNAP (sometimes referred to as food stamps) provides a monthly supplement for purchase of nutritious food for a household meeting certain resource and income qualifications. For instance, in the state of Virginia, eligibility limitations translate into $1,005 monthly income for a household of one at 100 percent of poverty to $3,444 net monthly income for a family of eight.

— Shirley Ruhe

‘Dear Representative Beyer’

Mayor Allison Silberberg, right, poses for a photo with Kay and Terry Zerwick and Nancy Kegan Smith at the Gadsby’s Tavern Museum Society’s Springtime in Paris fundraiser April 14 at Gadsby’s Tavern. Kay Zerwick served as gala chair and Smith is president of the organization.

Spring Is in the Air

The Gadsby’s Tavern Museum Society held its annual fundraising ball April 14 in support of preservation efforts of Gadsby’s Tavern Museum.

The signature “Best Bib & Tucker Ball,” a colonial term for one’s best dress, featured a Springtime in Paris theme with all profits from the ball and silent auction going towards the preservation, educational and outreach programs of Gadsby’s Tavern Museum.

“Last year one of the things the Society did with the money it raised was purchase a major manuscript collection for Gadsby’s Tavern called the Irwin Papers,” said Society president Nancy Kegan Smith. “This has the 1802 inventory and a lease for Gadsby’s Tavern, which at the time was called the City Hotel.” Mayor Allison Silberberg attended the event as did the Marquis de Lafayette, as portrayed by Michael Halbert. Entertainment was provided by Doc Scantlin and his band and Chou Chou.

For more information, visit www.gadsbytavernmuseum.us.

— Jeanne Theismann

For more information and fee scale visit: www.campagnacenter.org or phone (703)-549-0111

Campaign Kids is funded in part by the City of Alexandria’s Department of Community and Human Services and through a partnership with the Alexandria City Public Schools. In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. USDA is an equal opportunity provider and employer.

Alexandria Gazettce Packet  May 3-9, 2018 www.ConnectionNewspapers.com
BRANDYWINE LIVING...
because getting your hands dirty is still fun

Brandywine resident since 2013

Brandywine Living at Alexandria
Life is Beautiful

Call Samantha or Susan at 703.940.3300 to schedule your tour!
5550 Cardinal Place (next to Cameron Station) Alexandria, VA 22304

Our new Alexandria community is Brandywine Living’s 29th luxury, active aging community with licensed Assisted Living and Memory-Care, visit us at www.Brandycare.com
‘Gatsby’s Speakeasy’ Gala raises funds for ASO.

The Roaring 20s came to life April 14 as the Symphony League of Alexandria held its 31st annual ball and auction at the Westin Alexandria Hotel.

With a theme of “Gatsby’s Speakeasy – an Evening of Gin and Jazz,” the ball attracted more than 150 patrons and raised funds for the Alexandria Symphony Orchestra.

Gant Redmon and Shawn McLaughlin served as the evening’s live auctioneers. The event’s signature offering, the ASO Wine Cellar, was won by ASO board president Anne Best Rector.

The previous weekend the ASO wrapped up its regular season of programming with Nicholas Hersh as guest conductor. Other finalists include Michael Rossi, James Ross and José-Luis Novo.

“We are in the process of making a decision,” said Rector of the year-long search to replace longtime Maestro Kim Allen Kluge. “We had some exciting guest conductors this year and expect to make an announcement soon on who will be the new music director for the ASO.”

To learn more about the four ASO finalists, visit www.alexsym.org.

— Jeanne Theismann

Gorka Draws Standing-Room-Only Crowd

National security expert and best-selling author Dr. Sebastian Gorka spoke at the annual Membership Reception hosted by the Commonwealth Republican Women’s Club (CRWC) at the Lyceum on April 26.

The standing-room-only audience enjoyed Gorka’s stories from his time in the Trump Administration, his lessons from history, and his views on current events.

In his presentation, Gorka admonished conservatives for being negligent in not recognizing the steady creep of liberal control over the educational system and the media. He implored conservatives to become more vocal and active to ensure that conservative voices are heard and their values are preserved.


CRWC is the local chapter of both the Virginia Federation of Republican Women (VFRW) and the National Federation of Republican Women (NFRW). Each year, CRWC holds a membership reception event to highlight the club’s involvement in the local political community. CRWC encourages local conservative women of all ages to become more politically involved by helping support and elect Republican candidates to public office at the local, state, and national levels. The club also has a conservative book club and organizes activities to support local community charitable organizations. More information on CRWC is available at http://www.alexandriacrwc.org/ and https://www.facebook.com/AlexandriaCRWC.

Former Vice Mayor Bill Cleveland and wife Ruth attending the CRWC annual Membership Reception at the Lyceum.

City Council candidate Kevin Dunne, at the CRWC Membership Reception, is the only Republican on the ticket for the local race in 2018.
It is a great honor and privilege for McEnearney Associates to announce that Jen Walker has been selected as the 2018 Small Business Philanthropist of the Year by Volunteer Alexandria. For more than 20 years, Jen has made significant contributions to Alexandria communities and beyond. Jen Walker’s name is synonymous with community, and she has earned incredible respect from her peers and Alexandria residents for her generosity. From starting Cinema Del Ray to mysteriously spreading a message of kindness throughout Alexandria with her signs, it is simply natural for Jen to give back. Jen Walker is first a philanthropist and community leader, and second a homes specialist. In sum, Jen has been involved in more than 20 charitable community organizations and leadership roles in Alexandria as well as finding clients the home of their dreams. We are extremely proud of her accomplishments, and McEnearney Associates congratulates Jen Walker as the 2018 Small Business Philanthropist of the Year.
Weighing in on community-wide issue of mental health.

By Dan Brendel
Gazette Packet

Below is the sixth in an ongoing series of conversations with local religious leaders about religion in the public square.

The Rev. Dr. Scott Maurer pastors West City Fellowship, a small Christian congregation in the West End, which wants “to bring the Kingdom of God to our community,” according to its web site. To that end, the church partners with the New Day Help Center, its nascent nonprofit offshoot.

At New Day, Maurer and others offer pastoral knowhow to the community through various free services, including counseling. Over 15 years of ministry, Maurer has garnered much practical experience working with marriages, families, addictions, depression, etc. He thinks that experience would benefit people outside the church too, especially those who can’t afford mental health services. New Day also offers youth mentorship; hospitality and English-learning for immigrants; seminars to build family and social skills; coordination between other local faith communities and local government. Learn more at www.westcityfellowship.com and www.newdayhelp.org, or call 571-406-5902.

In a previous conversation, you said you want to “release” into the community what the churches have to offer. What do you mean?

It has been my experience that when people think about what our Alexandria churches have to offer our community, they typically think about things like food pantries, help with housing, or a volunteer pool that can be tapped for existing programs. All these things are valuable and important. But I think that the most valuable things we can offer are not on the church’s agenda. New Day also offers youth mentorship; hospitality and English-learning for immigrants; seminars to build family and social skills; coordination between other local faith communities and local government. Learn more at www.westcityfellowship.com and www.newdayhelp.org, or call 571-406-5902.

What is the New Day Help Center, its origins and purpose? How do it and your congregation as a community of faith relate?

New Day Help Center is our attempt at “releasing” the content and community I just mentioned. We offer free individual and family counseling. We also offer personal development seminars to teach some of this content — for example, healthy marriage, conflict resolution, anger management, responsible manhood, etc. We are faith-based, but we serve all people. The people we serve have differing levels of interest in faith issues, so we engage them however they are comfortable. Some are interested in joining a group or a faith community as part of their healing. In these cases, we do our best to connect them with an appropriate faith community. It may be the church that I pastor [or] another faith community.

Do you hope to impact any particular demographic or need? What have been the results so far? What kind of people and life issues are you encountering most?

We serve anybody — no charge — no questions asked. This is a core value because we believe that there are people out there that do not have the money to get the counseling they need, but they do not qualify for free counseling. Rates of addiction, suicide, trauma, depression, addiction, etc. are increasing but much of it goes unaddressed. Of those we have seen so far, many are coming for relationship issues. We are also seeing anxiety, depression, addiction, and anger to give you some examples. These cases range from fairly mild to quite severe.

How does your pastoral identity and experience relate to your counseling non-Christian people about issues that aren’t necessarily religious in nature? For example, your literature says you might apply “Christian principles,” though “in ways that are relevant to non-Christians,” and refers to practices like “prayer therapy” and “confession/forgiveness.”

My motivation stems from a firm belief that God took flesh in Jesus Christ, died for my sins, rose again, ascended into heaven, and now he calls me to engage with him in building his kingdom in order to bless the world. I really believe that and take it seriously. Therefore, a big part of joining Jesus in this work is loving people unconditionally and doing everything I can to heal them of whatever causes them to suffer and keeps them from living the abundant life Jesus offered. With that said, people have every right to believe whatever they want to believe. I certainly respect that. This is one of the reasons that we are upfront in our literature about the fact that we apply Christian principles. I am open about the fact that I am a pastor in addition to the counseling work I do. As I discuss these things with people, I also ask them about their own

See ‘Release’, Page 17
Spending Decisions

There aren’t a lot of people willing to let the market decide whether a historic building should be preserved or not. And the argument is certainly made that our historic buildings attract a lot of tourists who spend a lot of money,” said Lovain. Fifer says he doesn’t believe the city has conducted a comparable study of its real estate inventory since 2009. “Does it make sense to ... do another comprehensive look at all of our real estate? Maybe.” But not necessarily, said Wilson. He affirms the importance of historic preservation, but wonders “whether the government needs to be the one to do that, or solely do that. In a lot of communities there are nonprofits that take that on ... You don’t see [other jurisdictions] spending the money that we do on these kinds of historic properties.” Councilman Paul Smedberg and Jinks also didn’t respond to a request for comment. School Board members either didn’t respond or said they weren’t sufficiently familiar with the city’s finances.

Renovating on RED Day

RED Day (Renew, Energize and Donate) is an initiative dedicated to celebrating Keller Williams Realty’s year-round commitment to improving their local communities. Each year, on the second Thursday in May, associates from across the United States devote their time to renewing aspects of the neighborhoods in which they serve. This year, Keller Williams Realty Old Town Office will be working May 10 with New Hope Housing in Alexandria, a nonprofit agency in Northern Virginia committed to helping to end homelessness. The KW Old Town office will work to renovate four of New Hope’s homes. All of the staff, agents and their families will clean, paint and re-decorate these units. The cost of renovation will be $2,000 per unit. KW is raising funds to purchase supplies and furniture.

Living life while living with dementia

Do you have questions about finding the right care settings?
Our memory care specialists can help you

(866) 995-1377
silverado.com/explore

Call to schedule a pre-opening tour of our community and talk with our team of professionals
2807 King Street • Alexandria, Virginia 22302
**OPINION**

May: Senior Health and Fitness Month

Come to the May 23 Senior Health and Fitness Fair.

*By MaryAnne Beatty*

**Director, Community Outreach**

**Senior Services of Alexandria**

This May will be the 25th anniversary of “National Senior Health and Fitness Month.” During May, communities are encouraged to hold events that promote regular physical activity and showcase what local organizations are doing to improve the health and fitness of older adults in their communities. Alexandria is leading the pack in promoting healthy activities for seniors with its annual “Health and Fitness Fair” being held this year on Wednesday, May 23 beginning at 9:30 a.m. at the Lee Center at 1108 Jefferson St. in Old Town.

This fun event has a little something for everyone. Participants can join in healthy food demonstrations, receive free health screenings, have fun line dancing with friends and family, and try out simple exercise programs intended to improve balance and strength. The event starts off with the Alexandria Recreation Department providing an overview of all the activities for older adults, including clubs and groups that meet regularly. Did you know that there are several free activities for 55-plus including game nights, knitting, card playing, and movie days? Recreation Department staff will be on hand to talk about the various activities at different centers around town and how you can get involved.

Light refreshments will be served at this free event sponsored by the City of Alexandria’s Successful Aging Committee, which includes representatives of the city’s Division of Aging & Adult Services, the Department of Recreation, Parks and Cultural Activities, Alexandria Redevelopment and Housing Authority, and Senior Services of Alexandria.

Free health screenings and workshops will be provided by The Fountains at Washington House, PK Silver, Giant Food, Northern Virginia Resource Center for the Deaf & Hard of Hearing, and many others. To register, go to seniorservicesalex.org or call Senior Services of Alexandria at 703-836-4414, ext. 110.

**Letters to the Editor**

**Important Step Forward**

To the Editor:

Several weeks ago I called out the two candidates for mayor for their failure to support an increase in the meals tax and to dedicate the two candidates for mayor for their failure to support an increase in the meals tax and to dedicate the two candidates for mayor for their failure to support an increase in the meals tax and to dedicate the two candidates for mayor for their failure to support an increase in the meals tax and to dedicate the two candidates for mayor for their failure to support an increase in the meals tax and to dedicate the two candidates for mayor for their failure to support an increase in the meals tax and to dedicate the two candidates for mayor for their failure to support an increase in the meals tax.

**Jon Liss**

Alexandria

**Hobbling Business**

To the Editor:

The city of Alexandria’s web site promotes our location as “one of the best places” to do business on the East Coast. On page 18 of the city’s Strategic plan, we commit to policies that make small businesses “flourish” and attract visitors. The specific plank reads thusly: “In 2022, Alexandria is a business destination and center of innovation. Alexandria’s business community is diverse, inclusive and robust. Mixed-use development is oriented around transit hubs and activity centers. Small businesses are supported and flourish, and the historic district and museums attract visitors that contribute to the tax base.”

The current proposal to assess a new tax on the restaurant industry is contrary to this stated principle and should be rejected by the City Council.

Data from the National Restaurant Association indicates that the average profit margin in that industry is only 3 to 4 percent. A new tax by the city of 1 percent would be an unreasonable attack on those already-thin margins in a difficult business. Advocates of this new restaurant tax make two arguments defending this approach and they are both false on their face and fail to mitigate the danger of the proposal.

First, the idea that the tax “would be paid by diners” and not the businesses demonstrates a failure to understand basic consumer economics; all added costs are paid by the diners and all externally added costs like taxes threaten margins. Alexandria is already a high cost jurisdiction due to high real estate expenses, high labor costs, and an existing city tax and regulation structure that is one of the most expensive in Virginia. Restaurants are already charging diners as much as the market will bear for their product — any additional cost will necessarily come out of the owner’s potential take, even if it is assessed on the sale.

Second, advocates of this tax argue that over half the cost would be paid by non-residents, therefore mitigating the adverse effects of the revenue mechanism. This argument implies that our visitors are hostages who have no choices and that a disincentive to visiting has no downside. Anyone making this case is willfully ignoring the

**A Thank You Note**

Many thanks to the city’s Transportation & Environmental Services. On Saturday, April 28, nearly 700 volunteers spread out across Alexandria to make repairs in the houses of limited income residents, many of whom needed help “to clear stuff out” of their homes. The remarkable staffers of T&ES’ Residential Trash Collection division went above and beyond, removing countless piles of debris and yardwork. Thank you T&ES.

— Staff and volunteers of Rebuilding Together Alexandria

**Alexandria Gazette Packet**

www.AlexandriaGazette.com

@AlexGazette

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 gazette@connectionnewspapers.com

**NEWS DEPARTMENT**

gazette@connectionnewspapers.com

Steven Mauren

Editor, 703-779-9415

smmauren@connectionnewspapers.com

Juan Card

Production Editor

jcard@connectionnewspapers.com

Vernon Miles

Reporter, 703-472-9105

vmiles@connectionnewspapers.com

Jeanne Theismann

jtheismann@connectionnewspapers.com

John Bordner, Mark Mogli

Contributing Photographers

gazette@connectionnewspapers.com

Eden Brown, Shirley Ruben, Dan Ronald

Contributing Writers

gazette@connectionnewspapers.com

**ADVERTISING**

For advertising information

sales@connectionnewspapers.com

703-779-9415

**CIRCULATION / EMPLOYMENT**

Advertising

703-779-9415

@AlexGazette

Publisher

Jerry Verros

joerman@connectionnewspapers.com

Editor & Publisher

Mary Kimm

mkimm@connectionnewspapers.com

Editor in Chief

Steven Mauren

Art Design:

Laurence Foong, John Heinly, Ali Klintberg

Production Manager:

Giovani Flores

Editor Emeritus:

Mary Anne Weber

Copyright 2018, Alexandria Gazette Packet

A Connection Newspaper

For advertising information, see back page.
YOU DESERVE THE BEST.

Alexandria | $1,642,418
Open Sun 1-4 7705 Northdown Rd
Liz Bucuvac (703) 486-6460
https://bit.ly/2hPmg9r

Shenandoah County | $21,580,000
1803 Fork Road
The York Group (703) 409-3377

Washington DC | $43,147,000
Open Sun 2-4 4020 Foxhall Crescent NW
Ricardo Ramos (202) 354-4376
https://bit.ly/2HI8L0j

Fredericksburg | $1,548,000
30 Legacy Lane
Susan Gray & Alexandria Attelios (703) 203-0900
https://bit.ly/2sDgAby

Arlington | $1,299,990
Open Sun 2-4 4313 N Quaker St #602
Michelle Zielonka (202) 390-9714

Alexandria | $1,420,000
NEW PRICE! Open Sun 2-4 437 Elaine Court
Jane Cole & Shelby Lynch (703) 599-4196

Alexandria | $1,750,000
Open Sun 2-4 6142 Thirteenth Street
Michelle Zielonka (202) 390-9714

Arlington | $1,187,990
5257 S Glebe Road
Jim Lenzen (703) 526-9545

Woodbridge | $399,900
Just Listed! Open Sat & Sun 2-4 1849 Glencoe Ct
Monique Dean (703) 500-1014

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

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.
From Page 1

It makes it more palatable to put it in the general fund. Maybe one year it’s a million dollars, maybe the next year 10 million, but that’s based on plans and market forces.”

On the other side of the issue, defenders of the dedicated funding argued that everything about affordable housing, from needs to opportunity, is consistent except for funding.

“Even when projects aren’t lumpy, even when pretty lined up for us, we don’t dedicate funds,” said Chapman. “It’s not the projects. We’ve had projects lined up for a couple years, and we’ve never taken the opportunity to line up the resources around it. There’s no lumpiness in the need. We have folks coming to our housing department looking for opportunities to do projects. What is lumpy is developer contributions.”

Chapman also warned that the city’s current system of relying on developer contributions could be in its twilight, with developers already expressing a desire not to contribute more to the fund.

“[Let’s] not just do this as a charity, let’s systematically do it,” said Chapman, “a regular stream of revenue that helps bolster that.”

“I started this rukus, so I might as well say a few words since I was the one,” said Bailey. “One of the things I ran on was affordable housing. I went from outhouse in southern Virginia, to public housing, affordable housing, to being able to buy a house. Alexandria raised its meals tax in 2008 by one percent. When Alexandria raised the meals tax, that was a dedicated funding. Smelberg countered that state funding was different, funded as a dedicated portion of the budget rather than raised directly from taxes.

In Virginia, 195 localities have a meals tax. The majority of them, 108 localities, have a meals tax over four percent. The median rate in Virginia is five percent, with the average for cities being six percent. In its 2018 budget, Richmond increased its meals tax from 6 percent to 7.5 percent. When Alexandria raised its meals tax, it was 2008 by one percent, city staff said there was no discernible economic impact. But the proposal still has critics among local business owners. While the meeting didn’t have a public speaker section, when Bailey was testifying about growing up in Alexandria’s affordable housing a woman stood up and shouted at the council that they should be ashamed of themselves for proposing a meals tax increase.

In an effort to get around the necessity of a meals tax, Silberberg proposed a third plan that seemed to appease neither side.

“[If we’re committed to is adding dedicated funding to the affordable housing fund, the $4.75 million, is similar to about 1.2 cents on the tax rate," said Silberberg. “So if Councilman Bailey and others were interested in pursuing that; if you take the 6 cents for dedicated funding for the affordable housing fund, leaving that alone, and increasing the dedicated funding by 1.2 cents, that would make it 1.8 total. That is equivalent to the meals tax. What we could do ... would be asking [City Manager Mark] Jinks in the Fall that we want an additional 1.2 cents in dedicated funding for affordable housing fund in budget guidance in next spring so it’s already in proposed budget. In essence, it would be tripling dedicated funding for the affordable housing fund in a time when our city really needs it.”

The response from both sides was immediate.

“The meals tax has been in discussion since December,” said Bailey. We’ve all, agree or disagree, been in discussion, I don’t think it’s fair to staff to try to work on something in the last minute.”

Lovain noted that Silberberg’s plan would be nearly impossible to implement. Given that the tax rate had already been set for fiscal year 2019, Silberberg’s plan would have to be set up to take place in next year’s budget season.

“I seriously question to what extent we can bind a future council on a tax rate,” said Lovain. “You’re also talking about a one year delay in substantial funding for affordable housing, which I think is question- able … I’m very nervous about the prospect of bind- ing future councils for five or 10 years instead of fol- lowing the priorities in years to come. I think there’s serious questions about your proposal.

“I’m baffled,” said Wilson. “I’m getting whiplash here. Last year, during our budget process, you were very eloquent in opposing the budget in saying we should not raise the tax rate to put money in the CIP to fund an unspecified list of school projects. Now here we are a year later, you’re saying we should raise the tax rate next year to put money in the CIP for an unspecified list of affordable housing projects.”

Silberberg defended her plan by saying that her preference would be to find that dedicated money inside the budget without needing a tax increase. Jink warned that the go-to place to cut funding is in city government, but that city is already operating with less staff than it had 10 years ago, despite the city’s population increase. Jinks also expressed reservations about the city’s ability to implement Silberberg’s proposal.

“I would be concerned at this point about locking in any real estate tax rate and dedicating it for the fiscal year 2020 budget,” said Jinks. “We have many challenges coming at us for 2020; school enrollment, [Metro], debt service growth. I would be concerned about setting out a new marker outside of the fiscal year 2019 funding plan for any new purpose with- out knowing what all the financial issues are going to be facing us.” The final budget is scheduled for approval on May 2.
Letters

From Page 10

A multitude of choices available to diners in a diverse metropolitan area and the reliance of other business sectors on the visitors attracted to our city by our vibrant dining scene. As a boutique owner of two stores in the heart of our restaurant district, I benefit from the region-wide popularity of places like Landini Brothers and Virtue Feed & Grain and need them to have competitive price advantages against their competition across the river. If you tax restaurants, you tax me, in the form of lost traffic.

Lastly, this proposal is a continuation of a troubling trend at City Hall of failing to exercise budget discipline when new priorities arise. This year’s proposed general operations budget of $712 million is a 3.5 percent increase over last year’s budget. If the city wants to fund new priorities like affordable housing, then city leaders should have the courage to cut existing spending programs, or hold their growth flat in real dollars, to pay for the new items. Our city’s businesses do this every year – we cut existing expenses to make way for new initiatives. It is only reasonable to ask city government to meet its own priorities with the
Prior to 1965 the public school system did not have a Kindergarten program, and African Americans in Alexandria took their children to private Kindergarten schools in their communities. There were several well-known private schools like Mrs. Alma Pinn- Murray, Mrs. Ethel Chichester-Nelson, Mrs. Mary Howard-Penn and Mrs. Martha Napper-Miller's Kindergarten school. For Mrs. Miller, her students wanted her story known.

Mrs. Miller had a couple of occupations before she started the Martha Miller Kindergarten School; she was a laundress and a dressmaker by 1920. Early in the 1920s, Martha married Pierce S. Miller who worked for the railroad at Potomac Yard. The couple lived at 402 and 404 North Patrick Street in the 1920s and early 1930s. By the mid-1930s, Mrs. Miller established her Kindergarten School at 404 North Patrick St. Soon, she realized that she needed more space, so Martha, her husband and her adopted daughter, Anna Woodlawn, moved to 1020 Oronoco St. where she expanded her school. Mrs. Miller retained the services of Christine Butler and Saretta Norton to assist her with the school.

Many students who attended Mrs. Martha's school loved her style of teaching. The students learned to read, write and do arithmetic. Mrs. Miller was strict and loving. She taught children from the mid-1930s to 1950. Three of her students expressed their fond memories of her. Mrs. Norma Jennings-Turner said, "My grandmother wanted me to be prepared for school, and she asked Mrs. Martha for some reading materials. She gave my grandmother books for me to read. When I started regular school, I excelled and graduated from high school at the age of 15."

Mr. Gerald Wanzer attended Mrs. Miller's school, and he said, "I probably attended Mrs. Martha's school around 1948 and 1949. She taught her classes in her home at 1020 Oronoco St. How do I remember that Dick and Jane reading book and also her ruler, if you acted up in her class, she would surely use that ruler."

Frances Norton-Burton also attended Mrs. Martha Miller's school and she remembered Mrs. Miller as a no-nonsense teacher and she credits Mrs. Miller for her love of learning, and her interest in books. Her Kindergarten school was not a place to play but a place to learn. She said, "It was very structured. There was time for learning and time for recess, but it was made clear that we were there to learn."

Mrs. Miller taught many children in Alexandria who did well in school and continued their education after high school. Some of her students became government workers, teachers, social workers, entrepreneurs, firefighters and worked in private businesses like the supermarket and the telephone company.

Mrs. Martha Madalene Napper-Miller was born Jan. 3, 1878 in Alexandria to Samuel Napper and Cora Marshall. She never had any children of her own but she adopted a daughter, Anna Woodlawn David and she raised Albert Miller. Her husband, Pierce S. Miller died on July 2, 1949. On Sunday, March 23, 1952 on a cold rainy spring day, Mrs. Martha Miller died at the Alexandria Hospital. The dreary weather was fitting for the attendees whose hearts were full of sadness. Her funeral was held on Tuesday, March 25, 1952, 3 p.m., at Alfred Street Baptist Church. Her family, former students and friends were among the large crowd that attended her funeral. Reverend A. W. Adkins who officiated the service said his last words to her at the grave site. She was buried at Douglas Cemetery. Seventy-years later, many of Mrs. Martha Miller's students remembered their time spent at her school. They were the fortunate ones who were disciplined by a caring teacher who gave them a positive school experience and prepared them for public education. You have done a great job Mrs. Miller and your former students will never forget you.

Char McCargo Bah is a freelance writer, independent historian, genealogist and a Living Legend of Alexandria. Visit her blog at http://www.theotheralexandria.com for more about "The Other Alexandria."
letters

From Page 13

existing revenue sources in what is already one of Virginia's highest taxed jurisdictions.

National data indicates that the independent restaurant sector is one of the best breeding grounds for women-owned businesses, with nearly half under women ownership. Alexandria has many great examples of this, and many of them like Nicole Jones of Stomping Ground and Jill Erber of Cheesetique have already weighed in with well-reasoned expert opposition to this tax. If City Council cares about nurturing the independently-owned business sector that has made us the envy of the region, it will refrain from hobbling it with this unwise and unconfined tax.

Elizabeth Todd
The Shoe Hive and The Hive

Expand Medicaid

To the Editor:

For four years, the General Assembly has debated expanding Medicaid, leaving the lives of 400,000 uninsured low-income Virginians in the balance. Their inaction has cost Virginia more than $10 billion in federal funding thus far. The time is now to expand Medicaid in Virginia.

As a former employee of the Virginia Department of Social Services, I worked every day with uninsured households who had to live in fear that an unexpected illness or injury would mean financial ruin for their family. Every day, we don’t expand Medicaid is another day hundreds of thousands of Virginians may not seek treatment when they need it to avoid paying thousands of dollars in medical bills. We now have an opportunity to make health care available to those who need it.

Expanding Medicaid isn’t just the right thing to do — it'll save Virginia money. Last month, a bipartisan group of Delegates and Governor Northam showed that expanding Medicaid could save Virginia $421 million over the next two years. That’s money that could be invested in education, job training programs, infrastructure repairs, raises for our teachers, or wherever else the money is needed. We have an opportunity to help more Virginians get the care they need - and to save money doing it. We need Medicaid expansion now.

Maani Stewart/Alexandria

Adoptions
From The Heart

Go and Sea
Discover Infant Adoption

Fairfax, VA
Monday, May 14th
at 6:30 pm
Join us for a FREE info meeting

Call or Visit Us Online to Register
www.afth.org 757.447.4046

whole house remodeled home tour

Saturday & Sunday, May 5th-6th, 11am-4pm Daily
6301 Waterway Place, Falls Church, VA 22044

lakewi)

expanding space created better function, flow, and light in this Mid-Century Modern remodeled home. Features include an open floor plan with kitchen remodel, top added level for the master suite, and much, much more. This is a FREE event you don’t want to miss!

THIS IS A MUST-SEE REMODELED HOME!

Join us during the PARADE OF HOMES to see first hand how redesigning existing and adding space created better function, flow, and light in this Mid-Century Modern remodeled home. Features include an open floor plan with kitchen remodel, top added level for the master suite, and much, much more. This is a FREE event you don’t want to miss!

Shop in and Sample Gourmet Home Designs!

WESTMINSTER
At Lake Ridge
Engaged Living.
Assisted Community

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

703-791-1100 | www.wlrva.org
12191 Clipper Drive | Lake Ridge, VA

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.

Now accepting wait list deposits. Call 703-791-1100 or visit us today!
During Spring2Action on April 25, the families and staff of the Nannie J. Lee Recreation Center as well as many others in the city helped raise over $9,000 for the Kelley Cares Foundation. The foundation has supported the Therapeutic Recreation program and other programs offered at the center since 2005. Last year over $10,000 was raised to purchase roller skates, hoverboards, scooters, helmets and pads. These items are considered part of the new “All Things on Wheels” program at the center, enhancing the fine and gross motor skills, balance, physical fitness and hand eye coordination of the participants in the programs.

This year’s donations will go towards purchasing new adaptive playground equipment for the Nannie J. Lee playground. The center provides full inclusion summer camps, after-school programs, adaptive activities and special events year-round. To volunteer at the center, register for summer camp or donate, call 703-746-5535.

Nannie J. Lee Recreation Center had a ribbon-cutting ceremony on the same day of Spring2Action, Wednesday, April 25.

Center Benefits from Spring2Action
call, what would you tell them with regard to the city?
I think church/state dynamics are working very well in some places and not so well in others. For example, the Tennessee and Ohio governments are emphasizing the importance of engaging their faith communities to combat the addiction epidemic. It may be that they are more desperate to figure out how to do this, but I think we need to figure out this cooperation in Alexandria before we reach the point of desperation. What I’d say to Alexandria’s faith leaders might be to ask if they and their members are truly committed to do the preparatory work, and make the necessary sacrifices to minister to the “tough cases” — especially those under that broadest definition of “mental health”? And what I’d say to our local government leaders would be to encourage them to ask the faith communities how they can help the faith communities better “release” what they have to offer our city.
Mental Health advocates work to tear down barriers to treatment.

By Marilyn Campbell

It was during college when Laura Greenstein began to notice that something was not quite right. “I noticed that things that were creating anxiety on a daily basis, they weren’t just situational,” she said. “My anxiety was grabbing onto anything that it could. If I was running late, I would start to panic. Any small thing became a big issue.”

“My mother has always been supportive, but when [my anxiety] got to a certain point some close friends and family began to stigmatize it,” said Greenstein, who now works for the National Association for the Mentally Ill (NAMI) in Arlington. “They would say, ‘You’re not doing enough. It was difficult to feel that I wasn’t being fully accepted.”

After months of therapy and recent session with a psychiatrist who prescribed medication, Greenstein said that she is beginning to feel some relief. She even began blogging about her experience. “This was my first time sharing my story,” she said. “It’s been a really validating process. Being open can really improve your outlook.”

During May, Mental Health Awareness Month, Greenstein and other mental health advocates are sharing the ways in which negative perceptions about mental illnesses can impact those who suffer from it. NAMI reports that approximately 1 in 5 adults and children in the United States are experiencing mental illness in a given year. Only 41 percent of those adults received mental health treatment, while slightly more than half of children aged 8-15 received those services. One of the roadblocks to treatment, say mental health professionals, is the stigma surrounding mental health.

“Micro-aggressions towards individuals with mental illness are very common, such as assuming that someone with a mental illness is inferior, stupid, or not in control of their own behaviors,” said Jessica McLaughlin, Ph.D., assistant professor of psychology at Montgomery College. “Because of our society’s misperceptions of mental illness, many individuals struggling with mental health problems feel ashamed and isolated. They may even feel like it is not appropriate to seek help. ‘[And] being on the receiving end of these hurtful comments and beliefs actually worsens symptoms.’

With a theme of “Cure Stigma,” NAMI activists are encouraging people to educate themselves and eradicate the stigma which can be a roadblock to those who suffer from mental illness to get the treatment they need. They were afraid of being labeled, so they suffered in silence.

“This is particularly true with teenagers and pre-teens, advises Stacie Isenberg, Psy.D., a child psychologist who specializes in anxiety disorders. “A mental illness stigma may cause a teen or pre-teen to be hesitant to admit to her or himself that they are having a mental health problem, to share with a parent, teacher, or pediatrician about their problem, and to seek mental health treatment,” she said.

The stigma surrounding mental illness is an important issue that often goes unrecognized, says McLaughlin. “Individuals with mental illness face both overt and covert discrimination,” she said. “For example, there is an assumption that people with mental illness are violent or crazy, which is not true. However, our belief in these myths can affect someone’s ability to find employment or obtain housing.”

“Education is a powerful tool in combating mental health stigma, and community-wide, mental health awareness campaigns are helpful,” added Isenberg. “Individually, kids often search online to check out what their symptoms mean. Education from credible websites, and those of mental health organizations often provide clarity and guidance for those seeking help.”

Allowing those who might be experiencing symptoms of a mental illness to speak freely about their condition without fear of judgment can remove barriers to treatment advises McLaughlin. “That means asking how we can help, listening with an open mind, and being nonjudgmental,” she said. Sometimes it can be a tremendous help just to let someone know that they have someone to lean on and that they are not alone.”

People can also fight the stigma of mental illness by being accepting and supportive of people who are experiencing mental health issues, and by modeling this acceptance for their children, suggests Isenberg. “Employers can encourage employees to use mental health days as needed, and to permit longer lunch hours or flexible dismissal or arrival at times to accommodate therapy appointments,” she said. “Similarly, schools can work with families to allow kids to use free periods, lunch periods, etc. to attend therapy when an after-school time is not available and the need for treatment is significant.”

A family’s attitude about the mentally ill can affect a child’s willingness to ask for help, advises Isenberg. “A child who comes from a family that does not consider mental health issues to be real or problematic may be reluctant to share with her or his parents,” she said. “Similarly, kids whose friends stigmatize mental health issues, or kids who don’t talk much about personal issues with friends, are often unsure about sharing with their friends. On the contrary, kids who believe their families and friends will be sensitive and supportive to them are more likely to be open with them about any concerns they are having.”

McLaughlin says the conversation needs to happen on a national level. “One of the most important things our nation could do is make therapy services more easily accessible,” she said. “We should encourage individuals to seek treatment, not make them feel embarrassed. There is nothing more courageous than someone who is willing to advocate for their own mental health.”
Playwright Jean Koppen will be presenting a reading of her play, “Unfocused,” as part of Pipeline Playwrights’ second-annual play reading series on Monday, May 7, at 7:30 p.m., at MetroStage in Alexandria. The play, directed by Jordan Friend, is about five strangers who gather for a focus group on their voting habits, unaware that the “client” hopes these citizens will identify the next American president.

According to Koppen, “‘Unfocused’ takes place in modern-day Manhattan, and the audience doesn’t know when exactly (whether it’s prior to the 2016 election, today, or in the near future). The audience also does not know who the client for the focus group is — not until the end of the play. It’s also about the ‘politics’ behind political research and how appealing to less-informed voters affects candidate selection.”

She added: “The play is a satirical look at Americans and their approach to elections. Although it does not reference current political figures, it speaks heavily to the issues of our current political climate. Although it doesn’t mention current political events, it’s about the ‘politics’ behind political research and how appealing to less-informed voters affects candidate selection.”

She said she hopes people find her work “entertaining” and that they will laugh. “I also hope people think about their civic responsibility to be informed and vote. In countries throughout the world people take their right to vote far more seriously than Americans. I would like people to find humor in what I’ve presented, and work hard to keep the situation I’ve presented from being representative of our country.”

Koppen’s full-length play “Black Hole” was produced by Port City Playhouse in Alexandria. Short play productions include: “Capsmmitment” (Active Cultures, Sporticulture Playwriting Competition winner); “Politics and Deportation” (Atlas Intersections Festival); “Married Bliss” (Strange Loop Theatre); “Housekeeping” (The Alumnae Theater’s New Ideas Festival); and “Slight Delay and Wearing White After Labor Day” (Haddonfield Plays and Players). Full-length play readings include: “The Best Worst That Can Happen” (The Factory, 105 North Union St., Studio 2. Jury Panel Talk: Thursday, May 10, 8 p.m. Visit torpedofactory.org/ partners/target-gallery.

Literally, a photo of an “unfocused” focus group.

Playwright Jean Koppen

Kennedy Center Page-to-Stage Festival) and “Unprotected” (Pipeline Playwrights 2017 reading series). Pipeline Playwrights is a group of women playwrights based in Northern Virginia, working together to support, present, and promote each other’s work with the goal of moving their plays into the local and national theater pipeline. Each of the current Pipeline Playwrights — Jean Koppen, Ann Timmons, Nicole Burton, and Patricia Connelly — is presenting a reading of a new full-length play in the 2018 spring reading series at MetroStage.

“Unfocused” will be presented on Monday, May 7, at 7:30 p.m., at MetroStage, located at 1201 North Royal Street in Alexandria. Suggested donation is $10. After the reading, enjoy refreshments and informal conversation with the playwright and actors. Koppen is a member of the Dramatists Guild. Visit www.jeankoppen.com.
ENTERTAINMENT

5 Dates to Circle in May

From Cinco de Mayo to beer yoga, May is a jam-packed month of activities for diners of all stripes. Here are a few of the city's best bets.

Springtime in Paris Restaurant Week at Bastille, May 1-6

With a rash of 70- and 80-degree temperatures of late, springtime weather may finally be upon Alexandria. And though there’s no Eiffel Tower as a backdrop (will the Masonic Memorial suffice?), Bastille invites you to take a seat on the patio and pretend you’re in Paris. Partake of a three-course lunch or dinner for a sensible price while soaking up the sun (or moon). 606 N. Fayette St. $25 for lunch, $35 for dinner. Reservations recommended.

First Friday Taste of Cinco de Mayo at Durant Arts Center, May 4

Kick off the weekend’s Cinco de Mayo festivities a day early at the Durant Center. Mexican culture will be on display through music, dance and, of course, food. Grab some grub from the likes of Los Tios, El Peso, Los Toltecos, Taqueria Poblano and more while you take in a folklore performance and lots of live music. 1605 Cameron St. 6-9 p.m. $9.

Chocolate and wine tasting at Carlyle House, May 5

Sweeten up your Cinco de Mayo with a pairing of two of life’s great vices. Woodbridge’s Potomac Chocolatier Company will match up their wares with suitable wines for a delicious way to celebrate a Saturday evening. Breathe in the fresh air on the historic house’s Magnolia Terrace while you sip and nibble on sweets and savory snacks. 121 N. Fairfax St. 6:30-9 p.m. $40; registration required.

Beer and Yoga Fundraiser at Port City Brewing, May 19

Port City has joined forces with VETOGA, a non-profit offering yoga, meditation and healing arts classes for military veterans, to sponsor a fundraiser for the group’s teacher training program. Admission to the event includes a 60-minute yoga class and a free beer to “rehydrate” after the fact. 3950 Wheelchair Ave., 11 a.m.-3 p.m. $25; reservations recommended.

Grape Expectations Wine Book Club at Sonoma Cellar, May 21

Join other ravenous readers — and Ellen Crosby, the author of this month’s book, “The Champagne Conspiracy: A Wine Country Mystery” — at Sonoma Cellar to lift a glass and chat about literature. The book takes place in Virginia wine country, adding a bit of local realism to the discussion. 207 King St., 7-8:30 p.m. $30; $15 deposit required at time of reservation.

Hope Nelson owns and operates the Kitchen Recessionista blog, located at www.kitchenrecessionista.com. Email her any time at hope@kitchenrecessionista.com.
Show Mom
She's Special!

VIA VENETO
ITALIAN RESTAURANT

Reserve Now for
MOTHER’S DAY

Serving Northern Italian Cuisine
Our dishes are authentic. Our ingredients are fresh. Our pasta is homemade.

Dine In • Carry-Out • Catering

Facebook.com/viavenetoitalian
703-765-6661
www.viavenetoitalianrestaurant.com

Located just off Ft. Hunt Rd, in the Hollin Hall Shopping Ctr
1309 Shenandoah Rd, Alexandria
Family Owned and Operated Since 1984

Celebrate Mom with our Award-Winning Brunch!
Food fit for a Queen on a Family Budget!

Sunday Breakfast Buffet
7 a.m.–12 p.m.
Including most breakfast buffet items
Adults...$14.00
Children under 12...$4.50

Mother’s Day Brunch Special
12–3 p.m.
Including Omelet Station, Broiled Salmon and Cod, Beef Kabobs, Grilled Chicken, Pasta Marinara & more.
Adults...$16.96* - Children under 12...$7.95
Reservations recommended
Wine, Champagne and Mimosas (extra charge)
*plus drinks, taxes and gratuities.
person. Children must be accompanied by an adult. Visit www.alexandriava.gov/recreation/arts/default.asp?id=435.23

Art on the Rocks. 7:30-10 p.m. at the Art League, Studio 21, Torpedo Factory Art Center, 105 North Union Street, Alexandria. Tickets: $55. They’re challenging mimics of chadwick, braun, ma’s italian kitchen, yol's dockside grill, virtue feed & grain, and the wheat to select from an installation from the biennial behrata show as inspiration to create the most artistic cocktail and appetizer pairings to compete for the title of ‘art on the rocks’ champ. Visit www.theartleague.org or call 703-683-1780.

Navy Band Concert. 7:30 p.m. at Schlesinger Concert Hall, NOVA, Alexandria Campus, 4915 East Campus Drive, Alexandria. Free. No tickets required. They will be honoring veterans. Visit www.navyband.navy.mil/.

SATURDAY/MAY 5

Iraqi Children 5K Race. Check-in 7 a.m.; Race 8 a.m. at U.S. Patent and Trademark Office, 600 Dulany St., Alexandria. The 5K is a benefit for Iraq's most vulnerable—orphans, street children, and children displaced by ISIS. The Iraqi Children Foundation provides counseling, medical attention, legal aid, food and shelter, and education to affected children. Cost is $30 with $5 monthly increase before May. Visit the website at www.iraqichildren.org or email study@iraqichildren.org.

All-Ages Scavenger Hunt in Old Town. 9 a.m.-3 p.m. Hit the streets and alleys of Old Town to look for architectural features and clues to the past. Find the OMHA cart in Market Square between 9 a.m. and noon to pick up a map and clues. Finish at Alexandria Archaeology Museum at the Torpedo Factory by 3 p.m. for a prize. Come as a family or with a group of friends, event is for all ages.


Gunston Hall’s Writing Workshop. 9 a.m.-4 p.m. at Gunston Hall, 10799 Gunston Road, Mason Neck. Students will explore the 18th century through writing exercises and activities. By engaging with educators and writers, students will get hands-on with history and become reporters, write fiction, pen poems, and craft biographies. Open to current fourth and fifth graders. All sessions, materials, and snacks are included. Reservations are required and space is limited. Contact Kathy Keteren Craver at 703-550-9220, ext. 240, or mkcramer@gunstonhall.org or visit the website at www.gunstonhall.org.

Plants & Design: Hummingbird Garden. 9:30-11 a.m. at Green Spring Gardens, 4603 Green Spring Road, Alexandria. Attracting hummingbirds to the garden is fun and easy to do. Learn fascinating hummingbird facts and how to create a garden habitat for hummingbirds with Green Spring horticulturist Nancy Olney. $22/person. Register online at www.fairfaxcounty.gov/parks/parktakings use code 290 2891 3101 or call 703-642-5173.

Pet Care Fair. 10 a.m. noon at the Ruby Tucker Family Center, 322 Tanal Court, Old Town Alexandria. Sponsored by the Animal Welfare League of Alexandria (AWLA) to provide free rabies vaccinations and other services to the pets of Alexandria’s underserved community. Information about these efforts can be found at AlexandriaAnimals.org/ Spring2Action.

Explore the Betty Veatch Collection. 10 a.m.-noon at Alexandria Archaeology Museum, 105 North Union Street, #327. American University’s Betty Veatch collection documents 54 archaeological sites in the Potomac Creek estuary. This area has been occupied for thousands of years and was the location of the village of Patowmacke, which John Smith encountered in his explorations of the Potomac River in 1607. Join friends of Alexandria Archaeology for a free Java Jolt lecture with Erin Cagney. Artifacts from the collection will be on display. $5 suggested donation at the door. Reservations are required. Email archaeology@alexandriava.gov or call 703-746-4399.

Reef Fest. 10 a.m.-1 p.m. at Armitstead L. Bowes Park, 520 Cameron Station Blvd., Alexandria. Reef Fest is a day of fun for the whole family, with activities representing the city’s aquatics, exercise and fitness, sports, enrichment, creative and performing arts, environmental education, out-of-school-time, and summer camp programs. Attendees can enjoy free demos and clinics, opportunities to meet instructors and staff, and a chance to register for programs and camps on-site. Visit https://agp.alexandriaeov.gov.

Preparedness Awareness Weekend. 10 a.m.-2 p.m. at Gun Springs Community Center, #100 Fordson Road. Preparedness Awareness Weekend will help families increase their resiliency by providing step-by-step methods to develop their emergency preparedness plans and kits. Families will learn how to put together emergency preparedness kits. Also includes car seat checks and hands-only CPR demonstration. Free. Lunch included. Call 571-350-1000, TTY 711 or visit www.fairfaxcounty.gov/emergencymanagement/fairfaxpaw.

Ballet: Snow White. 1 p.m. and 5 p.m. at the Ernst Cultural Community Center, 2833 Little River Turnpike, Annandale. Presented by the Metropolitan School of the Arts. The show will feature MSA ballet students bringing to life the story of Snow White and the seven dwarfs. Tickets are $15 per person. Go to www.natropolitanarts.org to purchase.

Children’s Art & Wine Tasting. 6:30-9 p.m. at Carlyle House, 121 N. Fairfax St., Alexandria. Join Potomac Chocolate on the Magnolia Terrace for an evening of locally made chocolates paired with delicious wines. Tours of the house will run from 6:30-7 p.m. with the tasting at 7 p.m. Tickets are available online. Ages 21 and over only. Registration required, no refunds. Visit www.novaparks.com.

An Evening of Magic & Illusion. 7-8:45 p.m. at West Potomac High School, 6500 Quander Road, Alexandria. Magicians and illusionists perform for one night only. Strolling magicians in hallways and in the theater before the show. Cost: $15 in advance for adults and $10 for children. At the door, $20/adults and $15/children. Email Danny Selnick: daniel.selnick@yahoo.com or visit fbising50.org/magi-whl-home/gala-show/.

Songs of Love and War. 7:30 p.m. at Convergence, 1801 N. Quaker Lane, Alexandria. Alexandria Choral Society presents Songs of Love and War, featuring Eric Whitacre’s “Five Hebrew Love Songs” as well as the recipients of ACS’s Sing-Off Grant Program. Tickets are $20/adults, $15/senior/military/student, child under 13 free. Tickets available at www.alexandriachoralociety.org or boxoffice.

Celebrate Cinco de Mayo. At Jackson 20, 480 King St. Visit jackson20restaurant.com.


SATURDAY/SUNDAY/MAY 5

Revolutionary War Recmatnments. 9 a.m. - 5 p.m. at George Washington’s Estate, 3200 Mount Vernon Hwy., Mount Vernon. Step back in time during one of the largest Revolutionary War reenactments in the region Watch hundreds of Continentals, Redcoats, Hessians, canons, and cavalry in action on the estate. Visit mountvernon.org.

SUNDAY/MAY 6

13th Annual 5K VisionWalk. 9 a.m. at Cameron Run Regional Park. Hundreds touched by vision loss will rally to fight blindness at the www.ConnectionNewspapers.com

TRAVEL


Celebrate National Astronaut Day. Retired Astronaut Clayton Anderson, author of “A Is for Astronaut: Blasting Through The Alphabet.” Anderson takes readers on an A-Z tour explaining not only what it means to be an explorer in space but also the science (and dangers) of space flight. Topics include the history behind and ongoing mission of NASA, famous astronauts and their missions, equipment and innovations, and explanations of key terminology. Friday, May 4, 6:30-7 p.m. at Hoofers, 1555 King St. Visit www.hoofersbooks.com.

A Study of Manhattan


Trapt to Roosevelt Island,” oil, 36”x24”

“New York Turmoil,” oil, 24”x36”

ENTERTAINMENT
ENTERTAINMENT

Foundation Fighting Blindness’ VisionWalk to raise $117,000 to support promising gene therapy, stem cell, and pharmaceutical-based research that could save and even restore sight. To participate or support the VisionWalk, visit www.fightblindness.org/NorthernVirginiaVisionWalk.

Wetlands Awareness Day. Noon-4 p.m. at Huntley Meadows Park, 3701 Lockheed Blvd., Alexandria. Bring friends and family to stroll through the forested paths and immersive half-mile boardwalk trail. Learn about beavers, birds, bugs, and more. Call the park at 703-768-2525 or visit www.fairfaxcounty.gov/parks/huntley-meadows-park.

Opening Reception: Inspired by Nature. 1-3 p.m. at Green Spring Gardens, 4605 Green Spring Road, Alexandria. Celebrate the return of spring with Inspired by Nature: Paintings of the Potomac Valley Watercolorists, on exhibit throughout the Green Spring Gardens’ Horticultural Center and Historic House from May 1-June 24. Visit www.FairfaxCounty.gov/Parks/GreenSpring.

Civil War Lecture. 3 p.m. in the Vault at Ivy Hill Cemetery, 2823 King St. Civil War Historian, Don Hakenson, will be speaking on Unknown Civil War Historian, Don Hakenson, will be speaking on Unknown Civil War Historian, Don Hakenson, will be speaking on Unknown Civil War Historian, Don Hakenson, will be speaking on Unknown Civil War Historian, Don Hakenson, will be speaking on Unknown Civil War Historian, Don Hakenson, will be speaking on Unknown Civil War Historian, Don Hakenson, will be speaking on Unknown Civil War Historian, Don Hakenson, will be speaking on Unknown Civil War Historian, Don Hakenson, will be speaking on

MAY 8-JUNE 17


TUESDAY/MAY 8

Simpson Gardens Stroll. 11 a.m.-12 noon, Simpson Park Gardens, 420 E. Monroe St., by the YMCA. Master Gardner volunteers will be in the Simpson Park demonstration gardens to answer questions and provide information on sustainable gardening. Simpson includes beds that feature watrewise gardening, scented plants, attracting pollinators, plants that prefer shade, and beds that illustrate the use of structure and texture in the garden. Free. Call 703-228-6414 or email mgarlalex@gmail.com.

TUESDAY/MAY 8

Sowing the Seeds of Victory: War Gardens in America. 7-8:30 p.m. at Barrett Library, 717 Queen St. Sowing the Seeds of Victory: War Gardens in America: Provides an overview of home food production during World War I and describes how contemporary gardeners can grow the same crops in their gardens today. Free. Advance registration requested at mgw.org. Call 703-228-6414 or email mgarlalex@gmail.com.

WEDNESDAY/MAY 9

Butterflies and Climate Change. 7:30 p.m. at the Huntley Meadows Park Visitor Center, 3701 Lockheed Blvd., Alexandria. Talk by Dr. Leslie Reis, assistant professor, Georgetown University, Department of Biology. She will summarize her work with three species of butterflies (the monarch, the Baltimore checkerspot, and the silver-spotted skipper) Presented by the Friends of Dyke Marsh. Call 703-768-2525 or visit www.fodm.org.

New Bucknell Manor Park Playground. 5 p.m. ribbon-cutting ceremony at 2223 Beacon Hill Road, Alexandria. Bucknell Manor’s old playground was demolished to make way for the new features. The $100,000 project was financed through the 2016 Park Bond as part of a plan to install new playground equipment at aging parks to bring them into compliance with safety and ADA standards. Call 703-324-8862 or via Parkmail@fairfaxcounty.gov. Visit www.fairfaxcounty.gov/parks/park-news/2018/5-8-04.

MONDAY/MAY 7

Seniors Only Golf Tournament. 8 a.m. at Greensdale Golf Course, 6700 Telegraph Road, Alexandria. Players age 55 and older will compete in a one-day, 18-hole, individual stroke-play tournament with a shotgun start at 8 a.m. Divisions will be determined by sign-up, with a minimum of eight players per division. Cost is $45 per person, which includes tournament day greens fee, power cart, breakfast, lunch and prizes. Call 703-971-6170 or visit www.fairfaxcounty.gov/parks/golf/greensdale.

MAY 8-11

The Alexandria Film Festival kicks off its 12th year with its annual Call for Entries now open. Filmmakers from anywhere in the world can enter short and feature-length films of any genre on two digital platforms: Filmfreeway.com and Withoutabox.com.

Festival judges will evaluate hundreds of films before selecting the best to bring to the city, for the three-day event Nov. 9-11. The program will ultimately feature more than 50 free and ticketed films — including many premieres — to delight, entertain, and inform area film enthusiasts. AMC Hoffman 22 Theater and Beatley Central Library will again serve as venues for the festival.

Traditionally, the festival offers three awards: Best of Fest, with a cash prize of $300, Grand Jury Award, with a prize of $200, and Audience Award, with a prize of $100. For the first time, the festival will offer a $250 prize for best documentary. Alexandria producer and entrepreneur Joe Cantwell, who is also a past AFF producer and entrepreneur Joe Cantwell, who is also a past AFF producer and entrepreneur Joe Cantwell, who is also a past AFF producer and entrepreneur Joe Cantwell, who is also a past AFF producer and entrepreneur Joe Cantwell, who is also a past AFF producer and entrepreneur Joe Cantwell, who is also a past AFF producer and entrepreneur Joe Cantwell, who is also a past AFF producer and entrepreneur Joe Cantwell, who is also a past

The Alexandria Film Festival is 501(c)(3) nonprofit organization supported by a grant from the Alexandria Arts Commission and numerous corporate sponsors including Burke and Herbert Bank, Hilton Hotels, and Connection Newspapers.

Calling All Filmmakers

The Alexandria Film Festival kicks off its 12th year with its annual Call for Entries now open. Filmmakers from anywhere in the world can enter short and feature-length films of any genre on two digital platforms: Filmfreeway.com and Withoutabox.com.

Festival judges will evaluate hundreds of films before selecting the best to bring to the city, for the three-day event Nov. 9-11. The program will ultimately feature more than 50 free and ticketed films — including many premieres — to delight, entertain, and inform area film enthusiasts. AMC Hoffman 22 Theater and Beatley Central Library will again serve as venues for the festival.

Traditionally, the festival offers three awards: Best of Fest, with a cash prize of $300, Grand Jury Award, with a prize of $200, and Audience Award, with a prize of $100. For the first time, the festival will offer a $250 prize for best documentary. Alexandria producer and entrepreneur Joe Cantwell, who is also a past AFF award winner for his film “Ride The Divide,” has endowed the

❖

May 3-9, 2018

Since 1904, The Royal has been Old Town’s Favorite neighborhood restaurant. Award-winning menu includes prime rib, fresh seafood, roast chicken best burgers hand-carved roast turkey and salad bar.

Serving Breakfast - Lunch - Dinner

Serving Breakfast - Lunch - Dinner

Full Buffet with Omelette Station Saturday and Sunday Brunch 7am-2pm

734 North St. Asaph Street, Alexandria, VA 22314

703-548-1616

Royal Restaurant

734 North St. Asaph Street, Alexandria, VA 22314

703-548-1616

Royal Restaurant
Sports

Titans shut out Annandale on senior night.

By Jon Roetman

Claire Constant was the fifth and final member of the T.C. Williams girls' soccer team to be honored prior to the Titans' senior night match on April 27 against Annandale.

As Constant walked to midfield with family and friends, it was announced that one of her favorite memories was the Titans' run to the 2016 state championship. Constant was a sophomore when TC captured the first conference championship in program history and eventually reached the state semifinals.

Two years later, Constant and the Titans appear ready to create some new memories.

T.C. Williams defeated Annandale 7-0 on Friday, improving the Titans’ record to 11-1 and extending their win streak to seven.

With the postseason approaching, T.C. appears capable of a return to states.

“I think this team is just very hungry, as was that 2016 state cup running team,” said Constant, who will play at the University of Virginia. “We all know what the goal is and we all know how to achieve it.”

While the Titans are on the same page about their desire to reach states, Constant and a few of her teammates have the benefit of leading through experience, having been members of the 2016 team that put T.C. Williams girls' soccer on the map. Those Titans won 19 games, including a victory over Woodson in the conference final and surviving an 11-round penalty kick shootout against Chantilly in the opening round of the region tournament.

Senior midfielder Bella Ponzi and junior forward Caroline Bates were also key contributors on the 2016 team and have helped put this year's squad in a position to make a deep postseason run.

“I think one of the biggest similarities [between the 2018 and 2016 teams] is that everyone wants it — everyone's looking toward that goal of states,” said Ponzi, who will play at the University of Georgia. “I think that makes a big difference. We’re confident in ourselves and I think that really helps.”

Constant and Ponzi each scored two goals against Annandale on Friday.

Bates found the back of the net with a header that gave the Titans a 4-0 lead late in the first half.

“We can play [Bates] anywhere,” TC assistant coach Liz Blount said. “We can play her at defender, midfield or forward and she can adapt to any situation anywhere we put her and be successful.”

Sophomore midfielder Caley Zack and senior forward Rachel Sedehi each scored a goal for the Titans.

T.C. Williams senior Claire Constant scored two goals against Annandale on April 27.

Eight boats post wins in regular season finales.

The T.C. Williams High School Crew Team finished their regular season on April 28 with most of their boats at the Charlie Butt Regatta on the Potomac River at Georgetown, and two Women’s Doubles racing at the Al Urquia Regatta on the Occoquan Reservoir.

Titans rows, coxswains, and coaches continued to tweak their game as they prepare for two weekends of Virginia Scholastic Rowing Association (VASRA) championship competitions.

For the third week in a row, the TC Men’s 4+ rowed to victory, clinching the win with a time of 5:05.3, ahead of home town rivals West Potomac (5:22.7) and Stone Bridge (5:30.8). For Titans Stefanos Psaltis-Ivanis, Connor McGivern, Jake Souza, and Ian Willmore, and coxswain Michaela Gleeson, the next challenge comes at Occoquan on May 12 for the state title.

Following a win in their early morning heat, the TC Women’s First 8 also secured a win in their final with a time of 5:15.4, besting Yorktown (5:23.5) and McLean (5:25.0).

“Our race was strong from the beginning—we flew right off the start in front of the other boats,” said 1-V-8 senior rower Grace Hogan. “You could feel everyone's excitement as we were rowing.”

Senior boatmate Charlotte Carey added that “there's really no better feeling than finishing a race knowing you had the best one possible. I think Charlie Butt set us up for a strong next few weeks and I'm really looking forward to what the end of the season brings.”

Hogan, Carey, and First 8 rowers Grace Vannatta, Grace Asch, Madeline Toaso, Rachel Knap, Grace Fiahtary, and Brythe Markel, and coxswain Paulia Fillos now turn their attention to States on May 12.

Racing together as a boat for only their second regatta, the Titans shut out Annandale on senior night.

TC Girls’ Soccer Eyes Return to State Tournament

Titans shut out Annandale on senior night.

TC Girls’ Soccer Eyes Return to State Tournament

Weight 8boats competed in a combined race category at the CB, with each boat advancing from their respective heats to the final.

In that event, TC’s Second 8—rowers Ailiysh Motisinger, Cleo Lewis, Emma Carroll, Madeleine Allen, Elspeth Collard, Charlotte Milone, Julia Clements, and Lydia Greenwood and coxswain Sara Rider—

See TC Prepares, Page 25

T.C. Williams Crew Prepares for States

The TC Women’s First 8.

Men’s Lightweight 4+, featuring rowers Wogan Snyder, Campbell Bright, Matt Cheung, and Cameron Luther and coxswain Kai Linehan, won their final with a time of 5:25.3.

Senior cox Linehan explained that during practice in the week prior to the race, “we focused on a particular technique that our coach [Matt Schilling] recommended to increase the rowers’ number of strokes per minute. We used it at the beginning of the race to get a jump start . . . and then later in the race to clinch a strong finish.”

The TC Women’s Second 8 and Lightweight 8 boats competed in a combined race category at the

See TC Prepares, Page 25

www.ConnectionNewspapers.com
Sports

TC Prepares for States

From Page 24

cruised to the finish line in 5:19.8, ahead of Wash-

ington-Lee (5:21.2) and the TC Lightweight 8 (5:30.7).

After “racing up” for most of the season in the elite

Men’s First 8 category, Titan juniors and sophomores

in the Men’s Junior 8 boat treated fans on the

Georgetown waterfront to an exciting final with a

fast 4:50.2 win, a boat length ahead of second-place

Yorktown. It was a sweet victory for rowers Townson

Cocke, Emmett Cocke, Carl Chidlow, Jr., Christian

Burrell, Tom Schmolcke, Jonathan Hernandez, Ken-

neth Crumm, and Griff Austin and coxswain Clare

Williams.

The TC Women’s Third 8 boat continued to beat

expectations and opponents as they clinched a

Charlie Butt Regatta victory with a time of 5:33.4

over Yorktown (5:49.0) and W-L (5:53.5). The Ti-

tan Women’s 3-V-8 includes rowers Grace Willmore,

Maggie Coombs, Cameron Bowman, Annalise Rob-

erts, Julianne Joven, Ellie Nebolsine, Emily Surratt,

and Lillian MacBride, and coxswain Zaida Calix-

tello.

The Titan Men’s Frosh 8 boat raced other fresh-

men at the Charlie Butt in a warm-up for the VASRA

state championship on May 5. TC Class of 2021 row-
ers Noah Schuerhoff, Barry Najarro-Blancas, Harris
Babin, Matthew Posson, Stephen Ralis, Braden
Porterfield, Anthony Castellano, and Patrick Kenny
and coxswain Jake Solomon clinched a 4:54.9 tri-
umph over McLean (4:58.3) and Yorktown (5:33.5) as they prepare for a run at the Virginia Men’s Frosh
8 title that the TC Class of 2018 brought back to the

Dee Campbell Rowing Center three years ago.

In a repeat of their April 21 race in Delaware, the

TC Women’s Novice 8 notched a 5:43.4 victory at the

Charlie Butt, just .9 seconds ahead of Sidwell Friends

and more than 10 seconds over third-place Yorktown.

Rowers Shevlin Jaffe, Taylor Mosinger, Ava Snyder,

Nikki Harris, Emma Knott, Zoë Lutzker, along with coxswain Maddy

Glanz, power one of three novice women’s boats in

the TC Williams rowing program.

In other finals at the Charlie Butt, the Titan

Women’s Fourth 8 placed third, the Women’s Frosh 8
placed second, and the Men’s Novice 8 placed third
in their respective races. These and other TC crew

junior boats will compete on Day 1 of the VASRA

Championship Series held at Occoquan Reservoir on

May 5.
You Mean Next Week Tuesday?

By KENNETH B. LOURIE

Today, Sunday, April 22, I am not on any real—or imag-ined, deadline pressure, quite different from my previ-ous column ("You Mean Tomorrow Tuesday?!"), pub-lished April 15. This column isn’t due until nine days from now, since my copy editor returns from vacation that Tuesday. And of course, since there’s no abbrevi-ated immediate-type deadline, and it’s a relatively quiet weekend at home, I’ve decided to write the “triple threat” Tuesday I wrote about last week. Chino, in addition to any of our other four cats, are nowhere to be found. Certainly, they’re all sleeping. I mean, it is 12:30 pm. In fact, as I get up to investigate, Chino is sleeping on the very chair he ended up on last week. This week, however, when I have minimal deadline pressure, Chino has minimal Kenny interest. At present, he is not the least bit involved in the creative process, other than as a point of reference, that is.

And just as Chino is minding his own business—for now, I am able to mine and stay on task. It is so much easier to do so when my writing pad is not the exact midpoint and/or crossings for where Chino is and for where he wants to be. Therefore, I have no excuses for not maintaining a creative flow as I pum to the paper. And of the cat interruptions is indeed off. To quote my late father, I have no “encumbrances”—at the moment.

More so even than Chino walking right to left across my desk (and back of course). I just received an email from my oncologist, yes on the weekend, telling me that my two scans taken on Wednesday, April 18, continue to show “stable.” News, with which I’m extremely fond of writing—properly, I can live. As much as I could likewise live with tumor “shrinking” as well, I am ALWAYS pleased when I see my new favorable word: “stable,” in any communication from my doctor. For a cancer patient still undergoing treatment— as I am, or for any cancer patient in remission, a “stable” result is hardly the problem. The problem is growth and/or movement or appearance elsewhere in the body. For lung cancer patients, movement to the brain, which occurs in approximately 30 percent of patients, is the predomi-nant worry. As such, I get a brain MRI regularly. So, no scan-result pressure. No post-chemo-side-effect pressure. No newspaper and/or deadline pressure. And no cat-related pressure compounding any of the aforementioned pressures. Ergo, the “pressure” is officially off.

And of Chino’s presence, it’s all, “pressure” off, my creativity is on. Though this may not be the best column I’ve even written, it’s certainly been one with the least amount of “encumbrances.” And speaking of my father, Barry, who died in 2006, and now my mother, Celia, who died two years later, almost to the day, what I am particularly grateful for is the timing of my diagnosis/prognosis: it all happened after they had died. They never knew. My first symptom manifested four weeks after my widowed mother was laid to rest. They both know now though as I regularly update them when I visit their gravesites at the cem-tery. And though the conversations are mostly one-way, about us, about life, and were often topics of discussion — while they were alive.

I was lucky then and I continue to be lucky now. Great parents before and an amazingly fortunate post-cancer-diagnosis. After. Whatever I have to thank: you thank you.

Kenny Lourie is an Advertising Representative for the Rolmaor Altomar & The Connection Newspapers.

Business Directory

To Advertise Your Business, Call Karen at 703-778-9422.

You Mean Next Week Tuesday?

By KENNETH B. LOURIE

Today, Sunday, April 22, I am not on any real—or imag-ined, deadline pressure, quite different from my previ-ous column ("You Mean Tomorrow Tuesday?!"), pub-lished April 15. This column isn’t due until nine days from now, since my copy editor returns from vacation that Tuesday. And of course, since there’s no abbrevi-ated immediate-type deadline, and it’s a relatively quiet weekend at home, I’ve decided to write the “triple threat” Tuesday I wrote about last week. Chino, in addition to any of our other four cats, are nowhere to be found. Certainly, they’re all sleeping. I mean, it is 12:30 pm. In fact, as I get up to investigate, Chino is sleeping on the very chair he ended up on last week. This week, however, when I have minimal deadline pressure, Chino has minimal Kenny interest. At present, he is not the least bit involved in the creative process, other than as a point of reference, that is.

And just as Chino is minding his own business—for now, I am able to mine and stay on task. It is so much easier to do so when my writing pad is not the exact midpoint and/or crossings for where Chino is and for where he wants to be. Therefore, I have no excuses for not maintaining a creative flow as I pum to the paper. And of the cat interruptions is indeed off. To quote my late father, I have no “encumbrances”—at the moment.

More so even than Chino walking right to left across my desk (and back of course). I just received an email from my oncologist, yes on the weekend, telling me that my two scans taken on Wednesday, April 18, continue to show “stable.” News, with which I’m extremely fond of writing—properly, I can live. As much as I could likewise live with tumor “shrinking” as well, I am ALWAYS pleased when I see my new favorable word: “stable,” in any communication from my doctor. For a cancer patient still undergoing treatment— as I am, or for any cancer patient in remission, a “stable” result is hardly the problem. The problem is growth and/or movement or appearance elsewhere in the body. For lung cancer patients, movement to the brain, which occurs in approximately 30 percent of patients, is the predomi-nant worry. As such, I get a brain MRI regularly. So, no scan-result pressure. No post-chemo-side-effect pressure. No newspaper and/or deadline pressure. And no cat-related pressure compounding any of the aforementioned pressures. Ergo, the “pressure” is officially off.

And of Chino’s presence, it’s all, “pressure” off, my creativity is on. Though this may not be the best column I’ve even written, it’s certainly been one with the least amount of “encumbrances.” And speaking of my father, Barry, who died in 2006, and now my mother, Celia, who died two years later, almost to the day, what I am particularly grateful for is the timing of my diagnosis/prognosis: it all happened after they had died. They never knew. My first symptom manifested four weeks after my widowed mother was laid to rest. They both know now though as I regularly update them when I visit their gravesites at the cem-tery. And though the conversations are mostly one-way, about us, about life, and were often topics of discussion — while they were alive.

I was lucky then and I continue to be lucky now. Great parents before and an amazingly fortunate post-cancer-diagnosis. After. Whatever I have to thank: you thank you.

Kenny Lourie is an Advertising Representative for the Rolmaor Altomar & The Connection Newspapers.

Business Directory

To Advertise Your Business, Call Karen at 703-778-9422.

You Mean Next Week Tuesday?

By KENNETH B. LOURIE

Today, Sunday, April 22, I am not on any real—or imag-ined, deadline pressure, quite different from my previ-ous column ("You Mean Tomorrow Tuesday?!"), pub-lished April 15. This column isn’t due until nine days from now, since my copy editor returns from vacation that Tuesday. And of course, since there’s no abbrevi-ated immediate-type deadline, and it’s a relatively quiet weekend at home, I’ve decided to write the “triple threat” Tuesday I wrote about last week. Chino, in addition to any of our other four cats, are nowhere to be found. Certainly, they’re all sleeping. I mean, it is 12:30 pm. In fact, as I get up to investigate, Chino is sleeping on the very chair he ended up on last week. This week, however, when I have minimal deadline pressure, Chino has minimal Kenny interest. At present, he is not the least bit involved in the creative process, other than as a point of reference, that is.

And just as Chino is minding his own business—for now, I am able to mine and stay on task. It is so much easier to do so when my writing pad is not the exact midpoint and/or crossings for where Chino is and for where he wants to be. Therefore, I have no excuses for not maintaining a creative flow as I pum to the paper. And of the cat interruptions is indeed off. To quote my late father, I have no “encumbrances”—at the moment.

More so even than Chino walking right to left across my desk (and back of course). I just received an email from my oncologist, yes on the weekend, telling me that my two scans taken on Wednesday, April 18, continue to show “stable.” News, with which I’m extremely fond of writing—properly, I can live. As much as I could likewise live with tumor “shrinking” as well, I am ALWAYS pleased when I see my new favorable word: “stable,” in any communication from my doctor. For a cancer patient still undergoing treatment— as I am, or for any cancer patient in remission, a “stable” result is hardly the problem. The problem is growth and/or movement or appearance elsewhere in the body. For lung cancer patients, movement to the brain, which occurs in approximately 30 percent of patients, is the predomi-nant worry. As such, I get a brain MRI regularly. So, no scan-result pressure. No post-chemo-side-effect pressure. No newspaper and/or deadline pressure. And no cat-related pressure compounding any of the aforementioned pressures. Ergo, the “pressure” is officially off.

And of Chino’s presence, it’s all, “pressure” off, my creativity is on. Though this may not be the best column I’ve even written, it’s certainly been one with the least amount of “encumbrances.” And speaking of my father, Barry, who died in 2006, and now my mother, Celia, who died two years later, almost to the day, what I am particularly grateful for is the timing of my diagnosis/prognosis: it all happened after they had died. They never knew. My first symptom manifested four weeks after my widowed mother was laid to rest. They both know now though as I regularly update them when I visit their gravesites at the cem-tery. And though the conversations are mostly one-way, about us, about life, and were often topics of discussion — while they were alive.

I was lucky then and I continue to be lucky now. Great parents before and an amazingly fortunate post-cancer-diagnosis. After. Whatever I have to thank: you thank you.

Kenny Lourie is an Advertising Representative for the Rolmaor Altomar & The Connection Newspapers.
SPECIAL SAVINGS
FOR YOUR TOYOTA

WELCOME TO ALEXANDRIA TOYOTA’S
PERSONALIZED CAR CARE EXPERIENCE

OIL & FILTER CHANGE
$29.95
$44.95

Non-Synthetic
Synthetic

Includes: Genuine Toyota oil filter, up to 5 quarts conventional oil, drain tank refill, inspect tire condition and check tire pressure.

BRAKE SPECIAL
$79.95
Includes: Install genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect air filter. Pads only.

SIGHT LINE WIPER BLADES
$10 OFF
Sight line only.

VARIABLE DISCOUNT
$15.00 OFF
when you spend $100.00 - $199.99
$30.00 OFF
when you spend $200.00 - $299.99
$45.00 OFF
when you spend $300.00 - $399.99
$50.00 OFF
when you spend $400.00 or more

ALIGNMENT SPECIAL
$64.95

Your car’s alignment suffers, and can cause uneven tire wear and steering problems.

TRUESTART™ BATTERIES
$99.95

Includes battery installation.

FREE BATTERY CHECK-UP
Check cold cranking amps and visual inspection of battery condition. Includes battery condition printout.

FREE

Virginia State Inspection
Free

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

www.ConnectionNewspapers.com
Alexandria Gazette Packet  May 3-9, 2018  27
A team built on reputation.

When John McEnearney opened for business, he had one simple goal in mind... attract the best real estate agents in the business to his firm so that McEnearney Associates could provide the highest level of service to our clients. For the past 37 years we have had the good fortune to see that wish come true. They are the reason so many clients trust McEnearney Associates. They are responsible for our enviable reputation. To put it simply...they are McEnearney Associates.

Rosemont | $995,000
Wonderful corner lot home is larger than it appears! 3 bedrooms, 2 updated baths, hardwood floors, a wood-burning fireplace, galley kitchen, wonderful outdoor space, off-street parking. Close to Metro & Old Town. thegoodhartgroup.com/listings/207-russell/
Sue & Allison Goodhart 703.362.3221
www.TheGoodhartGroup.com

Del Ray | $1,199,900
4-bedroom, 2.5-bath Craftsman-style home. Enter into the gracious foyer which leads to the living & dining room perfect for entertaining, kitchen opens to family room. Large master suite with en suite. Rear porch overlooks fenced yard. Walk to “The Avenue.” 5 E Windsor Ave. Jen Walker 703.675.1566
www.JenWalker.com

National Harbor | $639,900
Don’t miss this elegant Brownstone in booming National Harbor. Just 2 years old. Outdoor fireplace/terrace with sweeping views, 4 bedrooms, 4.5 baths, wood floors, au pair suite, 3 master bedrooms, garage, private dog park. Water taxi to DC. Old Town, Nats Park. Metro shuttle. Delaine Campbell 703.299.0090
www.DelaineSells.com

Warwick Village | $599,000
Come on in! Updated open kitchen, 3 bedrooms, 2 full baths, finished lower level and a backyard perfect for entertaining. 1 block from Warwick Village Pool & Landover Park. 226 Aspen Street
Cindy Clemmer 703.966.6403
www.clemmerandshuckhomes.com

Kingstowne | $515,000
Lovelyly maintained 3-bedroom, garage townhome with updates throughout. Gleaming main-level hardwood flooring, gourmet kitchen with granite & stainless, two powder rooms, and master bath with dual vanity and new shower remodel. Fresh landscaping, fencing, and paint.
Michael Mayes 202.270.1110
www.mrmayes.com

Old Town | $1,575,000
Just 50 yards from the waterfront! Gorgeous 4-level townhouse in immaculate condition. Spectacular living room with 12’ ceilings opens to pretty garden. Separate dining room, spacious kitchen, 2 master suites, 2 further bedrooms, 3.5 baths, lower level family room, 1 car garage & driveway, 112 Quay St.
Annette Hinaman 571.216.4411
www.AnnetteHinaman.com

Old Town | $1,099,000
Stunning interior-designed contemporary-style 2-bedroom, 2.5-bath townhouse just half a block to the river. Luxury kitchen, gleaming hardwood floors, extensive storage including attic for potential 4th level. Garage, 1-car garage & driveway parking for 2nd car. 122 Quay Street
Annette Hinaman 571.216.4411
www.AnnetteHinaman.com

Serving the Washington, DC Metro Area since 1980.
703.549.3092 1169 S. Pitt Street l Alexandria, VA 22314 l McEnearney.com

meet
Christine Robinson
We are pleased to announce Christine Robinson has joined the Alexandria office of McEnearney Associates. If you are thinking of buying, selling or renting, call Christine today at 240.925.7100, or stop by our office.
109 S Pitt St, Alexandria, VA 22314

Trusted. Everywhere
Christine Robinson
240.925.7100
christine robinson@McEnearney.com
www.robinsonchristine.com