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# Mount Vernon Gazette

WELLBEING

PAGE 14

MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER

MAY 3, 2018

## 'Celebrating the Magic of Giving Back'

Some 144 individuals and groups honored at Fairfax County Volunteer Service Awards.

BY STEVE HIBBARD  
THE GAZETTE

About 400 people attended the 26th annual Fairfax County Volunteer Service Awards on Friday, April 27, at the Waterford in Springfield where some 144 individuals and groups were honored. With the theme "Once Upon a Volunteer, Celebrating the Magic of Giving Back," the breakfast included the "Who's Who" of Fairfax County's leaders in business, education, govern-

ment and nonprofits. It was sponsored by Volunteer Fairfax, members of the Board of Supervisors and Chairman Sharon Bulova. The volunteers, who do everything from helping with technology mentoring, supporting at-risk seniors and working to combat homelessness, gave a total of 328,760 hours of service worth \$7.9 million in support of the Fairfax County community. Peggy Fox, Virginia Bureau Chief at WUSA9/CBS affiliate, served as

SEE CELEBRATING, PAGE 10

### Lifetime Achievement

Dick Alderson began volunteering in 2000 when he was recruited to serve on the board of directors for New Hope Housing, an organization that provides families and individuals with shelter, housing, and the tools to build a better life. As a lifelong resident of the Mount Vernon area, he was in a unique position to offer insights into the changes the area has seen and to critically think about the future of the organization's role in the community. As board president in 2007, his leadership and strategic thinking skills were vital as New Hope began its first strategic planning process in years. After leaving the board of directors in 2010, he was elected to the board of trustees where he was a member of the Strategic Planning Task Force during the organizations expansion into Arlington County and the City of Alexandria.

After years of serving New Hope, Alderson sought out another organization to serve and arrived at Good Shepherd Housing. Since 2010, he has served on its board of directors where he has strengthened outreach to vulnerable populations in need and gained support of the long-term goal to add 150 affordable housing units. Under his leadership, the board also adopted its newly revised five-year plan. Alderson has spent the last 20 years helping to make his community stronger by making the nonprofits that serve his community stronger.

By serving on the board of directors for both New Hope and Good Shepherd, he has been one of the strongest allies of affordable housing and solutions to homelessness in Fairfax County. Beyond attendance at meetings and financial support, he is a visionary who has dug deeper into issues that the organizations are



Richard Alderson with Board Chairman Sharon Bulova.

PHOTOS BY STEVE HIBBARD/THE GAZETTE

### Family Volunteer

Reverend Morris and Polley Hargrove serve at New Hope Housing's Mondloch House shelter, the oldest emergency shelter in Fairfax County serving chronically-homeless individuals in a home-style setting.

On the fourth Sunday of every month, the Hargroves prepare a home-cooked meal. Instead of simply dropping off the meal, they sit, eat, and talk with guests referring to these nights as their "family dinners." The Hargroves have spent time with most, if not all, 22 guests of Mondloch House in 2017, greeting them with warmth and respect. Last year, Polley Hargrove's birthday fell on the fourth Sunday of the month and instead of skipping family dinner, she decided to celebrate with the guests at Mondloch House.

She had one special request for her friends and family: Instead of buying her a gift, purchase a gift for a shelter guest. Working with staff to compile a wish list, each guest was given a special gift. The dining room was decorated, a catered meal was provided, and the evening was spent enjoying each other's company.

Volunteer Coordinator Sami Smyth said, "Reverend Morris and Polley truly care about the guests



Polley Hargrove with Board Chairman Sharon Bulova. Also winning the award was the Rev. Morris Hargrove (not pictured).

at Mondloch House and treat them like family. We are so grateful that they spend their fourth Sunday with our guests each month."

working to solve.

President and CEO of Good Shepherd Housing David Levine said, "Because of Dick Alderson,

we can do more for hundreds of vulnerable working families and individuals in need of our affordable housing."

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**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/](http://thegoodhartgroup.com/listings/207-russell/)  
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**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. WaterTaxi to DC, Old Town, Nats Park. Metro shuttle.  
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[www.clemmerandschuckhomes.com](http://www.clemmerandschuckhomes.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



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**Kingstowne \$515,000**  
Lovingly 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.



## meet **Christine Robinson**

We are pleased to announce Christine Robinson has joined the Alexandria office of McEneaney Associates. If you are thinking of buying, selling or renting, call Christine today at 240.925.7100, or stop by our office.

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

**Old Town \$1,099,000**  
Stunning interior-designed contemporary-styled 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. Garden, 1-car garage & driveway parking for 2nd car. 122 Quay Street

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Samuel Dade, 18, who attends Mount Vernon High School chats with Sherrin Rhodes of Andrews Federal Credit Union.



Adele Peng gets information about Miller's Supplies at Work from Pablo Solares.

PHOTOS BY STEVE HIBBARD/THE GAZETTE

# Teen Job Fair Attracts 400 40 businesses participate in regional event.

BY STEVE HIBBARD  
THE GAZETTE

About 400 people attended a Teen Job Fair featuring more than 40 businesses on Saturday, April 28, at West Springfield High School in Springfield.

The event sponsored by Springfield District Supervisor Pat Herrity and The Connection Newspapers included representatives from lifeguard and pool companies, stores like Target, and military recruiters, among others. Herrity said the job fairs have grown in size from about 250 visitors when they first started four years ago, and expanded from one job fair at West Springfield to six job fairs at high schools around the county.

"This is our sixth job fair this year, which has grown from four years ago when this was the only job fair that we did in Fairfax County. So, I'm excited about providing the

**"I'm excited about providing the opportunity for all our youth and so happy that we've grown from one job fair to six job fairs throughout Fairfax County."**

— Springfield District Supervisor Pat Herrity

opportunity for all our youth and so happy that we've grown from one job fair to six job fairs throughout Fairfax County," he said.

He added: "This is one of the favorite things I do as a supervisor. I absolutely love seeing our kids come out and talk with employers and get their jobs because there's dignity in work and first jobs are important," he said.

Scoping out a new job was Springfield resident Alan Brown, 16, a sophomore at West Springfield High School. "I am here to get information about different jobs and have a plan after I leave high school," said Brown through his computer.

Lake Braddock Secondary Junior Charles Pritz, 16, of Burke, who was also looking, said: "I'm here at the job fair looking to find an opportunity for a summer job or internship to really gain real-world experience — hopefully in the field that I'd be interested in."

Jessie Chen, 16, a Woodson High School sophomore from Fairfax, added: "The reason why I'm here is to do something over the summer and to do something fun, that's why I'm here — to find something that I like."

Samuel Dade, 18, who attends Mount Vernon High School, said: "I came to the job fair to get a job so when I'm going

through school I can pay for school and not be broke. So that's basically why I came here today."

Kyle Vanderlaan, 16, of Springfield, who attends West Springfield High, said: "I'm just looking for a job. It's a really good opportunity to meet people and companies so you can just choose where ever you want to go and find out whatever you want to do."

Ivan Ramirez, 14, of Falls Church, who attends Corpus Christi School, added: "I came to the job fair to look for a job at a young age. I want to work with kids younger than me to help them do something in life and also get money."

West Springfield resident Ben Anderson, 15, who attends West Springfield High, said: "I'm just looking for a job this summer. I'm trying to get some money to pay for whatever I need. I think it's great that there are these places around here that are coming to the fair."

## Catholic Charities' Job Fair Meets Need

Catholic Charities of the Diocese of Arlington, along with Good Shepherd Catholic Church in Mount Vernon, co-sponsored its first Community Job and Resource Fair on Saturday, April 28.

Overall unemployment in Fairfax County is 2.4 percent, but for those living in poverty in the Mount Vernon area, the unemployment rate is more than double that at 6.5 percent, according to demographics from Fairfax County. In Mount Vernon, 15.7 percent of people living in poverty work full time and 20.8 percent part time.



More than 100 jobseekers from the Mount Vernon area poured into Good Shepherd Catholic Church Saturday morning hoping to find work.

PHOTO COURTESY OF ELIZABETH ELLIOTT

## 'A' Grade For Hospital

Inova Mount Vernon Hospital has been awarded its 8<sup>th</sup> Consecutive "A" Safety Grade in new Hospital Safety Grades published by The Leapfrog Group, a patient safety watchdog advocacy organization.

The Leapfrog Patient Safety Grade assigns an A, B, C, D or F grade to more than 2,500 hospitals across the country based on their performance in preventing medical errors, infections and other harms among patients in their care.

Inova Mount Vernon Hospital has now received "Straight A's" for patient safety in every reporting period since 2014.

To view Inova Mount Vernon Hospital's full score, and to access consumer-friendly tips for patients and loved ones visiting the hospital, visit <http://www.hospitalsafetygrade.org>.



McENEANEY ASSOCIATES  
CONGRATULATES

JEN  
WALKER

2018 SMALL BUSINESS  
PHILANTHROPIST  
OF THE YEAR!

It is a great honor and privilege for McEneaney 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 McEneaney Associates congratulates Jen Walker as the 2018 Small Business Philanthropist of the Year.

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PHOTOS BY VICTORIA ROSS

Almost 2,000 people, including 900 singers, packed Hayfield Secondary School for the 46th annual All-County Chorale Festival.

## Do-Re-Me SING! **Voices ring for All County Choral Festival.**

**T**he young singers have been honing their voices for months, singing in large and small groups every week since January.

On Saturday, they finally got the chance to showcase their work, as nearly 900 sixth-grade singers — hand-picked by their elementary school's music teachers for their vocal talent — sang together at Hayfield Secondary School for the 46th annual All-County Choral Festival.

"It is truly an honor for the students performing today to be a member of this select group of vocalists," said Kelly M. Harbison, president of the Fairfax General Music Educators Association and a music educator at Canterbury Woods Elementary School.

Led by guest conductor Dr. Jamie Hillman, the students sang a variety of music — from George Handel's classic "Sing for Joy!" to Joan Varner's "When I Am Silent," a tribute to young Holocaust victims.

The song, and the voices of 900 sopranos, moved many in the audience to tears.

"These young singers were truly



Nearly 900 sixth-grade singers — hand-picked by their elementary school's music teachers for their vocal talent — sang together at Hayfield Secondary School.

amazing," said Hillman, who previously taught music at Phillips Academy and Boston University.

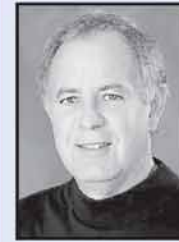
"They've only had one day to practice as a complete group, and they came together flawlessly. Their energy and enthusiasm was inspiring."

In addition to the 900 singers, Hayfield's auditorium was packed

with twice as many family members, including School Board members, school principals and Superintendent of Schools Dr. Scott Brabrand.

"I told parents 'prepare to be wowed by these singers.' I think we were all blown away by the talent and organization it took to

SEE COUNTY, PAGE 21



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**OPEN SUNDAY 1-4**

**Alex/Riverside Estates \$594,900**  
**8341 Orange Court**  
 Stunning & updated 5BR, 3BA Split w/2 car garage on a beautifully landscaped lot looking across to woodlands & winter water views of Little Hunting Creek. Kitchen gutted in 2011 w/porcelain, quartz, & SS. Other updates include:

painting, floors, baths, roof & A/C. Front windows replaced w/thermal DBL pane. Beautifully updated & meticulously maintained. 5 mins to Ft. Belvoir, 15 mins to Old Town, 25 mins to NTL Airport & 30 mins to the Pentagon.



**OPEN SUNDAY 1-4**

**Alex/Wessynton \$664,900**  
**3301 Wessynton Way**  
 Beautiful home in Wessynton, Mt. Vernon's sought after contemporary community, just a stone's throw to Mt. Vernon Estate & George Washington Pkwy, & is adjacent to Little Hunting Creek. Large kitchen w/breakfast area, & a separate Dining Rm. Beautiful hdwd floors. FPLs in the lovely Living Rm & Family Rm. Situated in a natural, wooded setting the home's bountiful windows bring to outdoors inside. Enjoy the natural landscaping on your deck. 1 car garage. Community amenities include boat ramp, swimming pool, tennis courts.



**Alex/Waynewood \$699,900**  
**1120 Waynewood Blvd.**

Waynewood's popular Mayfield model w/4 finished levels & a spacious 5th level w/good ceiling height waiting to be finished. Steps to Waynewood Elementary. This lovely light-filled home has 4BRs, w/2.5 BAs, a 3 season porch, & a lovely fenced bkkyd w/a brick patio & an attractive shed. Quality replacement windows, 6 panel doors. Beautiful newly finished hdwd floors. FPL in Living rm, eat-in kitchen w/gas cooktop & double oven. Separate Dining rm w/French doors to porch. Family rm on lower level w/half bath.



**NEW LISTING**

**Alex/Stratford Landing \$564,900**  
**2620 Culpeper Road**

Lovely 4 BR, 3 1/2 BA home in Stratford Landing. 2 master suites (w/their own baths) - one up, one down. Beautiful 1/3 acre lot; fenced backyard. Deck off of the kitchen. Cathedral ceiling in Living Room and Dining Room. New carpeting in lower level. Wood shingle exterior w/ front columns. Family room with fireplace.



**Alex/Potomac Valley \$562,000**  
**8807 Vernon View Drive**

Lovely 4BR, 2BA, 4 lvl, Split on a lg, beautiful .3 acre lot w/a fenced bkkyd. Freshly painted interior & beautiful refinished hdwds. Main lvl has a spacious & cozy Family rm w/gas FPL, 4th BR, & 2nd full bath. Upper level #1 offers an open kitchen plus Living & Dining Rm. Upper level #2 has a full bath & 3BRs. The lower level has a lg partially finished Rec rm. Good price on a super lot & very nice home that you can add some personal touches to.



**OPEN SUNDAY 1-4**

**Alex/Mt. Vernon Grove \$679,900**  
**9343 Boothe Street**

Check out this large, beautiful updated Colonial on a stunning lot, a short walk from the Potomac River. Updated Kitchen & Baths w/ DBL pane windows. 5BRs, all on the upper level—beautiful hardwood floors on main & upper levels. Large partially finished basement & 2 car garage w/side entry plus circular driveway. 5 minute drive to Ft. Belvoir, 20 mins to South Alexandria. Spectacular home, lot & location at a very reasonable price. Give Rex a call.



**UNDER CONTRACT**

**Alex/Riverside Estates \$499,900**  
**8601 Mt. Vernon Hwy**

Lovely Mt. Vernon home in Riverside Estates w/5BRs, 3BAs & a large carport on a .41 acre lot. Double pane replacement windows w/ tilt-ins. 2014 HVAC, 2015 hot water heater. Recessed lights, crown & base molding. Living room w/large picture window flanked by additional windows & built-book shelving overlooking the large fenced flat backyard. Nice Family room w/wood burning fireplace. Double pane replacement windows w/tilt-ins. Great price!



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

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 2nd Thursday of each month  
 8:00 am to 9:30 am  
 Belle Haven Country Club

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

# 'My Way' Festival at WPHS

West Potomac Academy Dance is teaming up with Professional Television Production students to produce a dance and film festival — “My Way” —on Thursday, May 10, and Friday, May 11, at 7 p.m. in the West Potomac High School Springbank Auditorium.

This year’s theme features original dances and films, created by students. These original works of artistic expression reinforce the theme of the show as students are motivated by the song “My Way” by Frank Sinatra and specifically lyrics that refer to taking on more than one can handle but moving forward anyway.

Professional dancer A.J. Guevara with Company E, who is an academy dance alumnus, set a piece of choreography with advanced dance students. The production will also feature two student choreography pieces.

Professional TV Production students are taught how to produce commercials, music

videos, documentaries, short narratives, and films. For this festival, every film has to follow the specific theme and each script was sent to industry professionals for creative input. As with a competitive film festival, students receive the benefit of learning how to produce films like professionals by writing their own scripts, creating shot lists, finding locations, shooting and editing film footage, finding appropriate royalty-free music and exporting the film in the proper format. Students use Nikon DSLRs cameras and Adobe’s Premier Pro editing systems, both industry standards. These students graduate from high school with knowledge equivalent to that of first and second year college TV production students.

This collaborative production is under the direction of Professional TV Production instructor Nancy Mantelli, dance instructor Courtney Betzel, and theater instructor Phillip Clark.

Admission is free to this event.

## BULLETIN BOARD

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

### DONATIONS NEEDED

**UCM Needs Help.** United Community Ministries (UCM), 7511 Fordson Road, Alexandria. Inventory is low on disposable diapers especially

sizes 4, 5, 6; canned tuna and other canned meats like chicken; and low-sugar breakfast cereals. Shop and donate with their Amazon Wish List at: [bit.ly/UCM\\_FoodPantry\\_AmazonWishList](http://bit.ly/UCM_FoodPantry_AmazonWishList). Email Assistant Food Pantry Manager Von at [vonnetta.jones@ucmagency.org](mailto:vonnetta.jones@ucmagency.org) or visit at [www.ucmagency.org](http://www.ucmagency.org).

SEE BULLETIN, PAGE 22



## CAMPAGNA KIDS SUMMER CAMP

**Camp Hours of Operation 7:00 a.m.– 6:00 p.m.**

Patrick Henry Elementary 4643 Taney Ave Alexandria, VA 22304	Lyles-Crouch Elementary 530 S St. Asaph St Alexandria, VA 22314
--	---

**Session I: July 2 – July 27, 2018**  
**Session II: July 30 – August 10, 2018**

**Registration Begins- Monday, March 12, 2018**  
**Registration Ends- Friday, June 15, 2018**

**Eligibility: Any child entering Kindergarten through 5th Grade, ages 5-12**

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

Campagna 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.

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## CAMPAGNA KIDS SUMMER PERFORMING ARTS ACADEMY



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- Private & small group vocal coaching lessons
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- Ballet, jazz, and hip-hop dance lessons
- Technical theater training

Lyles Crouch Elementary 530 S St Asaph St, Alexandria, VA 22314	7:00am-6:00pm Session I: July 2 – July 27, 2018 Session II: July 30 – August 10, 2018
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For more information please visit:  
[www.campagnacenter.org/programs/elementary-level](http://www.campagnacenter.org/programs/elementary-level)




Community Partner

## STAYING SAFE TOGETHER

May 9 is Bike to School Day.  
Here are some safety tips to remember.





Allow 3 feet when passing a cyclist. Motorists may legally cross the double yellow line if the oncoming lane is clear.



Be careful at intersections. Look both ways for people biking and walking before making your turn.



After parking, look over your left shoulder for approaching cyclists before opening your car door.

Join us for the National Bike Challenge - May 1-31  
 Bike to School Day - May 9 and  
 Bike to Work Day - May 18  
[fairfaxcounty.gov/transportation/bike-walk](http://fairfaxcounty.gov/transportation/bike-walk)









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# OPINION

## A Look at the FY 2019 Budget

BY DAN STORCK  
MOUNT VERNON DISTRICT SUPERVISOR

Public engagement was key to the FY 2019 Budget process. I appreciate the thousands of Fairfax residents who took the time to share their support or concerns for this year's Budget. Whether in writing, in person, by video or by phone, your input has shaped the final FY 2019 Budget.

The Budget is based on a tax rate of \$1.15 per \$100 in assessed value. It includes:

- ❖ Fully funding the School Board's request, bringing teachers' salaries into competitive alignment with our nearby jurisdictions in the region;

- ❖ An increase of \$91.49 million, or 4.22 percent, over FY 2018 in overall support for our school system, with 52.8 percent of our General Fund Budget going to schools; in addition to capital funding, and providing before and after school care, health and police services.

- ❖ Fully funding compensation for county employees with a 2.25 percent Market Rate Adjustment, Performance, Merit and Longevity increases;

- ❖ New funding for the coming South County Police Station, Fairfax First and gang prevention efforts;

- ❖ Additional funding for mental health initiative Diversion First, Early Childhood pro-

grams, and responses to the Opioid Crisis;

- ❖ Funding increases for Metro, VRE and the Connector Bus System.

Through identified savings in the original County Executive's proposed FY 2019 Budget and anticipated additional State funding for our schools, we were able to lower the proposed real estate tax increase from 2.5 cents to 2 cents. I believe the FY 2019 Budget strikes the right balance between keeping taxes affordable for our residents and maintaining the high quality services for which our county is known. I am grateful that we were able to identify ways to lower the proposed tax burden on our residents, however, I recognize that we still must do more. I am committed to doing so.

With planning beginning for our next budget, FY 2020, we adopted guidelines to ensure we conduct a thorough, targeted Line of Business review of the current county budget to secure new cost savings. This process, along with the development and adoption of a county strategic plan, will be critical to prioritizing our needs and balancing our resources more effectively.

The School Board needs to also undertake a similar process to identify efficiencies and cost savings. We all agree it is necessary to continue to expand our early childhood education services, competitively compensate teachers, reduce school trailers and support school renovation needs. The challenge is how to pay for

them.

This year, the Board of Supervisors will also review options to update the county employee defined retirement benefit plan to offer more flexibility for new hires, while maintaining existing retirement plans for current employees. Additionally, we will be looking at the public safety sector compensation issues and assessing the benefits to cost of initiatives such as body-worn cameras.

As you may know, the required regional Metro funding increases will have a \$100 million negative impact on funding our current roadway and transit improvement needs.

A serious review of this year's new funding for Metro must be done. We need to secure more State funding, or our Richmond Highway improvement funding could be set back years.

As I have said before, it is concerning and frustrating that the county needs to increase the only tax base it controls as a result of underfunding from the State. Did you know that the State returns to us only 23 percent of what Fairfax County residents contribute in State taxes? Every one cent increase in what the State returns to us would generate over \$35 million in additional funding for the county. In addition, if the State provided per student education funding at just what it was 10 years ago, this year's tax increase would be unnecessary.

## On Spring Cleaning and Recycling

PAUL KRIZEK  
DELEGATE (D-44)

This is my favorite time of the year. The flowers are in bloom, the weather is nice with the temperature not too hot, nor too cold. It's a good time to enjoy the outdoors and celebrate nature and take stock of how important our environment is to us. It's a great time to think about how we can protect our planet and continue to enjoy our lovely parks and gardens.

The good news is that there is a lot we can do both individually and through governmental actions to combat climate change and protect our environment. If everyone participates the impact on our environment can be significant. As your delegate to the Virginia General Assembly I endeavor to support and craft legislation that protects our environment.

### LETTER TO THE EDITOR

## Helping with Summer Camp Fees

To the Editor:

Thank you to Marilyn Campbell for her piece, "Affording Summer Camp" [Mount Vernon Gazette, April 26] which explored the importance of summer camps and the challenges faced by low-income families who often cannot afford the registration fees.

As she noted, some scholarships are available to these children but in many cases, the process can be intimidating, especially if a par-

ent is undocumented. There is also the social stigma of having to admit that one is too poor to provide such a benefit to one's child. And while some churches and social service organizations may "adopt" some children and send them to camp, there are still many children who fall through the cracks and who spend the summer languishing in their apartment during the summer months.

Alice's Kids is a charity that was formed eight years ago to provide direct financial assistance to needy children in the DC-metropolitan area. Working with a referral network of over 500 teachers, social workers, counselors and oth-

ers, we pay for relatively inexpensive items that are nonetheless very important to that child's self-esteem. For example, we pay for prom tickets, soccer cleats, swimming lessons, instrument rentals and yearbooks.

We also pay summer camp fees. Indeed, this is the time of the year when we get inundated with requests to send needy children to camps like Fairfax County's Rec-Pac. And, because of the generosity of our amazing donors, we have so far been able to fund every request we have received this year.

Check out the federal government's Energy Star website, [energystar.gov](http://energystar.gov) for more information.

**Ron Fitzsimmons**  
Executive Director, Alice's Kids  
[www.aliceskids.org](http://www.aliceskids.org)

## Mount Vernon Gazette

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# CRIME

The following incidents were reported by the Mount Vernon District Police Station.

**POSSESSION OF MARIJUANA/WARRANT SERVICE:** Mount Vernon Memorial Highway and Richmond Highway, April 12, 8:25 p.m. An officer stopped a car for speeding. During the stop, the officer learned the driver was wanted and placed him under arrest. A search of the vehicle after his arrest uncovered marijuana. A 21-year-old man from Alexandria was charged with possession of marijuana. Four felony grand larceny warrants and two misdemeanor larceny warrants were also served.

**DISORDERLY CONDUCT/RESISTING ARREST:** 6000 block of Richmond Highway, April 10, 7:20 a.m. Officers responded to the area for a disorderly man. While officers were on scene, they saw the man throwing objects at moving cars while running in and out of traffic. Officers told him to get on the ground but he refused. As he continued to resist arrest, officers used pepper spray and a baton to place him under arrest. The 31-year-old man from Springfield was charged with disorderly conduct and resisting arrest.

**ROBBERY:** 6300 block of Richmond Highway, April 3, 11 p.m. The victim was attacked from behind while walking to the bus stop and the suspect took her purse.

**MAY 1 LARCENIES**  
7900 block of New Market Road, medication from residence  
6700 block of Richmond Highway, merchandise from business  
8800 block of Richmond Highway, cigarettes from business  
**APRIL 30**

**LARCENIES**  
8500 block of Old Mount Vernon Road, cell phone from school  
2500 block of Parkers Lane, keys from business  
7200 block of Richmond Highway, cell phone from business

**APRIL 27 LARCENIES**  
2500 block of Huntington Avenue, electronics from building  
8600 block of Richmond Highway, merchandise from business

**APRIL 26 LARCENIES**  
3500 block of Robert E. Lee Place, radio from vehicle  
2600 block of Memorial Street, bicycle taken from outside of house

**APRIL 25 LARCENIES**  
5900 block of Grand Pavilion Way, tires from vehicle  
6800 block of Richmond Highway, cash from business  
7900 block of Richmond Highway, merchandise from business  
8200 block of Russell Road, liquor from business

**APRIL 24 LARCENIES**  
5900 block of Grand Pavilion Way, tires from vehicle  
6800 block of Richmond Highway, cash from business  
7900 block of Richmond Highway, merchandise from business  
8200 block of Russell Road, liquor from business

**APRIL 23 LARCENIES**  
2700 block of Arlington Drive, license plate from vehicle  
7000 block of Huntley Run Place, package from residence

5900 block of Richmond Highway, license plates from vehicle  
5900 block of Richmond Highway, medication from residence  
6300 block of Richmond Highway, groceries from business  
8200 block of Richmond Highway, beer from business

**APRIL 20 LARCENIES**  
2300 block of Huntington Avenue, beer from business  
3500 block of Huntley Manor, package from residence  
7900 block of Richmond Highway, merchandise from business  
8100 block of Richmond Highway, merchandise from business

**APRIL 19 LARCENIES**  
2300 block of Huntington Avenue, merchandise from business  
2500 block of Parkers Lane, electronic device from school  
2500 block of Parkers Lane, license plate from vehicle  
7700 block of Richmond Highway, merchandise from business

**STOLEN VEHICLES**  
6700 block of Tower Drive, 2018 Toyota Camry

**APRIL 18 LARCENIES**  
6400 block of 14<sup>th</sup> Street, wallet from vehicle  
8400 block of Frye Road, merchandise from business  
4100 block of Scotland Road, property from residence

**APRIL 17 LARCENIES**  
1400 block of Cool Spring Drive, jewelry and purses from residence  
7500 block of Milway Drive, medications from residence

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# 'Celebrating the Magic of Giving Back'

FROM PAGE 1

event emcee.

Many different awards were given out, including 2018 Benchmark Awards for volunteering 100, 250, 500, or 1,000 hours; 2018 Community Champions who were selected by the Board of Supervisors honoring a volunteer in their districts who was dedicated to improving life in the county and beyond; and 2018 Competitive Awards for youth, adult, and seniors in individuals and groups.

"Today is all about recognizing the wonderful volunteers we have in Fairfax County," said Elise Neil Bengtson, CEO of Volunteer Fairfax. "We're giving them a platform so the county can understand better where volunteers fill gaps and meet the needs of the community and nonprofits at the same time.

Without volunteers, we could not get everything done that we do. We have a tremendous wealth of experience and education in this area so even when you're older

and retired, you can do amazing things and feel good and stay energized in this county and be an active participant."

Added Rick Garza, Volunteer Fairfax board president: "This is a signature event for Volunteer Fairfax and Fairfax County and the City of Fairfax to just honor so many people who devote their time outside of their working hours helping others, helping our community be a better place."

Board of Supervisors Chairman Sharon Bulova, who offered a Fairfax County Proclamation to Volunteer Fairfax, which was established in 1975, added: "Fairfax County has a unique culture and that includes volunteerism through the roof... We would not be able to do as much as we do with volunteers if we didn't have an organizational body pulling people together, connecting people and making volunteerism happen. Congratulations Volunteer Fairfax and thank you so much for everything you do for our community."

For more on Volunteer Fairfax, visit [www.volunteerfairfax.org](http://www.volunteerfairfax.org).

## RSVP

Ken Kozloff has spent the last five years volunteering with Junior Achievement of Greater Washington, an organization focused on inspiring the next generation to be financially capable and tenacious. Kozloff is a familiar face at JA Finance Park (Fairfax) where he serves as an adult role model for eighth graders who get hands-on experience meeting the fiscal challenges of everyday life. He is also a volunteer instructor in Fairfax County Public Schools through the JA In-a-Day program designed to foster financial literacy, work readiness, and entrepreneurship. He has also gone so far as to incorporate his other volunteer experience into support of JA programming. As a volunteer with Adaptive Aquatics at the Providence RECenter, he teaches swim classes to children on the Autism spectrum. He parlayed his experience with Adapted Aquatics into expanding JA's high school program to include students with special needs. He developed a new financial literacy curriculum for children with Autism, called JA Life Skills Learning that is currently being offered at three local high schools.

Kozloff has taught 14 classes in Fairfax County schools, directly impacted 266 students, and volunteered over 1,990 hours in 2017. Gayle Robinson, director of Program Innovation at JA said, "Ken is a go-to vol-



PHOTOS BY STEVE HIBBARD/THE GAZETTE

**RSVP Northern Virginia: Ken Kozloff with Board Chairman Sharon Bulova.**

unteer that is always happy to help. We are so thankful for Ken's support."

## Youth Volunteer

In the summer of 2017, Racheal Appiah volunteered to lead all youth programming at Stony Brook, a community located off Route 1 in Alexandria's Hybla Valley. The Stony Brook Community is part of the Community Preservation and Development Corporation, a not-for-profit real estate developer dedicated to providing safe, high quality affordable housing to low and moderate-income families and individuals. Appiah's new role included planning, organizing, and running a three-week summer camp, and a six-week math learning loss prevention program. For resident families who could not afford to send their children to summer camp, there was now high-quality summer programming right in their neighborhood. In total, over 60 youth attended a camp program organized by Appiah. In addition to her educational programming, she serves as the lead organizer for the Stony Brook Community Day. She worked with fellow youth peers to coordinate carnival games, prizes, sweet treats, and more. Over 150 residents attended, making it the most successful Community Day in the past 5 years. Throughout the year, Appiah was an active participant in several other service programs including starting a door-to-door recycling program that collected over 130 bins of recyclables.

Stony Brook's Director of Volunteer Engagement Jennifer Fauss said, "Racheal's passion for service is inspirational, and it reflects in the dedication of the young volunteers who serve with her. She is a leader in her



**Racheal Appiah with Board Chairman Sharon Bulova.**

community, a role model for younger youth, and an absolutely amazing, kind-hearted young woman."



**Stony Brook Junior Volunteers with Board Chairman Sharon Bulova.**

## Youth Volunteer Group

This past year, the Stony Brook Junior Volunteers made environmentalism a focal point of their efforts. In their two clean-ups alone, the Stony Brook Junior Volunteers collected 90 bags of litter, as well as numerous large items from shopping carts to an old dresser. They also relieved several trash and debris dams, which has allowed the creek to flow naturally, reducing potential erosion and flooding. The youth group turned a plot of abandoned land into a thriving community garden. Since its establishment, the community garden has grown over 53 pounds of fresh produce for 28 low-income units in the community, assisting nearly 100 individual residents.

Older teen volunteers have taken the time to engage and motivate younger youth. Their leadership has made service at Stony Brook the expectation. Even when there are setbacks — the creek is littered again or part of the community garden was damaged — they do not give up. Their ability to persevere through adversity, both in community service and in their own lives, makes them such a special group of young volunteers.

"Each day, the youth come to my office begging to volunteer. I marvel at the dedication and passion that the members of this group have to making the world they live in a better place through service," said Jennifer Fauss, director of volunteer engagement at the Community Preservation and Development Corporation.

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# ‘Celebrating the Magic of Giving Back’



**PRS CrisisLink’s CareRing volunteers with Board Chairman Sharon Bulova.**

## Adult Volunteer Group

The PRS CrisisLink’s CareRing program assists vulnerable older adults in maintaining independence and community connections by increasing mental and social well-being. Through scheduled calls daily or several times throughout the week, CareRing Volunteers phone clients for social support while also assessing any risk of depression or cognitive decline. These volunteers build trusted and healthy social relationships with clients who may be at risk of isolation. The volunteers embrace clients’ thoughts and

feelings, making sure they know someone cares about them and that they are not alone. In 2017, CareRing volunteers served over 1,000 clients, handled over 35,000 calls, and exchanged over 33,000 text messages. The impact of this group is best described by a CrisisLink client whose letter to volunteers read, “I love when you call me to see how I am doing. It cheers me up and gets me going for the day. I tell you with all my heart and soul, I will never forget your kindness and love.”



**Fannie Mae team with Board Chairman Sharon Bulova.**

## Corporate Volunteer Program

In the past year, Fannie Mae employees have volunteered over 400 hours with Pathway Homes, a nonprofit organization providing housing and supportive services to adults with serious mental illness and other co-occurring disabilities in Northern Virginia. In May, over 100 Fannie Mae staff members provided landscaping at four Pathway homes where clients resided. Volunteers also assembled bathroom sets and welcome kits for new clients moving into their new home.

In total, their contribution of time and supplies estimates to over \$80,000, saving the agency funds that can be redirected to support residents. Pathway Homes also serves as a beta site for an emerging Fannie Mae Fellows program. This involves Fannie

Mae providing an employee to serve as a Fellow at no cost to Pathway Homes for three months on-site and an additional three months after returning to Fannie Mae. The Fellow, selected through a competitive process of approximately 225 eligible employees, will focus on identifying and mitigating barriers that decrease the number of affordable rental units available for special needs populations.

Pathway Homes President and CEO Dr. Sylisa Lambert-Woodard said, “Pathway Homes greatly appreciates Fannie Mae’s innovative and thoughtful approach to working with nonprofits and applauds the effort they put forth to make sure the individuals served by the nonprofit truly benefit from their partnership.”

## Fairfax County Government Volunteer

After retiring from careers in the Air Force and 26 years in private sector IT, Walter Jackson was looking for something to do with his new-found time. As an avid book lover, he looked to the library and offered his services as a volunteer technology tutor. He conducts one-on-one tutoring sessions helping library customers improve their skills for important tasks such as applying for jobs, creating resumes, searching for housing, and setting up excel spreadsheets to manage finances. Jackson seeks to empower people to be more comfortable and adept at navigating technology, while still taking the time to show students where books on computers can be found on the shelves. Eager to find more ways to give back, he began assisting with an English Conversation Group. He provides a fun and engaging atmosphere for those who may be overwhelmed learning a new language. Each week, he selects a discussion topic often related to current events as well as a word of the week. For example, during the government shutdown, his word of the week was “furlough.”

“Learning a new language and trying to keep up with the dizzy pace of technology in our world are two very daunting obstacles,” said Volunteer Coordinator Erin Chernisky.



**Walter Jackson with Board Chairman Sharon Bulova.**

“Walter, with great kindness and patience, helps people navigate these challenges and provides them with the necessary skills to be successful in their endeavors.”



**Fairfax County Community Emergency Response Team (CERT) with Board Chairman Sharon Bulova.**

## Fairfax County Government Volunteer Program

The Fairfax County Community Emergency Response Team (CERT) program is a Citizen Corps volunteer program managed under the auspices of the Fairfax County Fire and Rescue Department. The CERT program prepares ordinary citizens to safely help themselves, their families, and their communities during emergencies. They also provide emergency preparedness and public safety related services on an ongoing basis.

Over the last year, 694 active CERT volunteers improved the county’s overall emergency response posture through a variety of trainings while also providing a multitude of emergency preparedness and public safety related services. In addition, hun-

dreds of volunteers applied their skills to support community activities and events such as lost child assistance and traffic management. CERT members attended 47 outreach events across the county, informing approximately 7,653 residents about opportunities and activities to better equip themselves, their families, and their neighbors in the event of an emergency.

Fairfax County Fire and Rescue Department Volunteer Liaison Jeffery Katz said, “Fairfax County’s CERT program is a prime example of ‘Neighbors helping Neighbors.’ 2017 was another year of unprecedented growth and innovation during which our CERTs further improved our County’s disaster preparedness.”

PHOTOS BY STEVE HIBBARD/THE GAZETTE

# Community Champion

The following citizen volunteers from the area were chosen by members of the Board of Supervisors from each of their districts as a Community Champion. This award recognizes volunteers who are committed to improving Fairfax County through service that fulfills or addresses a pressing community need.

## Supervisor Daniel G. Storck honors Shirley Steenstra, Mount Vernon District.

Every Friday, Shirley Steenstra is at Lorton Community Action Center's thrift store Lorton's Attic, leading a team of volunteers. Lorton's Attic serves a dual purpose in the community by providing vouchers for families to shop for free as well as raising revenue for Lorton Community Action Center (LCAC) to help assist families with food, rent, utilities, and other needs. For more than eight years, she has crossed paths with more than 1,000 individuals in the store helping LCAC families find what they need. Previously, Lorton's Attic was only open Monday through Friday; but because of Steenstra's commitment, the store is now able to open its doors on Saturdays with Steenstra serving as the lead volunteer.

Mount Vernon District Supervisor Daniel Storck said, "Shirley is a selfless volunteer and a true 'behind the scenes' champion. The Mount Vernon District is fortunate to have a very active citizenry that is dedicated and devoted to helping others and connecting within the community."

## Supervisor Jeff McKay honors Ed Joseph, Lee District.

For more than five years, Ed Joseph has been chair of the Lee District Land Use Advisory Council, a volunteer organization that hears land use cases and provides their opinion to the Lee District supervisor. Every resident of Lee District and Fairfax County has benefited from the success of the revitalization efforts, and in turn from his work. His sense of community has been a driving force behind the district's growth. In addition to the Land Use Advisory Board, he has given back directly to his neighborhood as the former president of the Mews Homeowner's Association working on a variety of issues.

"Ed is an incredible volunteer," said District Supervisor Jeff McKay. "His work benefits all of Lee District's residents and is one of the reasons our revitalization efforts have succeeded as much as they have. His selflessness and dedication to service are inspirational, and we are very fortunate to have him in our community."

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PHOTOS BY STEVE HIBBARD/THE GAZETTE



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## WELLBEING

# Erasing the Stigma

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



PHOTO COURTESY OF LAURA GREENSTEIN

Laura Greenstein is using her personal experience with anxiety to help others who suffer from mental illness.

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.”

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# ENTERTAINMENT

## Pipeline Playwrights To Present 'Unfocused'

Stage reading of Jean Koppen's play at MetroStage.

BY STEVE HIBBARD

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, but 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 our approach to elections. Although it does not reference current political figures, it speaks heavily to the issues concerning our current electorate."

She said that focus groups require bringing strangers together, so she needed to introduce characters and establish relation-



Literally, a photo of an "unfocused" focus group.

ships quickly to keep the audience engaged. "Comedy relies considerably on pacing and timing, which can be difficult to perfect when it's me alone with my computer. Hearing actors read the lines in front of a live audience will allow me to see where I've succeeded and where I need to do more work," she said.

As far as audience takeaways, she hopes first and foremost that the audience laughs. "The current divisiveness of politics has been depressing and I think many of us could use a moment of levity," she said. "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: "Capsmittment" (Active Cultures, Sportaculture Playwriting Competition winner); "Politics and Deportation" (Atlas Intersections Festival); "Married Bliss" (Strangeloop 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



PHOTOS CONTRIBUTED

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](http://www.jeankoppen.com).

### CALENDAR

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

#### ONGOING

##### Art Exhibit A Study of Manhattan.

Through May 6, gallery hours at the Art League Gallery, 105 North Union St., Studio 21, in the Torpedo Factory. Paintings by Robert Gilbert: A Study of Manhattan: Power, Dominance, and Excitement. Visit [www.theartleague.org](http://www.theartleague.org) or call 703-683-1780.

##### Art Exhibit: 2018 Emerging Artists.

Through May 20, daily 10 a.m.-6 p.m.; Thursday until 9 p.m. at Target Gallery at the Torpedo Factory, 105 North Union St., Studio 2. Target Gallery, the contemporary exhibition space of the Torpedo Factory Art Center, introduces a new annual exhibition series featuring the work of emerging artists of the D.C., Maryland, and Virginia region. This inaugural year's exhibition features the work of Katie Barrie, Ronald Jackson, Hollis McCracken, and Holly Trout. Visit [torpedofactory.org/partners/target-gallery](http://torpedofactory.org/partners/target-gallery).

##### Mathematics Show.

Through May 20 at Potomac Fiber Arts Gallery at Torpedo Factory Art Center, Studio 29, 105 North Union St., Alexandria. Featuring the work of Mary Ann Robinson and Sylvia Saborio. The beauty of mathematics will be on display: hyperbolic geometry, fractal art, the golden ratio, the Fibonacci

series — all serve as rich sources of inspiration for this theme. Call 703-548-0935 or visit [www.potomacfiberartsgallery.com](http://www.potomacfiberartsgallery.com).

##### Benson Bond Moore Landscapes.

Through May 31 at Studio Antiques and Fine Art, 524 North Washington St., Alexandria. Free admission. Over 70 paintings and numerous natural history prints from the estate of a private collector will be on display. Call 703-548-5188 or visit [www.studioantiques.net](http://www.studioantiques.net)

##### Get herbs, garden plants, and flowers.

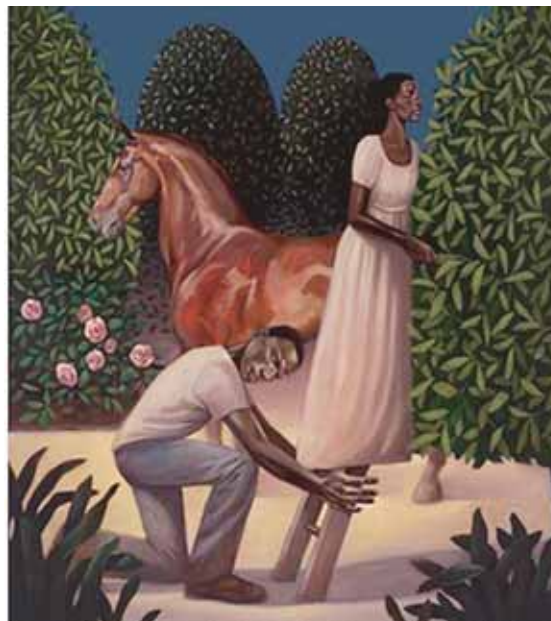
10 a.m.-2 p.m. Saturdays and Sundays through mid-June at the Mount Vernon Unitarian Church, Greenhouse, 1909 Windmill Lane, Alexandria. Volunteers grow dozens of tomatoes and vegetable varieties, herbs, and flowers from seeds and cuttings using organic practices. Visit [www.Mvuc.org](http://www.Mvuc.org).

##### Mount Vernon Farmers Market Opens.

Wednesdays, 8 a.m.-noon at Sherwood Hall Regional Library, 2501 Sherwood Hall Lane, Alexandria. Every Wednesday (through Dec. 19), 15 local farmers and producers will sell fresh produce and fruits; meats; breads and pastries; honey, jams and jellies; dairy products and eggs; herbs; and more. Visit [www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets).

#### THURSDAY/MAY 3

Ikebana Show Reception. 6:30-8 p.m. at the Art League, Studio 21, Torpedo Factory Art Center, 105



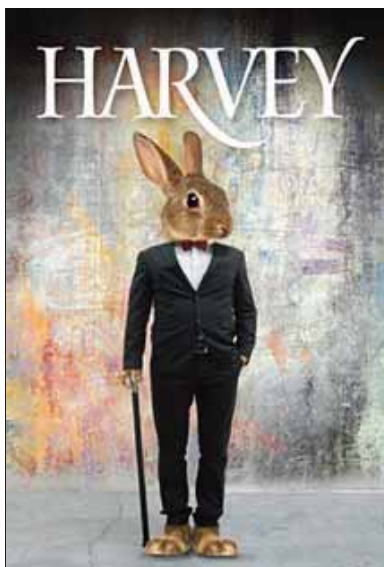
Ronald Jackson, "Couple in the Garden with a Horse," 2016, oil on canvas.



Holly Trout, "Trophy," 2017 – plastic animal legs mounted on wood.

### 2018 Emerging Artists


Target Gallery, the contemporary exhibition space of the Torpedo Factory Art Center, introduces a new annual exhibition series featuring the work of emerging artists of the D.C., Maryland, and Virginia region. This inaugural year's exhibition features the work of Katie Barrie, Ronald Jackson, Hollis McCracken, and Holly Trout. They were selected by a jury panel consisting of Ksenia Grishkova, director of Touchstone Gallery; Blair Murphy, independent curator; and Jack Rasmussen, director and curator at the American University Museum at the Katzen Arts Center. The exhibit runs through May 20 at Target Gallery at the Torpedo Factory, 105 North Union St., Studio 2. Jury Panel Talk: Thursday, May 10, 8 p.m. Visit [torpedofactory.org/partners/target-gallery](http://torpedofactory.org/partners/target-gallery).



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## ENTERTAINMENT

# 5 Dates to Circle in May

BY HOPE NELSON

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 Paso, 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 Chocolate 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 Wheeler 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](http://www.kitchenrecessionista.com). Email her any time at [hope@kitchenrecessionista.com](mailto:hope@kitchenrecessionista.com).

## CALENDAR

North Union Street, Alexandria. The Art League welcomes back the Washington, D.C. branch of the Sogetsu School for the 17th Biennial Ikebana Show, May 1-6. Sogetsu members select works of art by Art League instructors and artists to inspire and complement their Ikebana arrangements. Visit [www.theartleague.org](http://www.theartleague.org) or call 703-683-1780.

### FRIDAY/MAY 4

**Building Safety Month.** 11 a.m.-2 p.m. at Market Square, 301 King Street, Alexandria. The annual awareness month recognizes the importance of building safety codes and the professionals who implement them. The free event will feature a proclamation by Mayor Allison Silberberg and remarks by City Manager Mark Jinks, followed by lunch and exhibits from city departments and the local building community. The event will also feature a free training session on wood cutting and notching, presented by Simpson Strong-Tie in City Hall, Room 2000, from 9:30 a.m. to 11:30 a.m.

**Garden Talk: Rock Gardening.** 1:30-2:30 p.m. at Green Spring Gardens, 4603 Green Spring Road, Alexandria. Master gardeners share how to design and plant a rock garden display with small and dwarf perennials and evergreens. \$10/person. Register online at [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes) using code 290 282 2401 or call 703-642-5173.

**First Friday: "Taste of Cinco de Mayo."** 6 p.m. at the Durant Arts Center, 1605 Cameron St. The evening will showcase Mexican music food, music and dance. Mexican culinary delights start your evening sponsored by local restaurants. Meet



"Nama-Stay" by Sarah Chittenden.

### Art Exhibit: Atomic Dog

The exhibit inspired by man's best friend, "Atomic Dog," is presented by Del Ray Artisans and The Dog Store. It features photography, painting, sculpture and mixed media. May 4-27, gallery hours at Del Ray Artisans Gallery, 2704 Mount Vernon Ave., Alexandria. Opening reception Friday, May 4, 7-9 p.m. Visit [www.DelRayArtisans.org/exhibits](http://www.DelRayArtisans.org/exhibits).

and greet begins at 6 p.m. The Mobile Art Lab will be on hand with some interactive art activities beginning at 6:30 p.m. The Quetzales Mexican Dance Ensemble,

Northern Virginia's premier Mexican folkloric performing company will begin at 7 p.m. "Son de Lucha" will provide traditional Jarocho style rural music of Veracruz. \$9 per



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# ENTERTAINMENT

person. Children must be accompanied by an adult. Visit [www.alexandriava.gov/recreation/arts/default.aspx?id=60286](http://www.alexandriava.gov/recreation/arts/default.aspx?id=60286).

**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 mixologists from Chadwicks, Brabo, Mia's Italian Kitchen, Vola's Dockside Grill, Virtue Feed & Grain, and The Wharf to select an installation from the Biennial Ikebana Show as inspiration to create the most artistic cocktail and appetizer pairing and then compete for the title of 'Art on the Rocks' champ. Visit [www.theartleague.org](http://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/](http://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](http://www.iraqichildren.org) or email [cindy@iraqichildren.org](mailto:cindy@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 OHA 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.

Free to play. Visit [www.alexandriava.gov/90900](http://www.alexandriava.gov/90900).

**Gunston Hall's Writing Workshop.** 9 a.m.-4 p.m. at Gunston Hall, 10709 Gunston Road, Mason Neck. Students will explore the 18<sup>th</sup> 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 Mary Kristen Craver at 703-550-9220, ext. 240, or [mkraver@gunstonhall.org](mailto:mkraver@gunstonhall.org) or visit the website at [www.gunstonhall.org](http://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/parktakes](http://www.fairfaxcounty.gov/parks/parktakes) using code 290 289 3101 or call 703-642-5173.

**Pet Care Fair.** 10 a.m.-noon at the Ruby Tucker Family Center, 322 Tancil 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](http://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 Patawomeke, which John Smith encountered in his explorations of the Potomac River in 1607. Join



"Tram to Roosevelt Island," oil, 36"x24"



"New York Turmoil," oil, 24"x36"

## A Study of Manhattan

Paintings by Robert Gilbert: A Study of Manhattan: Power, Dominance, and Excitement runs through May 6, gallery hours at the Art League Gallery, 105 North Union St., Studio 21, in the Torpedo Factory. Visit [www.theartleague.org](http://www.theartleague.org) or call 703-683-1780.

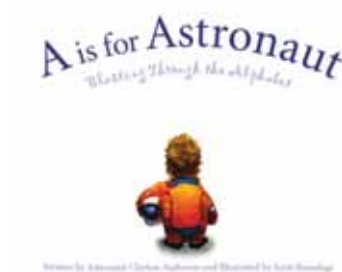
Friends of Alexandria Archaeology for a free Java Jolt lecture with Erin Cagney. Artifacts from the collection will be on display. \$5 suggested donation at the door. Reservations are required. Email [archaeology@alexandriava.gov](mailto:archaeology@alexandriava.gov) or call 703-746-4399.

**RecFest.** 10 a.m.-1 p.m. at Armistead L. Boothe Park, 520 Cameron Station Blvd., Alexandria. RecFest 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://apps.alexandria.gov>.

**Preparedness Awareness Weekend.** 10 a.m.-2 p.m. at Gum Springs Community Center, 8100 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](http://www.fairfaxcounty.gov/emergencymanagement/fairfaxpaw).

**Ballet: Snow White.** 1 p.m. and 5 p.m. at the Ernst Cultural Community Center, 8333 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.metropolitanarts.org](http://www.metropolitanarts.org) to purchase.

**Chocolate & 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



**Celebrate National Astronaut Day with Astronaut Clayton Anderson, author of 'A Is for Astronaut: Blasting through The Alphabet.'**

## 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 p.m. at Hooray for Books!, 1555 King St. Visit [www.hooray4books.com](http://www.hooray4books.com).

wines. Tours of the house will run from 6:30-7 p.m. with the tasting at 7 p.m. \$40. Tickets are available online. Ages 21 and over only. Registration required, no refunds. Visit [www.novaparks.com](http://www.novaparks.com).

**An Evening of Magic & Illusion.** 7:45-8:45 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](mailto:daniel.selnick@yahoo.com) or visit [ibmring50.org/magi-whirl-home/gala-show/](http://ibmring50.org/magi-whirl-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.alexandriachoralsociety.org/boxoffice](http://www.alexandriachoralsociety.org/boxoffice).

**Celebrate Cinco de Mayo.** At Jackson 20, 480 King St. Visit [jackson20restaurant.com](http://jackson20restaurant.com).

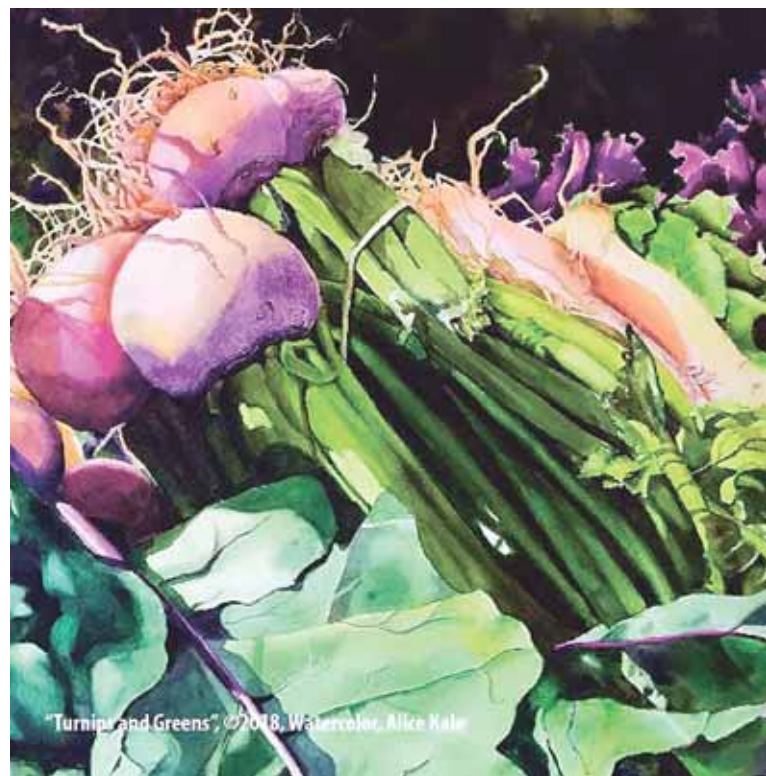
**Celebrate Kentucky Derby Day.** At Morrison House, 116 South Alfred St. Visit [morrisonhouse.com](http://morrisonhouse.com).

## SATURDAY-SUNDAY/MAY 5-6

**Revolutionary War Reenactments.** 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, cannon, and cavalry in action on the estate. Visit [mountvernon.org](http://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



"Turnips and Greens," 2018, watercolor by Alice Kale.

## Inspired by Nature

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. The exhibition brings together some of the area's top watermedia floral and landscape painters. Through June 24, gallery hours at Green Spring Gardens, 4603 Green Spring Road, Alexandria. Opening reception, Sunday, May 6, 1-3 p.m. Visit [www.FairfaxCounty.gov/Parks/GreenSpring](http://www.FairfaxCounty.gov/Parks/GreenSpring).

# ENTERTAINMENT

Foundation Fighting Blindness' VisionWalk to raise \$137,000 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](http://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/](http://www.fairfaxcounty.gov/parks/huntley-meadows-park/).

**Opening Reception: Inspired by Nature.** 1-3 p.m. at Green Spring Gardens, 4603 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](http://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 Engagements Outside of Alexandria Virginia. Hakenson is an author, historian, and tour guide on all things Civil War. Suggested donation: \$10. Limited seating, RSVP to [info@IHCHPS.org](mailto:info@IHCHPS.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 703-324-8662 or via [Parkmail@fairfaxcounty.gov](mailto:Parkmail@fairfaxcounty.gov). Visit [www.fairfaxcounty.gov/parks/park-news/2018/z-ir045](http://www.fairfaxcounty.gov/parks/park-news/2018/z-ir045).

## MONDAY/MAY 7

**Seniors Only Golf Tournament.** 8 a.m. at Greendale 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/greendale](http://www.fairfaxcounty.gov/parks/golf/greendale).

## MAY 8-JUNE 17

**New Photography By Fred Zafran.** At Multiple Exposures Gallery, in The Torpedo Factory, 105 N. Union St., Studio 312, Alexandria. With "Along the Poet's Narrow Road," Zafran returned to Japan in 2016 to photograph along the pilgrimage of Japan's most famous poet Matsuo Basho. Visit [www.multipleexposuresgallery.com](http://www.multipleexposuresgallery.com).

## TUESDAY/MAY 8

**Simpson Gardens Stroll.** 11 a.m.-12 noon, Simpson Park Gardens, 420 E. Monroe St., by the YMCA. Master Gardener volunteers will be in the Simpson Park demonstration gardens to answer questions and provide

information on sustainable gardening. Simpson includes beds that feature waterwise 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](mailto:mgarlalex@gmail.com).

**Charity Softball Game.** 6 p.m. at Four Mile Run Field. The Old Town Business and Professional Association is hosting a charity softball game: Old Town vs. Del Rey. Proceeds will benefit ACT for Alexandria. They will be raising the money from sponsors and raffles with prizes. Free to attend. Visit [www.otbpa.org](http://www.otbpa.org).

**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 [mgnv.org](http://mgnv.org). Call 703-228-6414 or email [mgarlalex@gmail.com](mailto: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](http://www.fodm.org).

## Calling All Filmmakers

The Alexandria Film Festival kicks off its 12<sup>th</sup> 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](http://Filmfreeway.com) and [Withoutabox.com](http://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

"Joe Cantwell Award for Excellence in Documentary Filmmaking."

"Alexandria has long been home to people whose deeds and lives are the subject of fascinating true stories," Cantwell said. "It is only fitting for the Alexandria Film Festival to curate the best documentary features from around the world for an audience that loves living history. I am proud to support the festival and the community by underwriting this new non-fiction film award program."

"It means so much to us that an alumnus of the festival would pay it forward by sponsoring this new award," said festival chair Margaret Wohler. "We have featured some fantastic documentaries at the festival and are excited to be able to offer this great incentive to talented documentarians."

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.



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

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# Mount Vernon Brings Home Gunston Eagle Trophy

**Majors beat West Potomac for first time since 2013.**

BY JON ROETMAN  
THE GAZETTE

Asoaking wet Tony Garza stood on the soccer field at Mount Vernon High School on Tuesday night and said he's not big on hyping the "Route 1" rivalry. However, the Mount Vernon boys' soccer coach isn't naïve to the impact a victory over West Potomac would have on his Majors.

After all, entering Tuesday's match, Mount Vernon hadn't beaten the Wolverines since 2013.

When the referee blew the final whistle, the Majors made it clear just how much joy they experienced in beating their rival.

Ian LaVallee scored in the 39th minute, Jorge Moreno netted an insurance goal in the second half and Mount Vernon defeated West Potomac 2-0 in a Gunston District match on May 1. After the game, Mount Vernon players doused Garza with a celebratory water bucket bath before turning their attention to the Gunston Eagle trophy, which is awarded to the annual winner of the rivalry match.



Members of the Mount Vernon boys' soccer team celebrate with the Gunston Eagle trophy after beating West Potomac on Tuesday.

VIDEO SCREENSHOT BY JON ROETMAN

"It's exuberant just to have [the trophy] back," Garza said. "I don't do the whole 'Battle of Route 1' thing, it's just the morale [and] the thrill of victory for these boys because they really need it."

The victory improved Mount Vernon's record to 5-4-2, including 4-0-2 in the district, and gave the Majors three wins in their last four matches. It also gave Mount Vernon its first win over West Potomac since 2013

— the year the Majors won the state championship.

Prior to Tuesday, none of the current Majors were in high school the last time Mount Vernon beat West Potomac.

"I have never won [the Gunston Eagle], I've never beaten West Po, either — even on JV," LaVallee said. "It's a big win for me."

LaVallee gave the Majors a 1-0 lead right before halftime when he came up the left

side of the field, made a move and used his left foot to beat the West Potomac keeper to the back post.

"I just knew I had him on the cut to the inside on my left," LaVallee said, "and then I just drove through to the back post and it went in."

Moreno increased the Majors' lead to 2-0 with a goal in the 53rd minute.

While the Majors found the net twice, Mount Vernon keeper Victor Reyes did his best to keep West Potomac off the scoreboard. The senior finished with 17 saves and blanked the Wolverines.

"Since it's my senior year, I wanted to go all out," Reyes said. "I tried my best to keep a clean sheet."

Reyes' performance did not go unnoticed.

"Victor's phenomenal," LaVallee said. "He saved us early, really. He had a few key saves there in the beginning [that] really kept us in the game. That was pretty much the difference in the beginning because without him we go down one or two there early and we might have shut down a little bit — we have a tendency to do that. ... It's really great to have a keeper like him on the team."

Mount Vernon will travel to face Annandale at 7:15 p.m. on Thursday, May 3 and will wrap up the regular season with a road match against T.C. Williams at 4:30 p.m. on Tuesday, May 8.

## Redskins Sign West Potomac Grad Pierson-El

BY JON ROETMAN  
THE GAZETTE

De'Mornay Pierson-El didn't hear his name called during the 2018 NFL Draft, but that didn't stop the 2014 West Potomac graduate from signing his name on an NFL contract.

Pierson-El signed with the Washington Redskins as an undrafted free agent following the conclusion of the draft last weekend. He said several teams showed interest, including the Ravens, 49ers, Titans, Raiders and Texans, but the Redskins ended up being the best fit.

"It makes me excited," Pierson-El said. "... I've got to make things happen."

Pierson-El was a wide receiver and special teams standout at the University of Nebraska. He was an All-American punt returner as a true freshman in 2014 and finished his career with 904 punt return yards — the third-highest total in program history. As a receiver, he was the 11th Cornhusker to reach 100 career receptions, finishing with 100 catches for 1,309 yards and 11 touchdowns.

Prior to college, Pierson-El was a standout at West

Potomac who burned opposing defenses from three different positions. He played receiver as a sophomore, catching 49 passes for 781 yards and 15 touchdowns. He moved to running back as a junior and rushed for 1,658 yards and 26 touchdowns. An injury to the Wolverines' starting quarterback led to Pierson-El taking over as the team's signal caller during his senior season. He responded by passing for 876 yards and seven touchdowns and rushing for 1,007 yards and 20 touchdowns.

Pierson-El said he grew up rooting for the Redskins until Pro Bowl safety Sean Taylor was murdered in 2007. At that point, he became a Ravens fan.

Pierson-El said many of his family members are Redskins fans and they'll have the opportunity to see him play.

"I certainly didn't expect to be coming back home," he said. "I grew up watching [the Redskins]. Things just came full circle."

Pierson-El said his signing with the Redskins can encourage others to chase their dreams.

"You can be anything you want to be," he said. "... I'm just a local kid. I didn't go to a private school. I went to a public school. ... Believe in yourself."



PHOTO BY RICHARD MAPLE

West Potomac graduate De'Mornay Pierson-El signed with the Washington Redskins as an undrafted free agent.

## West Potomac Academy To Receive VDOE Grant

West Potomac Governor's Health Sciences Academy has been awarded a grant from the Virginia Department of Education to purchase new equipment and make other improvements. The grant, for \$37,500, is one of 16

awarded to high schools and technical centers to upgrade equipment for their career and technical education programs.

The funds will be used to purchase six zSpace systems that use 3D technology, encouraging student inquiry, risk taking,

problem-solving, and workforce development applications.

zSpace computers combine elements of augmented reality and virtual reality to create lifelike experiences.

West Potomac Academy currently has one

zSpace system that can only be used by 3-5 students at a time. The grant will enable the academy to purchase additional systems that will be available to approximately 400 students, 140 at any one time.



The Fort Hunt Warriors boys high school rugby team

## Warriors To Compete in Nationals

The Fort Hunt Warriors boys high school rugby team once again has been invited to the National High School Rugby Championship tournament, to be held in Kansas City, Mo. from May 17 to 20. This is the third invitation for the Warriors, who came within one minute of winning the championship last year, falling to the Royal Irish out of Indianapolis.

With recent wins over nationally ranked teams, the Warriors are currently ranked the No. 2 boys high school club team in the nation. Also recently, Warrior senior Jack McCrossin has been named the best boys high school flanker in the country. He joins Warrior teammate Conor McManus, who last spring was voted the best boys high school rugby player in the nation.

Rugby as an FHYAA sport has been a part of the Fort Hunt athletic scene since 2006, with the high school rugby program for both boys and girls starting in 2011. In this time the Warriors have managed four Virginia state championships (2012, 2014, 2016, 2017). The Warriors also have placed numerous players on the Rugby Virginia all-star team over the years, as well as past and current selections to U.S. national teams. There is also a Warrior alum who is now playing professional rugby.

"We have always been a strong and focused team, and I'm thrilled to see the boys' hard work and dedi-

cation pay off," said Warriors Coach Dale Roach.

Fort Hunt Rugby President John Dacey said, "We are extremely grateful to all of the players, parents, coaches and volunteers who have built and sustain our program, and to FHYAA, which has supported us wonderfully in our work of providing youth rugby to our community."

The tournament in Kansas City is a major team undertaking, and there are some Warriors players who need assistance with their trip expenses. The team has set up a donation page through the Fort Hunt Rugby website at [www.forthunrugby.org](http://www.forthunrugby.org). All donations to this effort are fully tax-deductible.

## County Choral Festival

FROM PAGE 5

accomplish this," BraBrand said.

Organization was key as music teachers used songs and audience sing-offs to quickly reunite singers with their families and move 2,000 people out of the auditorium in under 15 minutes.

"The festival was a rousing success at every level. We're all proud of these students and our music teachers for this festival," BraBrand said.

— VICTORIA ROSS

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Medicare.gov

## You Mean Next Week Tuesday?

By KENNETH B. LOURIE



Today, Sunday, April 22, I am not on any real – or imagined, deadline pressure, quite different than my previous column (“You Mean Tomorrow Tuesday?”), published April 25. 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 abbreviated/immediate-type deadline, and it’s a relatively quiet weekend at home (as opposed to 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 same 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 mind mine and stay on task. It is so much easier to do so when my writing pad is not the exact midpoint and/or crossroads for where Chino is and for where he wants to be. Therefore, I have no excuses for not maintaining a creative flow as pen is put to paper. No cat interruptions or interference whatsoever. 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 “shrinkage” as well, I am ALWAYS pleased when I see my new favorite 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 predominant 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 when the ‘pressure’ is off, my creativeness is on. Though this may not be the best column I’ve ever 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 cemetery. And though the conversations are mostly one-sided, still, it brings me comfort and a peculiar sort of joy to share the details of my treatment and the miscellaneous pressures I experience, some of which I’ve mentioned and some of which I haven’t. Many of those my parents knew about, 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. Whoever I have to thank: thank you.

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

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FROM PAGE 6

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### VOLUNTEER WANTED

**Operation Paws for Homes**, a Virginia based 501(c)(3) organization seeks volunteers, especially to foster dogs. See [www.ophrescue.org](http://www.ophrescue.org) for information and all volunteer opportunities.

### KINDERGARTEN REGISTRATION

**Child turning 5 years old by Sept. 30?** If so, contact your child's school to make arrangements for kindergarten enrollment. Most schools begin getting information together now for parents of incoming kindergartners, and many host an orientation or open house. All kindergarten programs are full-day and located in FCPS elementary schools. Check your school's webpage or contact the school directly for specific enrollment information and dates of orientation or visit [www.fcps.edu/registration/kindergarten-registration](http://www.fcps.edu/registration/kindergarten-registration).

### SATURDAY/MAY 5

**Workshop for Siblings of Children with Special Needs.** 10 a.m. - 2 p.m. at Key Middle School, 6402 Franconia Road, Springfield. This Sibshop workshop is for 8-13-year-old siblings of children with special needs enrolled in Fairfax County Public Schools. A pizza lunch will be provided. Visit [www.fcps.edu/spedconference2018](http://www.fcps.edu/spedconference2018).

### SUNDAY/MAY 6

**RECenter Expansion/Renovation Meeting.** 6 p.m. at Mount Vernon RECenter, 2017 Belle View Blvd. The Fairfax County Park Authority will renovate and expand Mount Vernon RECenter in the near future. This capital improvement project will provide benefits to the community and provide a state-of-the-art facility for the many thousands who use the RECenter each year. Members of the public are invited to join in the conversation. Contact Project Manager Eric Inman at 703-324-8698.

### WEDNESDAY/MAY 9

**Know the 10 Signs: Your Memory Matters.** 10-11:30 a.m. at the Hollin Hall Senior Center, located on 1500 Shenandoah Road, Alexandria. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. This class provides a greater understanding of the difference between age-related memory loss and dementia and what to do it you see the signs. Come to all classes or a few. Classes are free and open to all. Light refreshments will be served; registration is kindly requested. To register, call 1-877-926-8300.

### MONDAY/MAY 14

**Mount Vernon Voice Community Celebration.** 6-8 p.m. at Mount Vernon Governmental Center, 2511 Parkers Lane, Mt. Vernon. Community Open House to thank Steve Hunt and Marlene Miller for producing the Mount Vernon Voice for more than 16 years, and for being a "Voice" for the community.

# SPECIAL SAVINGS FOR YOUR TOYOTA



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**BUY 3  
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**BONUS: ADD A 4 WHEEL ALIGNMENT FOR \$39.95**

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NON-SYNTHETIC

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

SYNTHETIC

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

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**BRAKE SPECIAL**

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

Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only. MACHINE ROTORS ADDITIONAL

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**SIGHT LINE  
WIPER BLADES**

**\$10 OFF**

Sight Line only.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY. GOOD THRU 5/31/18

**FREE**

**BATTERY CHECK-UP**

Check cold cranking amps and visual inspection of battery condition. Includes battery condition print out.

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**TRUESTART™ BATTERIES**

**SPECIAL OFFER**

**\$99<sup>95</sup>**

INCLUDES BATTERY INSTALLATION

Includes: 84 month warranty, 24 month free replacement, 24 month free roadside assistance. Does not apply to hybrid batteries.

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**ALIGNMENT SPECIAL**

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

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

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*Jack Taylor's*

**ALEXANDRIA TOYOTA**

Check your windshield. Does your sticker say **2/18, 3/18, or 4/18?** If so, your VA Safety Inspection is now due

**VIRGINIA STATE INSPECTION**

**FREE**

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



# CHRIS WHITE

*Planning to sell in 2018?*  
*Now is the time to call Chris & Peggy White!*  
*Leading the Area in Real Estate. **SOLD!!!***

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CHRISTIE'S  
INTERNATIONAL REAL ESTATE



**9300 Maybrook Ct**  
**\$749,000**  
**Large Colonial!**

Almost 4,000 sq ft Colonial on prominent lot in prime Mt. Vernon location. Features include: 4 Bedrooms/3.5 Baths, bright open kitchen into sunroom/study, master with fireplace, sitting room, spa like bath, and massive walk in closet, huge finished basement, and fully fenced rear yard. Incredible opportunity!

**JUST LISTED!**



**4118 Robertson Blvd**  
**\$575,000**  
**Classic Colonial!**

Classic three level Colonial with 4 Bedrooms, 3.5 Baths and garage. Special features include: 4 Bedrooms on upper level. Master suite with dressing area and ample closet space, living room with wood burning fireplace, hardwoods on main two levels, basement with wet bar and full bath, 1 car garage. Hard to find three level colonial in prime Mt. Vernon location for under \$600k!

**JUST LISTED!**



**8708 Sudbury Dr.**  
**\$580,000**  
**Pristine Condition!**

4 BR/3 Bath 4 level home on private half acre corner lot. Full interior paint, new carpet, and all hardwoods just refinished make this home ready for your personal touches! 350 sq ft sunroom addition with fireplace over 2 car garage gives you views over beautifully landscaped half acre lot. Absolute bargain for this much space!

**NEW PRICE!**



**4417 Dolphin Ln.**  
**\$625,000**  
**Spacious Rambler!**

Exceptionally spacious rambler in Yacht Haven Estates with expanded main level master suite with luxury bath. Gorgeous setting on large level lot steps from Yacht Club. Features include: large room sizes, hardwood floors, 4 BR's, 3 Baths, thermal windows & finished lower level. Oversize deck overlooks expansive fenced rear yard.

**1 Level Living!**



**9421 Old Mt. Vernon Rd.**  
**\$698,500**  
**Rare Opportunity!**

Rare mid-century design with private pool scene makes for ideal setting. Many updates to this 4BR/ 3.5 BA home include kitchen, roof, water heater, basement finished and in-law suite added with full kitchen, incredible pool, all bathrooms updated including stunning master bath and closet. Don't miss this one!

**NEW PRICE!**



**9411 Mount Vernon Cir.**  
**\$1,220,000**  
**Mt. Vernon on the Potomac!**

Stately brick colonial in area's premier water front community. Over 6,000 sq ft of luxury! Features include: Estate size rooms, high ceilings, three finished levels, four BR's including 3 room master suite with stunning bath, elegant trim detail, hardwood floors, extensive rear decking, oversize 2 car garage. Located in cul-de-sac with river access.

**COMMUNITY WATER ACCESS**



**4800 Tarpon Ln.**  
**\$555,000**  
**Pristine Condition!**

Unique opportunity! Two level brick home with many features on magnificent 1/2 acre lot. Just steps from River and Yacht Club. Special features include: open floor plan, thermal windows, hardwood floors, updated kitchen & baths, sun room, deck, and garage. All this for what you would expect to pay for just the lot!

**CONTRACT IN 1st WEEKEND!**



**8307 Crown Court Rd**  
**Incredible New Kitchen!**  
**\$775,000**

Just completed, brand new Chef's kitchen and custom lighting plan enhance this truly spectacular property. New kitchen features custom cabs, top line granite counter, brand new appliances, and gas cooking. Other feats: 5 BR's, 5 BA's, high ceilings, two car garage and the most amazing pool and grounds you'll ever find at this price range!

**NEW KITCHEN!**



**4200 Robertson Blvd**  
**\$575,000**  
**Contemporary Design!**

Super unique center courtyard style home in Mt. Vernon. Circle drive leads to 2 car garage. 3 bed/ 2.5 bath home with lower level rec room. Fully fenced back yard with unique center courtyard accessible from all interior rooms. Bring the outdoors in with this rare contemporary opportunity! Won't last long!

**CONTRACT IN 1st WEEKEND!**



**9313 Old Mansion Rd.**  
**\$850,000**  
**Park Like Back Yard!**

Riverwood gem! Impeccable 4 BR/ 3.5 Bath home in park like setting on quiet cul de sac next to Potomac River! Recently renovated kitchen, family room off kitchen with fireplace, fully finished basement with guest room, full bath and rec room. Oversize two car garage allows for extra storage space. Unique rear covered patio overlooks beautifully manicured back yard.

**CONTRACT IN 1st WEEKEND!**



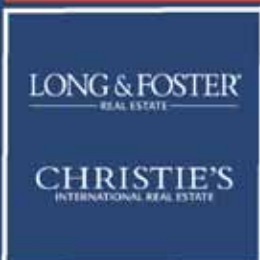
**4405 Ferry Landing Rd**  
**\$699,500**  
**Recently Renovated**

**8634 Gateshead Rd**  
**\$699,000**  
**Incredible Pool Scene!**



**5411 Grist Mill Woods Way**  
**\$1,050,000**  
**Backs to Forest!**

**9104 Chickawane Ct.**  
**\$719,000**  
**Main Level Master!**



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