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Mount Vernon Gazette

Home LifeStyle

PAGE 10

MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER

SEPTEMBER 13, 2018



PHOTOS BY GERALD A. FILL/THE GAZETTE

History at Fun Fair

Nancy Mason, oldest of nine children of Virginia statesman George Mason and portrayed by retired history teacher Janis Harless, speaks to those attending the St. Luke's Craft and Family Fun Fair on Saturday, Sept. 8.

Dan Babiec of Olde Alexandria Woodworx shows one of his handcrafted cutting boards at the entrance to the Craft and Family Fun Fair.



Stanley Orkowski selling handcrafted woodwork products.



Volunteers Cristin Reeder and Archer Heinzen for Co-partners of Compesinas which provides small grants to partner organizations (groups of women) in different countries who run dressmaking classes, ESL classes, basic computer skills, and hairdressing /cosmetology classes. See www.copartners.org.



Scott Solak and Heather Capozzi, brother and sister selling their mom's art (Thomasetta Solak). Proceeds are donated to a scholarship fund.

Piercing Noise

Volume of local complaints rising.

BY GERALD A. FILL
THE GAZETTE

Federal officials appear deaf to residents' complaints about airplane noise in the Mount Vernon area.

On Monday, Sept. 10, Mike Rioux, the Mount Vernon representative to the Metro Washington Airports Authority Reagan National Airport Community Working Group, once again briefed the community on the status of efforts to address the airplane noise situation. His last presentation to the community was in May of this year. So far progress made in understanding and conveying the reasons behind the concentration

of noise over the Mount Vernon District and parts of other areas has not translated into action by the FAA or individual airlines.

Notably, action by federal representatives has been largely absent. According to Rioux, letters by him and others to federal elected officials have not been acknowledged much less responded to. Requests for help to remedy what is now a quality of life impact for many residents have been unanswered. The exception is U.S. Don Beyer (D-8), and state Del. Paul Krizek, state Sen. Adam Ebbin and Mount Vernon District Supervisor Dan Storck. Frequency of Reagan National flights are estimated to be between 4,000-5,000 daily, depending on who you ask.

The Federal Aviation Administration (FAA) influences flight patterns and the implementation of new NextGen technology has concentrated flight paths. In contrast

SEE AIRPLANE NOISE, PAGE 9

Get Ready for Florence

BY GERALD A. FILL
THE GAZETTE

As Hurricane Florence heads for the coast, it looks like the major impacts of the hurricane should remain south of the region. However, hurricanes are unpredictable, and residents should take precautions in case of a change.

Fairfax County will provide sand and bags at the Mount Vernon RECenter until the storm arrives. Times are:

❖ Thursday: 7 a.m. - 7 p.m.

❖ Friday: 7 a.m. - 7 p.m. - as needed and as conditions allow.

County staff will assist residents fill sandbags. Residents will be able to claim 10-12 bags each at the Mount Vernon RECenter, upper level parking where the recycling area was formerly located.

Here are some ways to prepare for severe weather:

❖ Complete essential errands before severe weather hits. (Stock up on non-perishable food, bottled water, medications, first-aid supplies, infant

SEE GET READY, PAGE 9

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Swimming Anyone?

Geneva and Jim Parks compete in first NVSO.

BY SHIRLEY RUHE
THE GAZETTE

Jim Park's bare feet leave wet footprints on the concrete at Mount Vernon RECenter swimming pool. He heads for the first open lane and slips into the water. Jim is there on his lunch hour to meet his wife Geneva so they can practice for the upcoming Northern Virginia Senior Olympics (NVSO) events.

"Jim is the swimmer," Geneva Park says. "I'm more of a tennis player."

Today Jim Park will swim 20-30 laps, practicing the breaststroke and freestyle, his two best events, while Geneva Park will do about 10 laps mixing it up with backstroke and freestyle.

"Jim never takes a break; he doesn't get tired. He set a record," Geneva Park interjects.

"That was when I was eight years old," Jim Park says, "and two years later someone else beat the record and his name went up on the wall. I couldn't figure out where my name went."

Jim Park says he grew up swimming. He was on the Northern Virginia Swim Team. "I grew up around here, near Springfield Mall." He will compete in the 50-yard breaststroke and the 100-yard freestyle.

Geneva Park says she will participate in the backstroke "but I'm not really a swimmer." She says their children really motivated them to get more active. "Colette is our star swimmer. We try to keep up with her."

Geneva Park says, "We realized we are getting older. It was a joint decision to look after our health and we enjoy it." She adds that her father just died at 95-years-old and she realized that people who move have a better quality of life.

Geneva Park says besides swimming she will enter the tennis singles competition. She has been playing tennis since she was



PHOTOS BY SHIRLEY RUHE/THE GAZETTE

Geneva Park gets ready for NVSO swimming events although she says her real sport is tennis.

7-years-old on the court with her mother who played into her 70s. Geneva played tennis on the high school tennis team and then with the Mount Vernon Racquet Club. "We're also going to do the walk, and I'm going to do the shot put. I've never done it before but it's only \$2 for each event you enter."

Jim Park will enter the 60-meter dash and the 400-meter walk.

"I'm doing those, too," Geneva Park adds.

Jim Park adds, "Don't forget we're doing the standing long jump."

"I am?" Geneva Park replies.

The Parks have been preparing for their events by swimming regularly, mostly in the summer, and walking in their Alexandria neighborhood all year long. "It is very hilly," Geneva Park says. They walk for about 45 minutes every day pushing one of their daughters in her 70-pound medical stroller.



Jim and Geneva Park choose adjoining lanes to practice laps with the NVSO swimming competition just over a week away. This event is being held at the Dulles South Multipurpose Center.



Colette Park, who her mother calls "the real swimmer," adjusts her mother's hair before a noontime swimming practice on Tuesday.



Jim Park practices breaststroke at Mount Vernon RECenter on Belle View Boulevard in preparation for the Northern Virginia Senior Olympics.

"It's a big motivator. She really likes to be outside."

Do they hope to win a ribbon in their first NVSO competition? "We hope so but we don't know the competition," Jim Parksays. "If we do, we do; if we don't, we don't."

"And we may be a little rusty," Geneva Park adds.

Jim Park says, "I remember my dad coming home from the Senior Olympics with

two medals on his chest. It always stayed with me. He had a big smile; he was so proud."

NVSO begins Sept. 15 with the opening ceremony at Thomas Jefferson Community Center followed by track, rowing and diving events and ends Sept. 26. Events are held all over the Northern Virginia area at 29 schools, senior centers, parks and retirement communities.

Belle Haven Hotel Fire Goes to Two Alarms

Damages are approximately \$65,000.

Units from the Fairfax County Fire and Rescue Department and City of Alexandria Fire Department were dispatched Friday, Sept. 7, at approximately 6:05 p.m., for a report of smoke in a building in the 6400 block of Richmond Highway in the Belle Haven section.

Units arrived on scene and found a three-story hotel with no fire or smoke visible from the outside. Upon further investigation, crews located a fire in the mechanical room on the roof, attic, and walls between some of the third floor rooms. Fire sprinklers activated and assisted in limiting the spread of the fire, minimizing property loss, and helping occupants safely evacuate.

A second alarm was requested for additional firefighting resources and assistance with evacuating hotel guests. A Fairfax Con-

ductor bus was requested to provide shelter for displaced guests. There were no reported civilian or firefighter injuries.

Twenty-five rooms with a total of 50 guests were occupied at the time of the fire. The on-duty hotel assistant manager discovered the fire after he heard a loud lightning strike outside followed by a loss of power to the hotel. The fire alarm system and smoke alarms activated.

Fire investigators determined that the fire in the attic space was caused by a lightning strike. The fire was contained to the attic and extended over two unoccupied rooms.

Fifty guests were displaced because of the fire. Red Cross assistance was not needed due to the hotel relocating the guests. Damages as a result of the fire were approximately \$65,000.



Fairfax County Fire and Rescue responded to a fire at a three-story hotel on Richmond Highway.

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Communicating about Death

Before last rites are needed.

BY ASHLEY CLAIRE SIMPSON
THE GAZETTE

Most of what happens in life is, simply put, beyond human control. Expect the unexpected, they say, because it is impossible to plan for everything.

Larry Houk, an Alexandria resident and lawyer who practiced real estate and elder law for 44 years, has seen the peace that comes from “preparing for the worst and hoping for the best.” He knows that peace so well that he wrote the book on it — literally. This year, he combined his expertise with that of his longtime friend and writing partner, Kenneth O. Doyle — a Minnesota-based psychologist and financial planner — to write “Peace of Mind for Your Aging Parents: A Financial, Legal, and Psychological Toolkit for Adult Children, Advisors, and Caregivers.”

Published in July, the book serves as an all-things-considered guide to conquering the worst-case scenarios and uncertainties that surround death.

“Nobody ever knows what’s going to happen,” Houk said. “The book is based on situations that we were both encountering in our everyday professional experiences, through which we found that there just wasn’t any written material that spoke to the biggest issues that people were looking for the answers to, which all revolve around understanding how to communicate intergenerationally; no matter what, it often involves multiple languages — literally speaking and figuratively — and different personality types. Miscommunication is the biggest barrier.”

The complexities of multi-generational communication are compounded when they induce deep emotions. Still, it’s a must to get an early start on conversations about “death planning, disability planning, planning for possible nursing home care, powers of attorney, health care directives, trusts, and more,” according to Houk. And, even though it seemed there was plenty of literature about coping with death, or preparing for it logistically, there weren’t many resources that addressed both, or that discussed solutions for communicating with relatives about these topics.

“What makes this book unique is the fact that we have combined legal, financial and psychological issues in a single source,” Houk said. “The book starts by explaining how different personality types view the world, and what it is they fear. Then, we address how it is that those fears either facilitate or hamper communication between family members and their advisers.”

At the request of their publisher, Houk and Doyle set out to provide heart and soul in this book alongside critical information.

“From the start, we wanted to integrate psychology into estate and financial planning,” Doyle said. “People differ enormously in how they react to planning problems and solutions, so we wanted to honor those differences. From our experience, we know that people won’t do what experts suggest unless those suggestions ‘fit.’ I think experts in every field experience this. Years ago, a big group of CPAs asked me to give a talk about ‘Why won’t my clients do what I say?’ The answer is, if you give them solid information that respects their personalities, they’ll happily follow it. That’s what we try to do in the book.”

“Peace of Mind for Your Aging Parents” is separated into two parts: the areas of life and financial



Houk



Doyle

planning that you can control, and then the elements you cannot. The authors drew upon their own experiences both as individuals and professionals to make both sections of the book both relatable and relevant.

With a progeny extending three generations — four grandchildren and two great grandchildren dispersed across the country — Houk had plenty of personal material from which to draw.

“I definitely used what I do with my own family to help form what I contributed to the book,” Houk said. “Much of what ended up in book was based on talks my wife and I have had with my kids — discussions about what type of end of life care we would want. In fact, we’re here in Alexandria in part because my youngest daughter here was most willing to chip in. It’s part of the process to see which child is willing to step up and take care of certain things, who is going to help out and in what ways at the end.”

The writers hope to inspire readers to take matters into their own hands and ensure that every relevant person knows exactly what you want, and what actions you would want carried out, for every scenario.

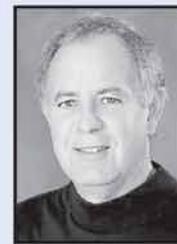
“You never hear someone say they ‘get’ to go to a nursing home,” Houk said. “But, if you’ve thought through your options and you made the choice for where you end up, then you get control. You can be satisfied with any result as long as you had control. And, it really is all about that control, because, on the other end of the spectrum, we are constantly losing it. We need to figure out what do we fear, and what we can do to control these fears.”

No one is any closer to knowing precisely how to come to terms with their loved ones dying. Still, you must do whatever you need to do to get your emotions in check enough to make these determinations when, in Houk’s words, it is “still theoretical and not yet practical.”

“It’s not at all savvy to think, ‘I’ll just leave it to my kids to sort out,’” Houk said. “This is often problematic, because, even attempts to follow parents’ wishes can’t be successful when those wishes aren’t expressed, or when different children interpret things that had been said differently, or sometimes, even different things are said to different children, resulting in confusion. A second misconception is that only the wealthy need to make plans. Third, there is the false thought, ‘I cannot afford to plan,’ when, in fact, you cannot afford not to plan.”

Put everything in writing. “Too many people put off planning until it is too late either because they have become incompetent or they’ve died,” Houk said. “So, it’s good to initiate a lawyer sooner rather than later. It is a lawyer’s job, after all, to think of all the worst-case scenarios. Even

SEE COMMUNICATING, PAGE 18



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Alex/Potomac Valley \$529,900

8807 Vernon View Drive
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4.128 acres zones R-2 for sale. There are 2 lots: 4/0 acres w/house (Tax Map 1101 01 0043) and .128 acre vacant land (1101 01 0043A). House on Property sold “AS IS” and NO ACCESS given or allowed. Land Value only. Water, sewer, gas, electricity available. This land is adjacent to the houses on Halley Farm Ct. which were built in the 2010-2011 time frame



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OPINION

Do Something Join #CallTextLive Campaign.

BY WENDY GRADISON
CEO PRS



The news of Anthony Bourdain and Kate Spade as well as a number of our own community members whose lives were stopped short due to suicide underscores the challenges that exist in preventing suicide. These stories created considerable grief, and in fact, we saw a significant increase in calls and texts to our PRS CrisisLink hotline.

When losses like these occur, we have an opportunity to change the conversation about suicide from one of loss to one of empowerment and hope. To keep people talking, we are launching the #CallTextLive Campaign during September, Suicide Prevention Month.

Suicide is a serious issue locally and nationally, claiming the lives of nearly 45,000 people annually and is the 10th leading cause of death nationwide and the second leading cause of death for young people aged 15-24. But for

every death, 278 people manage to move past thoughts of suicide and survive.

At PRS, a nonprofit running PRS CrisisLink, Northern Virginia's crisis hotline and textline, we know there is more we can do to bring awareness and tools to prevent future suicides. We are inviting the community to get involved in our 4th annual #CallTextLive Campaign.

Using the hashtag #CallTextLive, the campaign works to educate members of the community about resources available and actions they can take to bring awareness to suicide prevention and intervention. Campaign highlights include: an easy to use web-based interactive event calendar; great tips and resources to share via social media; a Facebook Live Q&A with experts; community training and tour of the PRS CrisisLink call center; a Selfie Day; a crowdsourcing fundraiser; t-shirts for purchase; and walk events. We will also explore special suicide prevention topics related to gun safety, veterans, older adults, LGBTQ, youth, and survivors.

It's time to challenge the stigma around issues contributing to suicide and provide each other the tools to get help. #CallTextLive uses social media, activities and events to drive com-

munity conversation. We want people to visit our website—www.prsinc.org—to find simple ways to spark change through the #CallTextLive Campaign. Do one or do them all...but we definitely want everyone to do something.

If we are successful, even more people will find their way to community resources, including the PRS CrisisLink program, which handled nearly 80,000 crisis calls and text messages from the Northern Virginia region last year. In fact, a simple call or text to the crisis hotline or textline — (800) 273-TALK [8255] and text "CONNECT" to 85511 — provides the empathetic, trained voice that someone in crisis needs to reduce their pain and provide connections to care. Most of these voices are volunteers from our community — neighbors and friends — who share the gift of listening to those who hope to be heard.

Help us make it okay for more people to seek help. Join the #CallTextLive Campaign to broaden the conversation. Small or big ... do something ... we are listening and others will too.

Wendy Gradison is CEO of PRS, a mental health nonprofit in Northern Virginia.

Recommendations for Safer Schools

BY PAUL KRIZEK
STATE DELEGATE (D-44)



All this year I have participated on the House Select Committee on School Safety tasked with finding ways to make schools safer in the wake of the tragedy at Parkland. The committee is comprised of 22 members of the General Assembly

and includes three subcommittees: Infrastructure and Security; Student and Behavior; and, the subcommittee I sit on, Prevention and Response Protocol.

It is important to remember that, though our schools in Virginia are some of the safest in the country, this is a growing national safety concern, and our children's

safety is paramount. Indeed, Virginia many years ago was the first state to institute threat assessment protocol in K-12 and to measure school climate. We have a good head start on school safety but as you might imagine, there is much more we can do.

Moreover, here in the 44th district, I have hosted a number of similar meetings with concerned citizens that shared their valuable time and expertise with me, many of whom are educators, high school students and experts in school safety and active shooter response trainings, and a number of equally concerned elected officials: State Sen. Adam Ebbin, Del. Mark Sickles, School Board Chair and Mount Vernon District member Karen Corbett Sanders and Lee District School Board member Tammy Derenak Kaufax.

Through my participation on both the House and the community based committees we have found some possible paths towards an even safer and more nurturing school environment.

The main takeaway is that our tax dollars are better spent on prevention rather than responding after an attack. 69 percent of school shootings end in five minutes or less. Over 50 percent end in less than two minutes. No matter how many School Resource Officers are present or how quickly law enforcement officials are called, there isn't much you can do

to stop a shooting once it starts. However, there are steps we can take to prevent these tragedies before they occur. We can modernize our school facilities (for example getting rid of dual lock doors so that they can only open from the inside), institute mandatory trainings like we have for fire drills, and by far the most critical step we can take is to increase our funding for mental health services at schools.

A primary focus of both my subcommittee and the full committee is the need for additional mental health services at our schools. It was obvious to most of us that with children suffering from anxiety and mental illness at higher rates than ever, and 1 in 5 children diagnosed with a mental illness by age 18, that we must provide more mental health support for our students. Unfortunately, our current school counselors are overwhelmed with non-counseling work and compliance paperwork. One potential fix proposed is mandating that counselors spend a majority of their time on counseling activities. This is a great first step, but we still need more fully trained mental health professionals. 80 percent of children that receive mental health treatment report only receiving that treatment at school. So, if the school does not have available mental health support, most students sim

SEE SAFER SCHOOLS. PAGE 8

LETTER

Share Noise Burden Equally

To the Editor:

The current FAA NextGen directive for aircraft departing south from DCA has been the impetus for considerable dialogue. I have lived in the Mount Vernon area for over 50 years and am very familiar with aviation noise — the last 33 of those in Westgrove which is particularly impacted by the noise. A fair and sensible solution to this problem would be an equitable distribution of aircraft turning west over all our neighborhoods south of Alexandria City so that no one community has to suffer constantly from the current "Super Highway in the Sky" as we do in Westgrove. Even to me, the recent proposal to simply send all the planes

further south before turning west at a higher altitude does not seem fair. We should all share this noise burden together and equally.

Those of us who park cars out in the open, away from trees, underneath this aerial "Super Highway" will notice an oily residue coating them in dry weather. This substance that drifts down from above is the combustion by-products of Avtur jet fuel. Jet exhaust contains vaporized kerosene and several additives. Does this pose a health hazard? I do not know, but fuel for thought, too (no pun intended).

Ed Hindman, DDS
Alexandria

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CRIME

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

UNLAWFUL ENTRY/DESTRUCTION: 3800 block of Segundo Place, between Aug. 28 and Sept. 7 at 6 p.m. The homeowner was notified by his Realtor that his home was vandalized. The home was found to have graffiti and other damage throughout the residence.

RECKLESS DISCHARGE: 7000 block of Groveton Gardens Road, Sept. 8, 10:48 a.m. Officers responded for a report of a man shooting a handgun inside of an apartment. A 53-year-old man from Alexandria was arrested without incident. He said he was having an adverse reaction to an illegal substance, causing him to hallucinate and fire the handgun. Officers found he was a convicted felon and therefore barred from possessing a weapon. All the rounds fired were recovered inside the apartment, no one was injured. He was charged with possession of a weapon by a convicted felon and reckless discharge.

MALICIOUS WOUNDING: 5300 block of Pole Road, Sept. 5 at 7:38 p.m. Officers were called to the area for a man with a stab wound to his upper body. The man was walking down Pole Road to meet a friend when two men approached him. The suspects punched and stabbed the victim before running away. The victim was taken to the hospital with non-life threatening injuries.

TRESPASSING: 7900 block of Janna Lee Avenue, Sept. 4, 4:29 p.m. The property manager called to report a trespassing in a vacant apartment. While searching the apartment, an 18-year-old man from Alexandria was located inside. When he saw the officer, he assaulted the manager and ran out of the apartment. After a brief foot pursuit,

he was arrested for trespassing, destruction of property, assault, obstruction of justice and possession of marijuana.

TRESPASSING: 8100 Fordson Road (Gum Springs Community Center), Aug. 23, 9:53 p.m. A resident called and stated she saw a large group of men smoking marijuana and drinking alcohol in the parking lot. When officers arrived, the group climbed a fence and ran away.

ROBBERY: 6600 block of Richmond Hwy., Aug. 20, 5:00 p.m. A woman reported that a man grabbed her and took her wallet out of her hand, while she was getting into her car. She described him as black and approximately 30-40 years old. Witnesses saw him run to a black SUV and drive away from the area. The woman had minor injuries from the encounter.

Burglary: 5900 block of Richmond Highway, between Aug. 17 at 6:30 a.m. and Aug. 19 at 5:50 p.m. A homeowner reported an unknown subject entered his residence through an unlocked door and took multiple personal items. The homeowner was not at home when this occurred.

DWI AND PURSUIT: 7300 block of Richmond Highway, Aug. 18, 1:42 a.m. A patrol officer saw a car speeding with an equipment violation. The officer tried to pull the driver over and the car took off. The driver turned into a neighborhood and stopped when he reached a dead end. The driver, a 32-year-old man from Maryland, was arrested without further issue. He was charged with driving while intoxicated (BAC greater than .20%), drinking while driving, obstruction of justice, reckless driving, driving on a suspended license, and eluding (felony).

TRAFFIC PURSUIT: Richmond Highway at Belford Drive, Aug. 8, 11:05 p.m. The officer observed a vehicle trav-

eling south on Richmond Highway with illegal tint on the windows. The officer tried to stop the vehicle, but the vehicle sped away. When the vehicle came to a stop, the driver got out of the vehicle and ran away. Other officers responding to the area found the driver and took him into custody. A 25-year-old man from Alexandria was arrested for driving with a revoked license, disregarding police command to stop with endangerment to others (felony), and possession of marijuana with intent to distribute.

ATTEMPTED BURGLARY: 7600 block of Richmond Hwy., Aug. 7, 4:37 a.m. An employee reported that two men entered the business by prying open the front door. The employee saw on her camera system that the two men attempted to steal an ATM. When the men were not able to steal it, they pried the pharmacy doors open. After hearing an alarm, the two men ran from the business. They were seen driving away in a light colored, newer model SUV. Nothing was taken, but both doors were damaged.

SEPT. 11 - LARCENIES
2600 block of Arlington Drive, jewelry from residence

7900 block of Richmond Highway, jackets from business
6300 block of South Kings Highway, merchandise from business

2500 block of Turbridge Lane, medication from vehicle
8000 block of Wellington Road, property from residence

SEPT. 10 - LARCENIES
2500 block of Huntington Avenue, bicycle from residence
7700 block of Richmond Highway, shoes from business

7700 block of Richmond Highway, tools from business

7900 block of Richmond Highway, wallet from location

8600 block of Richmond Highway, merchandise from business

SEPT. 7 - LARCENIES
7700 block of Blue Jay Court, license plates from vehicle

7100 block of Richmond Highway, sticker from license plate

9100 block of Richmond Highway, keys from vehicle

SEPT. 6 - LARCENIES
3300 block of Lockheed Boulevard, cell phone from business

SEPT. 5 - LARCENIES
2800 block of Beacon Hill Road, wine from business

3100 block of Lockheed Boulevard, merchandise from business
6800 block of Richmond Highway, cash from residence

STOLEN VEHICLES
5900 block of Richmond Highway, 2015 Harley Davidson motorcycle

SEPT. 4 - LARCENIES
5800 block of Richmond Highway, airbags from vehicle

6000 block of Richmond Highway, airbag from vehicle
6300 block of Richmond Highway, electronic device from business

7400 block of Richmond Highway, tool from vehicle
7700 block of Richmond Highway, merchandise from business

7700 block of Richmond Highway, cash from business
7900 block of Richmond Highway, cell phone from location

7900 block of Richmond Highway, merchandise from business
9100 block of Richmond Highway, cell phone from location

7000 block of Stanford Drive, license plate from vehicle

AUG. 31 - LARCENIES

2500 block of Huntington Avenue, bicycle from residence

5900 block of Richmond Highway, medication from residence

3900 block of Sonora Place, backpack from vehicle

AUG. 30 - LARCENIES
6200 block of Hillview Avenue, property from residence

7700 block of Richmond Highway, property from residence

7800 block of Richmond Highway, beer from business

8600 block of Richmond Highway, merchandise from business

AUG. 29 - LARCENIES
2400 block of Avenue, beer from business

8200 block of Russell Road, beer from business

AUG. 28 - LARCENIES
1600 block of Belle View Boulevard, beer from business

3100 block of Lockheed Boulevard, beer from business
7600 block of Richmond Highway, shoes from business

AUG. 27 - LARCENIES
2300 block of Huntington Avenue, merchandise from business

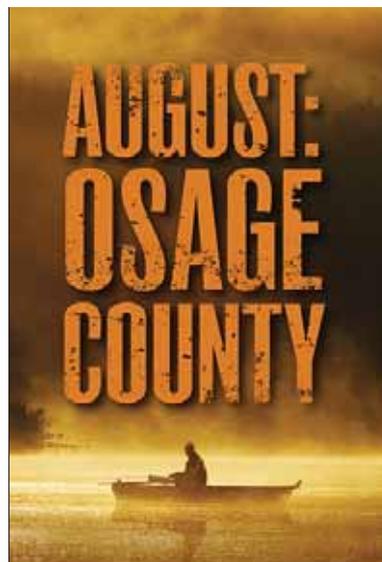
8200 block of Russell Road, merchandise from business
7700 block of Richmond Highway, merchandise from business

5900 block of Richmond Highway, personal items from vehicle
7500 block of Snowpea Court, personal items from home

4700 block of Hanrahan Place, personal items from home
8000 block of Richmond Highway, merchandise from business

3700 block of Shannons Green Way, personal items from home

SEE CRIME REPORT, PAGE 18

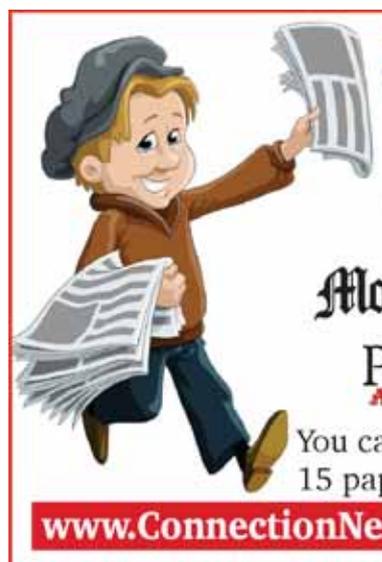


This powerful Pulitzer prize winning drama examines a family as it returns to Oklahoma to care for their afflicted, manipulative mother who reigns over the home as family secrets unfold. (Mature themes and language)

SHOW DATES:
SEPTEMBER 8-23, 2018



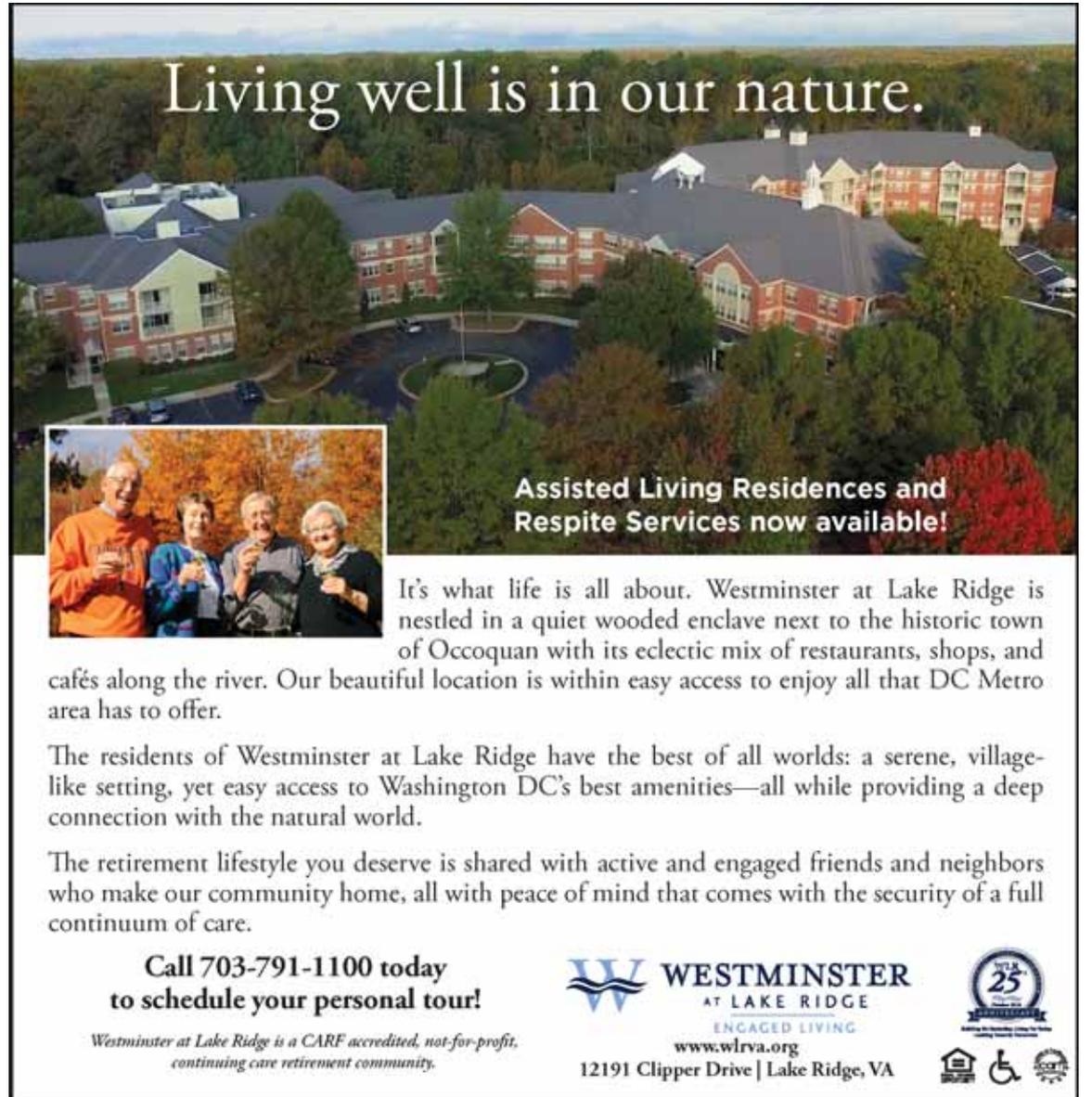
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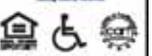
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County's 275th Anniversary Continues

With motorcycle charity ride.

BY SHARON BULOVA
CHAIRMAN, BOARD OF SUPERVISORS

If you enjoyed Fairfax County's 275th Anniversary Celebration last year, the adventure continues! Lord Nicholas Fairfax (a direct descendent of our county's namesake) will be back in town on Sept. 22-25, 2018 to lead a motorcycle charity excursion to benefit four local charities here in Fairfax County: Bethlehem Baptist Church Community Support Program, Fairfax County Sheriff's Office Project Lifesaver, Fairfax-Mason Research Fund at George Mason University, and The Lamb Center. If you are a history buff and/or motor-

cycle enthusiast, this event is for you. Participants can ride via motorcycle or car on a one-day, two-day or four-day trip around the boundaries of the original Fairfax Land Grant. This vast and beautiful area, which has been associated with the Fairfax family since the late 1600s, spans between the Potomac and Rappahannock rivers from the Chesapeake Bay to the Fairfax Stone in West Virginia.

Along the way, there will be opportunities for camping, seeing multiple historic sites, witnessing historic sign unveilings, hearing stories from colonial era re-enactment groups, and meeting plenty of great people who share of love of Fairfax history.

The ride kicks off at the Patriot Harley-Davidson store in the City of Fairfax on Sept. 22 at 8 a.m.

To register for the Lord Fairfax Charity Ride and to make a donation to the charity partners, please visit www.lordfairfaxride.org.



Sharon Bulova and John Mason at the Fairfax Stone in fall of 2017.

COMMENTARY

GOP Tax Scheme Hurts Homeowners

BY GERALD E. CONNOLLY
U.S. REPRESENTATIVE
(D-11)



President Trump and Republicans in Congress rammed their tax scheme through Congress without a single hearing or considering any Democratic amendments. Unlike many members of Congress, I met with community stakeholders and held a public roundtable to hear firsthand how the bill would affect our region. Overwhelmingly, I was told the bill would hit most Northern Virginian taxpayers hard in their pocketbooks. On top of that, it added \$1.9 trillion to the deficit, completely unpaid for.

In the months since President Trump signed the new Republican tax plan into law, the fallout for Northern Virginians has become clear. A new report, prepared by the House Oversight and Government Reform Committee, confirms our worst fears and finds the Republican tax law will disproportionately hurt Northern Virginia homeowners' biggest asset — their homes. The report details how the new law's

changes to the mortgage interest deduction, home equity loan deduction, and state and local income tax deduction will result in tax increases for many families in our region.

Homes are one of the largest source of savings for American families, and home equity loans are often the most affordable way for these families to obtain credit. The proceeds from these loans are often used to pay for important expenses such as college tuition and medical expenses. Prior to the GOP tax law, interest on these loans was tax deductible.

Under the new law, those deductions are now limited exclusively to home improvements.

This means none of the approximately 547,600 homeowners currently living in Northern Virginia will be allowed to claim deductions for expenses like an unexpected medical emergency. On top of that, beginning in 2018, nearly 106,800 homeowners in our area with existing home equity loans will not be allowed to claim full home equity interest deductions as they've done in the past.

Another concern for many of our neighbors is that the new law caps state and local tax deductions (SALT) at \$10,000. In Virginia, we have the nation's fourth highest percentage of tax filers claiming the SALT deduction in the country. More than

1.5 million households claim \$16.5 billion in SALT deductions for an average deduction of \$11,288 per household. Fairfax County residents alone claim nearly \$4.62 billion in these deductions. However, under the new tax law, 174,100 homeowners in Northern Virginia will lose the ability to deduct the full amount of their property taxes.

These findings are not hypothetical. This report lays out the real-world impacts of a misguided law that will harm Northern Virginia families. To make matters worse, just last week the President decided to cancel a scheduled federal employee pay increase citing concerns about the deficit. His tax bill exploded the deficit, and now he is trying to balance the budget on the backs of federal workers.

As the former chairman of the Fairfax County Board of Supervisors, I know how important the housing market is to our region. By targeting the housing market and home values, the new tax law has serious consequences for our community. It puts additional pressure on local government budgets and crowds out investment in our local roads, our first responders, and our education system. We should be protecting those investments at all costs, not undermining them so billionaires get another handout.

Safer Schools

FROM PAGE 6

ply will not receive the help they need and that can lead to tragic results.

Currently, there is no required ratio of psychologist or social workers to students as there is with guidance counselors. Psychologists and social workers are classified as "support staff" which also include positions like librarians and nurses. Schools receive approximately \$580 million a year for support staff but that is just not enough. There are 57,000 more students in schools across the Commonwealth than in 2008 but 2,000 fewer support staff! A 2017 report from the Department of Education recommended ratios of one psychiatrist for every 1,000 students (costing \$42 million to the state budget) and one social worker per 1,000 students which would cost the state around \$48 million. Schools with lower counselor to student ratios have been found to have higher academic performance, better school climate and lower disciplinary rates, keeping students out of the school to prison pipeline. These trained professionals know how to look for warning signs in students (changes in interpersonal interactions, declining school performance, etc.) and how to treat them before they make a terrible choice.

On Tuesday, I was back in Richmond for the final subcommittee meeting and a full committee meeting to discuss which recommendations may end up in the final report that will be used to determine new legislation for the upcoming session in January 2019. The committee report will be finalized at the end of November with the recommendations sent to the General Assembly for possible adoption. Right now, increases in mental health services seems to be an area of bipartisan agreement, which I am hopeful will lead to desperately needed increases in funding next session. We need to fulfill our obligation to provide children with a nurturing environment, easily accessible mental health services, and most importantly of all safe schools.

BULLETIN BOARD

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

VOTER REGISTRATION AND IDEVENTS

The Fairfax County Office of Elections (12000 Government Center Parkway Suite 323, Fairfax) is open daily during normal business hours to provide county residents the opportunity to register to vote or obtain a free voter photo ID if

needed. Applicants will need to complete a photo voter ID application, have a photo taken and sign a digital signature pad. Call 703-222-0776.

The following special events will also provide opportunity to register to vote and/or get a photo Virginia Voter card.

❖ Saturday/Oct. 6, 10 a.m.-2 p.m., Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria.

DONATIONS NEEDED

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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. Email Assistant Food Pantry Manager Von at vonna.jones@ucmagency.org or visit at www.ucmagency.org.

THURSDAY/SEPT. 13

Chamber's September Breakfast.

8-9:30 a.m. at Belle Haven Country Club, 6023 Fort Hunt Road. LinkedIn is one of the fastest growing social platforms, with over 250 million active users. Studies show that 80 percent of B2B leads from social media platforms come from LinkedIn. Ironistic will take participants through a checklist for a fully optimized profile to leverage this business tool. \$25 per person for Chamber members and \$35 for

guests. Register at www.MtVernonLeeChamber.org or call 703-360-6925.

SUNDAY/SEPT. 16

11th District Congressional Candidate Forum. 2-4 p.m. at the Sherwood Community Center, 3740 Old Lee Highway, Fairfax. The League of Women Voters of the Fairfax Area will hold an 11th District Congressional Candidate

SEE BULLETIN, PAGE 17

WWW.CONNECTIONNEWSPAPERS.COM

Airplane Noise Complaints Unanswered

FROM PAGE 1

the previous radar-based technology spread the flight patterns out over a wide area. The new technology that was implemented in a 2012 law, the FAA Modernization and Reform Act, mandating NextGen procedures, was not discussed with residents, according to local residents in Mount Vernon.

In addition, air traffic at Reagan National has increased because of convenience to travelers and the policy of "slot control" which makes it more cost effective for airlines to fly into Reagan National Airport.

Complaints from northern Virginia residents most directly affected by extreme noise have thus far had minimal impact beyond the creation of a working group and creation of the South Flow outreach organization. This has gone on now since 2015 when the new technology began to be used. Increased airline traffic at Reagan and NextGen technology, touted for its safety features, has created the noise problem, and it is getting worse.

Action has been taken by Rioux and his local allies to advance the effort. Local citizen advocates Bob Myer and Judith Lean worked to successfully file a Freedom of Information Act (FOIA) request for NextGen flight data that has now armed South Flow Alliance (SFA) participants with information from the FAA's own data. This in turn has encouraged Rioux and SFA to make a

Contacts

- ❖ Chair, South Flow Alliance: Friederike Ahrens, friederikemh@hotmail.com
- ❖ Mount Vernon District Representative to National Airport Community Working Group: Mike Rioux, mrioux@dasolutions.aero
- ❖ Mount Vernon Alternate Representative: Don Minnis, dominnis@cx.net
- ❖ City of Alexandria Representative: Stephen Thayer, wsthayer@yahoo.com



PHOTO BY GERALD A. FILL/THE GAZETTE

Mike Rioux is the Mount Vernon representative to the Metro Washington Airports Authority Reagan National Airport Community Working Group.

series of recommendations to change flight patterns to more closely follow flights that track over the Potomac river at increased flight elevations in addition to other recommendations.

Despite the evidence of adverse consequences of continuing on the present low level flight paths and frequencies, Rioux believes that federal representatives and the FAA don't appear to take the problem serious enough to make the changes in a timely way.

Maryland, affected by noise in the Balti-

more and Accokeek, and Prince George's county areas have filed a noise-related lawsuit against the FAA which for now has resulted in slowing or even freezing action by the FAA on the Maryland side until the lawsuit has been settled.

Rioux believes that Northern Virginia's noise issues can be more effectively settled without a lawsuit. He also believes that, with the active support of federal representatives and an all-out mobilization effort by affected residents, changes can be realized in the near future.

Get Ready

FROM PAGE 1

supplies, pet supplies, and anything else you may need during a storm).

- ❖ Fill up your car with gas.
- ❖ Assemble an emergency kit and review your emergency plan with your family.
- ❖ Move all valuables and important papers to an upper level of the house in case of flooding.
- ❖ Clear rain gutters and downspouts of debris.

Contact Information

- ❖ Fairfax County School Information: 571-423-3000
- ❖ Fairfax County School Internet Site: www.fcps.edu
- ❖ Mount Vernon Supervisor Dan Storck, 703-780-7518; mtvernon@fairfaxcounty.gov
- ❖ Emergency Fire & Rescue: <https://twitter.com/ffxfire/rescue>
- ❖ Fairfax Alerts: <http://www.fairfaxcounty.gov/a/erts/>
- ❖ Road Conditions: 5-1-1
- ❖ Local Community Assistance: 2-1-1
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Home LifeStyle

Design Upgrades for Fall

Minor elements can make an major impact as seasons change.

BY MARILYN CAMPBELL

As the time of year where more time is spent indoors slowly approaches, sprucing up an interior space can help ease the transition. From pillows and candles to wreaths and area rugs, local designers show how small touches can make a big impact as seasons change.

A new rug can set the tone for an entire room. "I just finished a living room where we added a luxurious leather sofa that's both elegant and timeless," said designer Sally Kane of Chantilly. "There is a loveseat in a chintz fabric and circular rug with warm shades of brown beige and turquoise. It's almost too pretty to walk on and can be changed out as the seasons change. It shows how adding the right rug can elevate a room."

Throw pillows in bold hues can add a burst of autumn color into a space, easing it from summer to fall. "I'm currently working on a family room where a deep, hunter green is the base color," said Todd Granger, interior designer and design graduate students at Marymount University. "I'm adding throw pillows with a yellow palette, including mustard, citrus and chartreuse."

"The Pantone color of the year for 2018 was Ultra Violet and I'm definitely seeing bold, deep purples being used this fall in interior design," continued Granger. "I'm incorporating them in spaces for my clients who appreciate bold colors. Buying throw pillows is an easy and inexpensive way to make your space match the season."

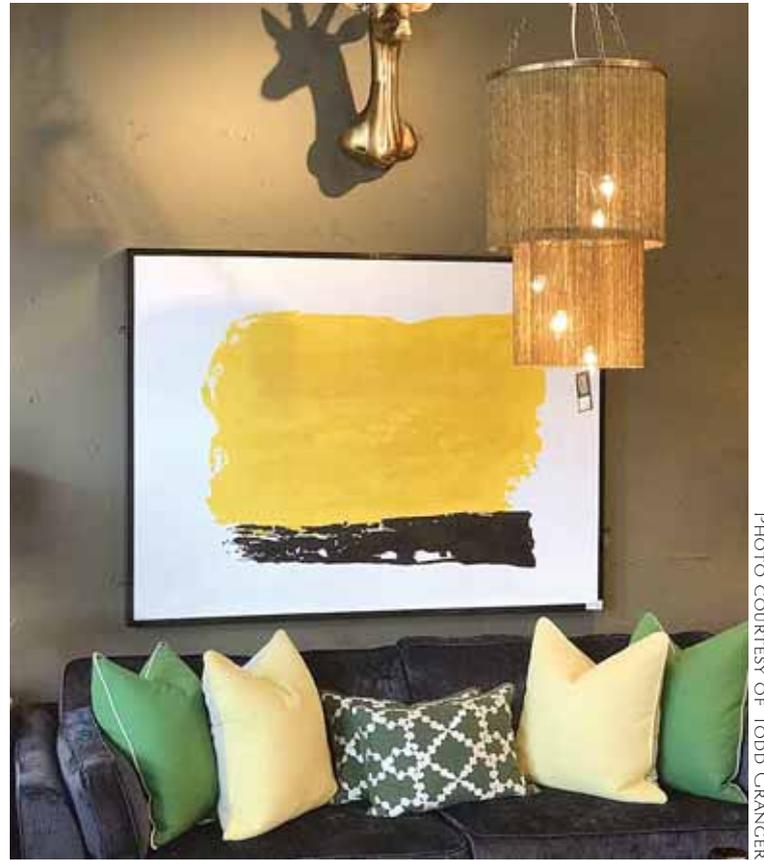


PHOTO COURTESY OF TODD GRANGER

Throw pillows in bold autumn colors can add warmth to a space as the season changes from summer to fall.

Table linens and serveware are a simple way to transition to fall when entertaining, advises Alexandria-based interior designer Beth Mahoney. "For my own home I purchased some dark blue, monogrammed linen napkins that pick up a shade of blue in my china pattern," she said. "Placemats, tablecloths and candles are all inexpensive things that can make an big impact when it comes to changing seasons."

A wreath in the rich autumnal colors hanging on the front door is a definite harbinger of fall, adds Mahoney. "Wreaths made with pretty combinations of fall foliage like pine cones, berries and even pumpkins can be hung in a foyer or the front door," she said. "Gooseberry, lavender and herbs like sage and bay also make great additions to a wreath."



Accessories in warm, rich shades can help transition a home's interior from summer to autumn.

PHOTO COURTESY OF THE NEST EGG

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ENTERTAINMENT

A Visit to 'August: Osage County'

LTA presents drama about dysfunctional family in rural Oklahoma.

BY STEVE HIBBARD

The Little Theatre of Alexandria is presenting "August: Osage County" from now through Sept. 23. When the family patriarch vanishes, the Westons return to rural Oklahoma to care for their afflicted, manipulative mother, Violet. Armed with prescription drugs and paranoid mood swings, Violet reigns over the home as family secrets unfold. This family drama by Tracy Letts won the 2008 Pulitzer Prize and the Tony Award for Best New Play. It is directed by Susan Devine and produced by Lloyd Bittinger.

"What makes 'August: Osage County' different is that it is very intense and deals with difficult issues related to addiction and suicide and how that affects family members as they relate to each other being again pulled together to deal with the tragedy. It is not the kind of show that you will leave humming a Broadway tune," said Bittinger, who has been affiliated with LTA for 23 years and best known for producing "A Christmas Carol."

He added: "(It) is a unique kind of show in that the audience will be exposed to issues and/or situations probably never seen on stage before. The script is very mature and in some ways shocking. You should come away from this show having felt intense emotional responses to the characters and situations the playwright introduced to you."

A director for more than 20 years, Susan Devine said the reason she wanted to direct the show was: "I am always in search of the best material and 'August: Osage County' is both a Pulitzer Prize and Tony Award winning show, so it's definitely superb material. And, it's relatable. It focuses on the modern American family. Tracy Letts



PHOTOS BY MATT LIPTAK

Starring in LTA's production of "August: Osage County" are Carlotta Capuano as Ivy Weston, Nicky McDonnell as Barbara Fordham, and Elizabeth Keith as Karen Weston.

set out to write the next great American family drama and he succeeded."

She added: "(It) deals with very serious problems that can destroy a family, including addiction and infidelity. The show is very emotional and intense, much more dramatic than other shows I have directed."

Fred C. Lash, who is playing the role of Beverly Weston, said he would like the audience to understand what a dysfunctional family goes through when it comes together. "The emotions and arguments portrayed in 'August: Osage County' are not rare, they occur in families every day and must be dealt with. When feelings are penned up and stored deep within someone, it takes a lot to bring them out and the results are not always pleasant," he said.

He added that it is the most thought-provoking and intense play in which he's ever played a role. "It carries the audience to laughter; then makes it cry due to the profound sadness that hangs over the entire show. Also, I have never had a role in which I have spoken and performed at the very beginning, then disappeared until the curtain call," he said.

Tom Flatt, who is playing the role of Charlie Aiken, said "August: Osage County" is a beautifully written show that is heart-breaking, hilarious, and at times shocking, which is the best kind of theater. My character reminds me of my relatives on my father's side, so I connect deeply with him. He also has some of the funniest lines in the show, which makes him a hoot to play."

He added: "I love ensemble shows and ones that would be labeled 'dramedies' (dramas with a lot of comedy). This play kind of ups the ante on that style. I think of it as a tragedy played as a comedy, which makes it unique and challenging."

Diane Sams, who has been acting almost her whole life, plays the role of Violet who is the remains of a painfully sad woman. "She has tried to fill the voids in her life with pills and has only succeeded in driving away her family and leaving herself alone in her own darkness. She has mistakenly interpreted her rage and viciousness as strength which is revealed in the end as the weakness caused by the death of her own humanity," she said.

She added: "To be truthful, I find nothing

appealing about Violet Weston. She is one of those human wrecks for whom one may find pity but only after a large amount of revulsion has been overcome. I feel it is important to play such a character because she is a lesson in the evils of addiction, selfishness and personal weakness."

Katarina Frustaci is playing the role of Johnna Monevata, who she describes as wise and patient. "And because she isn't easily fazed by the drama that ensues in the Weston family, her presence is comforting and provides a steady rhythm among the chaos," she said.

Elizabeth Keith, who is playing the role of Karen Weston, said: "I believe Karen is a strong person and someone who has taken charge of her life against many odds — she has earned her happy ending. However, she wants so much to be loved and accepted that, in the end, she makes a rather untenable choice to follow her dream rather than deal with the reality that unfolds in front of her. She, like many of the women in this play, is also struggling with a loss of her youth and how to deal with the life she has left versus the life she wanted for herself, which presents some validation to her decision."

Greg Wilczynski, who plays the role of Little Charles Aiken, added: "Playing Little Charles has taught me how to enjoy the simple things in life, and the true meaning of forgiveness and love. Love and forgive yourself, so that you can share that with others."

He added: "I believe that the audience will see pieces of their family present throughout the show. Some families may not be to the extreme of the Westons but I guarantee they will share something in common. If nothing else they will leave the theatre very thankful for the family they have."



The Little Theatre of Alexandria is presenting "August: Osage County" from now through Sept. 23. Show times are Wednesdays through Saturdays at 8 p.m., Sunday matinees at 3 p.m. Tickets are \$21 and \$24. The venue is located at 600 Wolfe St., Alexandria. Call the box office at 703-683-0496 or visit www.thelittletheatre.com.

CALENDAR

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday.

ONGOING

"The Painted Rocks at Revolver Creek" by Athol Fugard. Through Sept. 30 at MetroStage, 1201 N. Royal St., Alexandria. "The Painted Rocks at Revolver Creek" by Athol Fugard, directed by MetroStage Artistic Associate Thomas W. Jones II, will open the 2018-19 season at MetroStage. Visit www.metrostage.org.

Geometrics Kiln Club Show.

Through Sept. 30, at Scope Gallery, 105 North Union St., Studio 19, Torpedo Factory, Alexandria. Earthy Enclave Spotlights Shapeshifting in

Clay. Monday-Sunday, 10 a.m.-6 p.m., open Thursday, Sept. 13 until 9 p.m. and Friday, Sept. 14 until 10 p.m. Call Scope Gallery at 703-548-6288 or visit www.scopegallery.org.

Art Exhibit: "Eat, Drink, and Be Merry."

Through Sept. 30, at Del Ray Artisans, 2704 Mt. Vernon Ave., Alexandria. A national ceramic show that celebrates dining and food with a regional art exhibit echoing these themes. Visit DelRayArtisans.org/event/eat-drink-be-merry.

Dollhouse Exhibit.

Through Sept. 30, Tuesdays-Thursdays, 10 a.m.-4 p.m. at Alexandria Black History Museum, 902 Wythe St. Alexandria. Exhibit "Our Alexandria" Dollhouse Collection. The exhibit captures some of the forgotten businesses, people, and institutions that made African

American families strong — church, school, and family. Other exhibits are also on site. Suggested admission \$3 per person. Visit www.alexandriava.gov/museums or call 703-746-4356.

WEDNESDAY-SUNDAY/SEPT. 12-16

Fall Book Sale. At Charles E. Beatley Central Library, 5005 Duke St., Alexandria. The Friends of the Beatley Central Library will hold their Fall Book Sale. Wednesday, Sept. 12, 10 a.m.-8:30 p.m.; Thursday, Sept. 13, 10 a.m.-8:30 p.m.; Friday, Sept. 14, 10 a.m.-5:30 p.m.; Saturday, Sept. 15, 10 p.m.-4:30 p.m. Sunday, Sept. 16, 1-4:30 p.m. Cost is \$3 or less, unless marked: hardbacks, paperbacks,

children's books and audio-visual items. All genres. \$1 Day on Sunday, Sept. 16. Call 703-746-1702 or visit www.beatleyfriends.org.

THURSDAY, SEPT. 13

Garden Tour & Tea. 1-3 p.m. at Green Spring Gardens, 4603 Green Spring Road, Alexandria. Tour the fall demonstration gardens with a master gardener docent who will inspire visitors with stories of Green Spring past and present. Afterwards, enjoy a traditional English afternoon tea. \$32/person. Reservations required. Call 703-941-7987, TTY 703-324-3988.

Young at Art Show Reception.

5:30-7:30 p.m. at Durant Arts Center, 1605 Cameron St., Old Town

Alexandria. This annual exhibition, cosponsored by Senior Services of Alexandria and Goodwin House Foundation, is open to all metropolitan areas residents 55 and older. Artists must deliver their works of art to the Durant Center on Monday, Sept. 10, 10 a.m.-noon to be considered for the exhibition. The exhibition runs through Nov. 8. Visit Young at Art or www.alexandriava.gov or call 703-836-4414, ext. 110.

Opening Reception: 'Autumn Gold.' 5:30-7 p.m. at Coldwell Banker Residential Brokerage, 310 King St., Alexandria. Featuring Nina Tisara's intricate mosaic art. RSVP: ninat@ninatisara.com.

Opening Reception: 'Natural Reaction.' 6:30-8 p.m. at The Art

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ENTERTAINMENT

League Gallery, 105 North Union St., Studio 21, Torpedo Factory, Alexandria. Sculptor and printmaker Brian Kirk courts chemical reactions to create ephemeral, phantom-like prints from rusting metal. Visit www.theartleague.org or 703-683-1780.

Book Talk. 7-9 p.m. Gregory May's book, "Jefferson's Treasure: How Albert Gallatin Saved the New Nation from Debt," is more than a biography. Via the long life of Gallatin, May gives an insightful account of the major political, economic, and financial problems the young U.S. faced from the Washington administration through the Mexican War. RSVP to admin@nvfaa.org.

FRIDAY, SEPT. 14

Garden Talk: Plant More Natives. 1:30-2:30 p.m. at Green Spring Gardens, 4603 Green Spring Road, Alexandria. Learn how to incorporate native plants into a garden for maximum ecological impact and beauty. VCE master gardeners show participants many types of easy-care, native plants that help native bees and birds and brighten the garden with dazzling color. Ages 16-adult. \$10/person. Register online at www.fairfaxcounty.gov/parks/parktakes using code 290 483 3601 or call 703-642-5173.

After the Flood. 6-8 p.m. at Lloyd House, 220 North Washington St., Alexandria. A "Newgrass"/folk Americana string band with soaring harmonies. After the Flood members John Linn, Laura Etabbakh, and Alys Willman started singing together at Saint Stephen and the Incarnation Episcopal Church in Washington, D.C. in 2010. In 2015, percussionist Zack Gleiberman brought in the rhythm, and cellist Maxfield Wollam-Fisher and bassist Matt Wharton joined in 2016. Visit www.fsgw.org.

Public Reception: 'Juxtaposed.' 7-10 p.m. at Target Gallery at The Torpedo Factory, 105 N. Union St., Alexandria. New exhibition explores the Art of Contradiction and investigates opposing or conflicting themes through art. The exhibition features 25 artworks by 12 artists from all over the country. Juxtaposed was juried by Megan Rook-Koepsel, a D.C.-based independent curator. Visit www.torpedofactory.org.

SATURDAY/SEPT. 15

Kayak Cleanups at Four Mile Run. 9 a.m.-noon. The event starts out at The Conservatory Center at Four Mile Run Park, 4109 Mt Vernon Ave., Alexandria. Parking details will be provided to those who RSVP. The Four Mile Run Conservatory Foundation will continue to deploy its fleet of kayaks to collect litter along the streambank of Four Mile Run this Fall, following the efforts over the summer 2018. Visit www.fourmilerun.org.

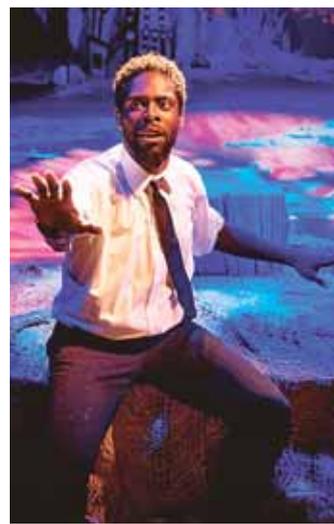
Watercolor Workshop: Extreme Closeups. 9:30 a.m.-3:30 p.m. at Green Spring Gardens, 4603 Green Spring Road, Alexandria. Focus in on the details of a flower, fruit or vegetable (or anything else) to create watercolor paintings with the help of artist and instructor Marni Maree. Close focus is a great way to see things in a different way as close up details become abstracted shapes and then dramatic compositions. Learn and practice watercolor techniques such as wet in wet, pouring, lifting, glazing and more. Supply list will be emailed to participants before class. Adults.

Hurricane Florence

Due to predicted inclement weather, some events may be postponed or cancelled.



Doug Brown and Jeremiah Hasty in "The Painted Rocks at Revolver Creek."



Jeremy Keith Hunter in "The Painted Rocks at Revolver Creek."

'We Are Still Here'

BY CAROLYN GRIFFIN
PRODUCING ARTISTIC DIRECTOR

There is a sold sign on N. Royal Street, the grass sometimes is overgrown, but we are still here. You may have heard that MetroStage is moving which is true, but a lot has to happen before that move takes place. In the meantime we are still here and have opened our 2018-19 season with a very important play by the iconic South African playwright Athol Fugard, "The Painted Rocks at Revolver Creek," his most recent and possibly his last, a play steeped in South African history yet timely, relevant and important to American audiences as well.

I encourage you to attend and support your local neighborhood theatre. We have been producing professional, acclaimed, award-winning plays and musicals for over 30 years, and we intend to continue for at least another 30. And we do it because the material we choose, whether it be clas-

sic or contemporary, play or musical, is of inherent value: intellectual, emotional, political, psychological, historic, or literary or all of the above. We have exceptional artists who commit to telling the playwright's story with truth and authenticity, and you can't ask for more than that these days.

Our tagline has always been "Off Broadway on the River's Edge" so no need to hop on Amtrak just drive a few blocks and see something on stage that will be memorable and possible change your life. At least that is what we believe live theatre does. And we also promise to entertain. Our actors, designers, directors and playwrights are sharing their gifts, and we want to share them with you. There is nothing like live performances experienced in an intimate communal setting, amongst friends and strangers, and strangers who may become friends be the end of the evening. Music, drama, and, of course, holiday entertainment will be on our stage for as long as the building is standing and then onward to our next adventure here in North Old Town.

\$93/person. Register online at www.fairfaxcounty.gov/parks/parktakes using code 290 433 9901 or call 703-642-5173.

Telling their Story: Museum Specialty Tours. 10 a.m. at Gadsby's Tavern Museum, 134 N. Royal St., Alexandria. Tour the halls where Washington, Lafayette, Jefferson, Madison and Burr partied and made history. Consider the ideas debated in the rooms where it happened... for some, but not for all. \$12 per person. Visit www.gadsbystavern.org.

Family Fun: Monarch Migration. 10 a.m.-noon at Green Spring Gardens, 4603 Green Spring Road, Alexandria. Learn about magnificent monarch butterflies and their migration by participating in this site-wide event. Move

through the obstacles in the Monarch Migration Course, moving from egg to butterfly and beyond with games, songs and activities. Age 5-adult. \$10/child. Register online at

www.fairfaxcounty.gov/parks/parktakes using code 290 487 4701 or call 703-642-5173.

Firefighting History Walking Tour. 11 a.m.-12:30 p.m. at 107 South Alfred St., Alexandria. Come to the Friendship Firehouse Museum and explore Alexandria's firefighting history on the "Blazing a Trail: Alexandria's Firefighting History" tour. Admission is \$6 for adults and \$4 ages 10-17. Reservations are required. Purchase tickets at www.alexandriava.gov/shop or by calling 703-746-4994 or 703-746-3891.

Civil War Shelter Program at Fort Ward. 11 a.m.-3 p.m. at Fort Ward Museum, 4301 W. Braddock Road, Alexandria. Can you tell a Sibley tent from a dog tent? How did Civil War soldiers stay warm in camp? This interpretive program will explore a variety of tents and shelter for Civil War soldiers. Call 703-746-4848.

Catch a Critter. Noon-1:30 p.m. at Huntley Meadows Park, 3701 Lockheed Blvd., Alexandria. Grab a net and work with a park scientist to see, touch, and study wetland creatures up close and personal. Use

magnifying lenses to study their unique characteristics and find out what these little animals can tell us about their home. This rare opportunity to dip-net in the wetland is possible through the guidance of park naturalists. \$9 per person. Call 703-768-2525 or visit www.fairfaxcounty.gov/parks/huntley-meadows.

Learn to Cha Cha. 3:30 p.m. at Duncan Branch Library, 2501 Commonwealth Ave., Alexandria. Martha E. Garcia will teach participants to Cha Cha. This event is great for beginners, and free to all. No partner necessary, but feel free to bring one. More lessons will follow as the library celebrates Hispanic Heritage Month in September and October. Visit alexlibraryva.org.

Alexandria Symphony 75th Anniversary. 4 p.m. at Virginia Theological Seminary, 3737 Seminary Road, Alexandria. The concert will feature ASO musicians, led by Maestro James Ross. Audiences will enjoy a mix of patriotic tunes, Broadway hits and light classical favorites. The one-hour format will suit families and novice

symphony-goers. Lawn tickets are \$20 for adults and \$5 for youth (18 and under). Visit www.alexsym.org or call 703-548-0885.

Country-Western Dance. Lessons, 6-7 p.m.; open dancing, 7-9:30 p.m. at Lincolnia Senior Center, 4710 North Chambliss St., Alexandria. The Northern Virginia Country-Western Dance Association will hold a dance. A DJ provides music. Couples and singles of all ages welcome. Admission for NVCWDA members \$10; non-members \$12; children under 18 accompanied by a paying adult \$5. Smoke-free, alcohol-free. Potluck Anniversary Dance, please bring a dish to share. Visit www.nvcwda.org.

Cinema Del Ray Outdoor Movies. 7 p.m. at Mt. Vernon Recreation Center, 2701 Commonwealth Ave., Alexandria. Free. Bring family, friends, neighbors and a blanket to watch these open-air movies. Visit www.facebook.com/cinemadelray.

SATURDAY-SUNDAY/SEPT. 15-16

Mount Vernon Colonial Market & Fair. 9 a.m.-5 p.m. at George Washington's Mount Vernon Estate, 3200 Mount Vernon Memorial Highway, Mount Vernon. Visit with colonial artisans who demonstrate and sell traditional wares such as baskets, wood carvings, tin and ironwork, leather-workings, weavings, furniture, and food. Potomac River sightseeing cruises are available at half price. Included in general admission (\$20 adults; \$12 youth). Call 703-780-2000 or visit www.MountVernon.org.

SUNDAY/SEPT. 16

Murder Mystery Tea. 1-3:30 p.m. at Green Spring Gardens, 603 Green Spring Road, Alexandria. Local author D.M. Quincy discusses the historical mystery novel and her experiences as a writer of the genre. Hear about her lively and suspenseful novels set in Regency London and the challenges of creating an authentic historical backdrop. Afterwards, enjoy some crime-solving at the tea table. Clues will be provided and at the end of tea, the murderer will be revealed. Adults. \$45 (program + tea)/ \$18 (program only). Reservations required. Call 703-941-7987, TTY 703-324-3988.

Constitution Day. 1 p.m. at Pohick Episcopal Church, 9301 Richmond Highway, Lorton. The George Washington Chapter, Virginia Society, Sons of the American Revolution, will be commemorating Constitution Day, celebrating the formation and signing of the U.S. Constitution.

POSTPONED: 9/11 Heroes Run. 2 p.m. at Sandburg Middle School. Race to honor the military and first responders and remember those who died on 9/11 and in the wars since. Registration and sponsorship info for the event is on the Travis Manion Foundation Site: www.travismanion.org/community-engagement/911-heroes-run/2018-alexandria-va/.

Opening Reception: Michael Borek. 2-4 p.m. at Multiple Exposures Gallery, 105 N. Union St., Alexandria. "Aimless Walk Reprise" presents 22 photographs taken by Michael Borek in his native Czech Republic. Over the last 10 years, Borek continued to return to photograph an old blue-collar neighborhood in Prague, where he grew up. Visit www.multipleexposuresgallery.com.

The Cabinet of Curiosities. 4-6 p.m. Opening Reception at The Athenaeum, 201 Prince St., Alexandria. The exhibition features works by specially-invited artists who have exhibited at the Athenaeum in the past, as well as works selected

ENTERTAINMENT

through an open call for submissions. This year's invitational asked artists to explore any aspect of Cabinets of Curiosities both literal and abstract. Visit www.nvfaa.org.

MONDAY/SEPT. 17

Garden Buds. 10-11 a.m. at Green Spring Gardens, 4603 Green Spring Road, Alexandria. Meet in the Children's Discovery Garden one Monday a month. Child 2-3 years old will enjoy different sensory materials out in the garden, rain or shine. Dress for the weather and explore. \$7/child. Register online at www.fairfaxcounty.gov/parks/parktakes using code 290 402 8601 or call 703-642-5173.

Old Town Civil War Roundtable. 7-8:30 p.m. at Washington Street United Methodist Church, 109 South Washington St., Alexandria. Author Gary Dyson speaks about dramatic 1863 capture of the USS Isaac P. Smith near Charleston, S.C. No cost but donations appreciated. Refreshments served. All welcome. Call Mark Tooley at 703-409-4035.

Virginia Room Genealogy. 7-8:30 p.m. at Martha Washington Public Library, 6614 Fort Hunt Road, Alexandria. Laura Wickstead, Librarian of the Virginia Room, City of Fairfax Regional Library, will discuss the numerous genealogical resources of the Virginia Room. Jointly sponsored by Martha Washington Library and Mount Vernon Genealogical Society. Free, open to public. Visit www.mvgenalogy.org.

Ballroom Dance Classes. 7-9 p.m. In Alexandria, call for location. Dance instructor Gary Stephens teaches Fox Trot, Waltz, Tango, Swing, Salsa, Merengue, Rumba, Cha-Cha and Samba. Discover techniques that will help you become a relaxed and confident social dancer in these small, personalized dance classes. Beginners and experienced dancers welcomed—no partner needed. \$30 per person; \$55 per couple. Visit www.artofballroomdance.com, email garystephens@me.com or call 703-505-5998.

Learn to Salsa. 7:30 p.m. at Duncan Branch Library, 2501 Commonwealth Ave., Alexandria. Martha E. Garcia will teach participants to Salsa. This event is great for beginners, and free to all. No partner necessary, but feel free to bring one. More lessons will follow as the library celebrates Hispanic Heritage Month in September and October. Visit alexlibraryva.org.

TUESDAY/SEPT. 18

On-Site Genealogical Research. 1-3 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Board-certified genealogist Victor S.

Dunn will speak about how to make the most of your time on a research trip to a courthouse, library, or other record repository. Free, open to public. Sponsored by the Mt. Vernon Genealogical Society. Visit www.mvgenalogy.org.

Composting Event. 7 p.m. at Kate Waller Barrett Branch Library, 717 Queen St., Alexandria. Turn leaves, yard clippings, kitchen waste and excess paper into black gold for the garden. Learn how to start composting at home, what to put into a compost pile, how to easily maintain it so the materials break down properly, and how to apply it in to the garden and lawn. Free. Registration requested at MGNV.org.

STEAM Challenge Night. 7 p.m. at Beatley Central Library, 5005 Duke St., Alexandria. Test skills and complete challenges and projects about science, technology, engineering, art, and math. Ages 8-14. Visit alexlibraryva.org.

WEDNESDAY/SEPT. 19

Warrior Woman Workshop. 1 and 6:30 p.m. at Curves of Alexandria, 7918 Fort Hunt Road, Alexandria. Free interactive workshop empowers participants with awareness, protection, and education so that a warrior mindset is developed, enabling risk reduction, implementation of learned skills, winning over surviving, and confidence over panic. Call 703-721-2044. Or visit www.facebook.com/CurvesofAlexandria.

THURSDAY/SEPT. 20

Taste of OTN. 4-8 p.m. at Montgomery Park, Old Town North Alexandria, 901 N. Royal St., at intersection of Montgomery Avenue, Alexandria. The Annual Taste of Old Town North celebrates local culture and arts with free food tastings, live music, wellness demos. Call 917-969-6668 or visit oldtownnorth.org/taste.

Kayak Cleanups at Four Mile Run. 5-7:30 p.m. The event starts out at The Conservatory Center at Four Mile Run Park, 4109 Mt Vernon Ave., Alexandria. Parking details will be provided to those who RSVP. Visit www.fourmilerun.org.

Understanding Annuities. 7 p.m. at Burke Branch Library, 4701 Seminary Road, Alexandria. Learn what an annuity is and how it is funded. There are several types of annuities and they are different.

Musician Fox Vernon. 8 p.m. at Evening Star Cafe, 2000 Mt. Vernon Ave., Alexandria. With release of his five-track debut EP, Ghost. Visit www.eveningstarcafe.net.

FRIDAY/SEPT. 21

STEAM Concepts. 10-11:55 a.m. at

Huntley Meadows, 3701 Lockheed Blvd., Alexandria. Youngsters ages 4-6 explore STEAM subjects through active, hands-on investigations and experiments in nature with the guidance of a park naturalist. Children will learn how to use binoculars, magnifying glasses and field microscopes. This program meets weekly for six weeks. The cost of the series is \$108. Call 703-768-2525 or visit www.fairfaxcounty.gov/parks/huntley-meadows.

SATURDAY/SEPT. 22

Mount Vernon Flea Market. 8 a.m.-1 p.m. at 8717 Fort Hunt Road, Alexandria. Flea Market will take place every fourth Saturday of the month through September. Rain or shine. Visit www.facebook.com/mountvernonfleaarket/.

Save the Streams. 9-11 a.m. at Jerome "Buddie" Ford Nature Center, 5750 Sanger Ave., Alexandria. Interested in learning more about the health of local streams? Space is limited and registration is required, email joni.calmbacher@alexandriava.gov to register.

Fall Garden Day. 9 a.m.-3 p.m. at Green Spring Gardens, 4603 Green Spring Road, Alexandria. Visit with a host of local plant and craft vendors selling everything to satisfy fall gardening needs. There will also be a silent auction, bake sale, live music, food and a kids' activities tent. Call 703-642-5173 or visit www.fairfaxcounty.gov/parks/green-spring.

Relay for Pre-K. 9 a.m.-noon at St. Stephen's and St. Agnes Upper School Track, 1000 St. Stephen's Road, Alexandria. The Child & Family Network Centers (CFNC) announces the launch of its inaugural 'Relay for Pre-K.' Registration to walk is free. The three-mile walk will begin at 10 a.m., with registration beginning at 9 a.m. Participants who raise more than \$100 will receive an event t-shirt. Visit www.cfnc-online.org or call 703-836-0214.

Walking with Washington. 10 a.m.-noon at Alexandria Visitor's Center, 221 King St., Alexandria. Explore sites associated with George Washington in his hometown of Alexandria. This guided walking tour of historic Old Towne covers people and events in Washington's life and in American history, with stops at Ramsay House, Market Square, the Carlyle House, Wise's Tavern, Duvall House/Tavern, Gadsby's Tavern, Washington's townhouse, The Lord Fairfax House, "Light-Horse" Harry Lee's house and Christ Church. Free, no reservation required. Visit www.washingtonbirthday.com.

Archaeology Day at Gunston Hall. 10 a.m.-4 p.m. at 10709 Gunston Road, Lorton. George Mason's Gunston Hall presents Archaeology

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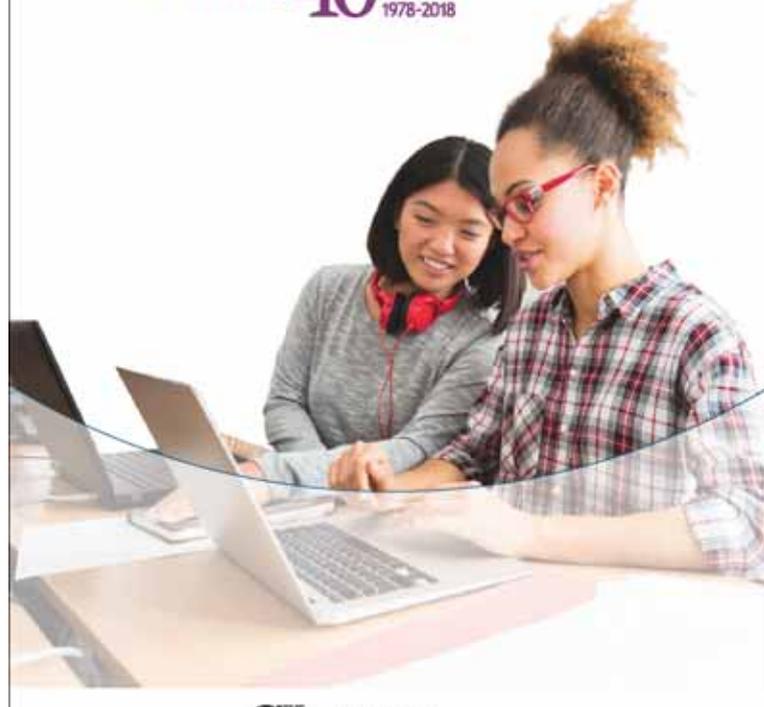
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NEWSPAPERS

ENTERTAINMENT

Off the Menu News and notes from the restaurant scene.

BY HOPE NELSON

From openings to closings to cat cafes and more, there's a lot going on within Alexandria's food and restaurant scene at the moment. Here's a peek into what's on our radar.

SnackBar, Bagel Uprising Closed

The duo – SnackBar providing the storefront, Bagel Uprising providing the breaded carbs – had been serving up snacks for about a year before announcing the closure in August. As the closure date of Sept.

3 drew near, the team announced a **APPETITE** partnership with Common Plate Hospitality Group, the developers of Mason Social, Augie's Mussel Bar and Urbano 116. No details have been made public yet.

Mount Purrnon Aims to Become City's First Cat Café

With the success of DC's Crumbs and Whiskers, Kristin Cowan aims to bring the feline-coffee combination to Alexandria. Per the café's website, Mount Purrnon secured \$25,000 in a springtime Kickstarter campaign and is now "in the process of securing the

remaining funds, finding the perfect location, and tackling all of the remaining permits, licenses, etc." The café aims to be open by the end of 2018.

Glory Days Grill Opens on Duke Street

The latest installment of the expansive chain of sports-themed restaurants opened its doors at 3141 Duke St. in Alexandria last month and celebrated its grand opening Sept. 6. The family-friendly establishment offers up an array of "American"-style fare, from burgers (and veggie burgers) to wings, salads to shareables.

Charlie's On the Avenue Opens in Del Ray

The long-awaited bar and grill has opened its doors at 1501 Mount Vernon Avenue after months of preparation. A sibling to the nearby Live Oak restaurant, Charlie's has more of a sports bar and family-friendly theme, with plenty of noshes to share while watching the game — as well as a full array of sandwiches, tacos, burgers, po' boys and, yes, lots of beer. A kids menu rounds out the offerings.

Hope Nelson owns and operates the Kitchen Recessionista blog, located at www.kitchenrecessionista.com. Email her any time at hope@kitchenrecessionista.com.

CALENDAR

Day, a day dedicated to digging up the mysteries of the past. Activities for all ages, including sifting for ancient artifacts, mending archaeological objects, discovering what remains after 200 years, and dressing like an archaeologist. This event is included with Gunston Hall's general admission. Visit www.gunstonhall.org.

Classic Car Show. 10 a.m.-1 p.m. at The Lyceum's parking lot, 201 South Washington St., in Old Town Alexandria. On display will be Packards, Austins, Oldsmobiles, and other Orphans, from the 1930s-1950s. Orphan cars are any marque of vehicle built by an out-of-business manufacturer. Visit packardsva.org or call 703-424-5871.

Historic Homes Tour. 10 a.m.-3 p.m. A walking tour featuring some of the beautiful homes in Old Town Alexandria, proceeds will benefit Inova Alexandria Hospital. Sponsored by The Twig, Junior Auxiliary of the hospital. \$40 in advance; \$45 tour day. On tour day, tickets may be purchased at the Alexandria Visitor Center, at The Twig Thrift Shop at 106 N. Columbus St. or at The Athenaeum at 201 Price St. Email HomesTourBeane@gmail.com, call 703-338-0691 or visit www.thetwig.org/Homes-Tour.

Blue Sky Puppet Theatre. 10 a.m. and 11:15 a.m. at Durant Arts Center, 1605 Cameron St., Alexandria. Silly Goose and Val perform. The City of Alexandria's Office of the Arts has collaborated with the National Capital Puppetry Guild for a series of monthly family-friendly shows. \$5. Visit alexandriava.gov/webtrac and search keyword "puppet."

Trash Cleanup. Noon-3 p.m. at Dyke Marsh and along the Mount Vernon Trail. Check in at Belle Haven Park or the Dyke Marsh Haul Road entrance. Sponsored by the Friends of Dyke Marsh (www.fodm.org) and the National Park Service (www.nps.gov/gwmp). Sponsors will provide gloves, bags and tools. This event will occur unless there are heavy rains and/or lightning.

ASTEAM Fall Family Carnival. 12-4 p.m. at Charles Houston Rec Center, 901 Wythe St., Alexandria. This event

is a social amusement platform for leveraging technology infused games and immersive hands-on experiences geared towards encouraging young people to become engaged, knowledgeable and skilled in the ASTEAM (Aviation, Science, Technology, Engineering, Art, and Mathematics) disciplines within the power of play. Visit www.nvul.org or call 703-836-2858.

Write Like a Woman Networking Workshop. 1:30-3:30 p.m. at The Athenaeum, 201 Prince St., Alexandria. Facilitated by Poet and Author KaNikki Jakarta, "Write Like A Woman Networking Workshop" welcomes women writers ages 18-100. The meetings are for amateur and professional writers. Every session includes writing exercises and networking. RSVP at admin@nvfaa.org.

Charles Williams Cabaret. 7:30-9 p.m. at Mount Vernon Unitarian Church, 1909 Windmill Lane, Alexandria. Vocalist Charles Williams, with Betty Bullock on piano, will be performing The Great American Songbook, including selections from Cole Porter, George Gershwin, Irving Berlin, Rogers and Hart, Duke Ellington. Visit www.mvuc.org. \$20. Tickets are available at MVUCevents.brownpapertickets.com.

Sips & Secrets: A Speakeasy Night. 7-10 p.m. at Lee-Fendall House Museum and Garden, 614 Oronoco St., Alexandria. Sips and Secrets: A Speakeasy Night is an annual 1920s-themed gala fundraiser to support the Lee-Fendall House Museum. All proceeds from this event will fund urgently architectural repairs and stabilization for the house's historic 233-year-old foundations. \$35-\$85. Visit www.eventbrite.com/e/sips-secrets-a-speakeasy-night-tickets-44825724950.

SATURDAY-SUNDAY/SEPT. 22-23

King Street Art Festival. Rescheduled due to Hurricane Florence. Saturday, 10 a.m.-7 p.m.; Sunday, 10 a.m.-5 p.m. at King Street in Alexandria, from Washington Street to the waterfront. Free admission. The street is transformed

into an outdoor art gallery with original fine artwork by more than 200 artists from around the country. Enjoy live music, and interactive art activities, as well as The Art League's Ice Cream Bowl Fundraiser and the Torpedo Factory Art Center's Beer & Wine Torpedo Garden, 11 a.m.-4 p.m. both days. Visit www.VisitAlexandriaVA.com/artfest or call 703-746-3301.

Ice Cream Bowl Fundraiser. 10 a.m.-4 p.m. Saturday; 11 a.m.-4 p.m. Sunday. at the King Street Art Festival, Market Square, corner of King and N. Fairfax streets. Purchase one of more than 1,400 handmade bowls created by the artists of The Art League's Ceramics Department and enjoy a scoop of ice cream. Proceeds benefit The Art League's Ceramics department. \$15 per bowl. Visit www.theartleague.org.

SUNDAY/SEPT. 23

Run! Geek! Run! 8:30 a.m. The race will take place in Alexandria, with the starting line between George Washington Middle School and the Braddock Road Metro stop. Proceeds from the race will benefit the Alexandria Seaport Foundation. Come either run or walk this flat course. Register at rungeekrun.com/register.

AHA Garden Party. 4-7 p.m. at Murray-Dick-Fawcett House, 517 Prince St., Alexandria. At Home in Alexandria will hold a Garden Party at the historic Murray-Dick-Fawcett House in Old Town to benefit the organization's mission. Attendees will be invited to tour the public rooms of the home and enjoy a buffet, fine wine and live music in the garden. The event is open to the public with advance ticket purchase at www.athomeinalexandria.org/donate. Tickets are \$75. Call 703-231-0824.

Live Music: Joe Jencks and Nicole Belanus. 7 p.m. at George Washington Masonic National Memorial, 101 Callahan Drive, Alexandria. Tickets are \$18 in advance at www.focusmusic.org/buy-tickets and for members, \$20 at the door. Email Herb@FocusMusic.org or call 703-380-3151.

Learning To Use Design Thinking

Browne Academy's faculty and staff kicked off the year with a professional development training focused on design thinking. Design thinking, a process for problem-solving creatively, is a component of the school's inquiry-based program. Led by Greg Kulowiec, a consultant with EdTech Teacher, the training took place in Browne Academy's Maker Space.

The session gave staff hands-on experience with design thinking to better enable them to use the process in their curricula. While there are variations of the design thinking process, Stanford's Design Thinking model is commonly used. Its elements include empathizing, which determines the needs and wants of an audience; defining, ideating (brainstorming); prototyping; and testing a project. In the session, participants broke into groups with the task of bringing happiness to a target population. Ideas/prototypes included special backpacks (with nondescript compartments for toiletries, food, etc.) to bring happi-



PHOTO CONTRIBUTED

Browne Academy junior kindergarten assistant teacher Charles Copening and lower school science teacher Tiffany March work on their prototype during the professional development session on design thinking.

ness and dignity to homeless children; a "cat/dog café" at an animal shelter to bring more human contact to animals waiting for homes; and students/retirees working together to benefit a charity. Middle School history teacher Nikki Cannavo is eager to employ design thinking, saying: "I can't wait to use design thinking in my

history classroom. It offers students so many opportunities to think critically and create products for authentic audiences in a way that lets them truly take ownership over the process. From Middle East peace plans to Ancient Greek iMovie advertisements, our 5th and 6th graders have an exciting year ahead."

BULLETIN BOARD

FROM PAGE 8

Forum. The certified candidates have been invited and are listed here as they appear on the Virginia Department of Elections' website: Jeff A. Dove, Jr. (R), Gerald Edward Connolly (D) (incumbent), and Stevan M. Porter (L). The questions for the candidates will come from the audience. This event is free and open to the public. Email PR@lww-fairfax.org for more.

THURSDAY/SEPT. 18

Drinks and Deals. 5:30-7 p.m. at Mount Vernon Athletic Club, 7950 Audubon Ave. Networking at this club with tennis courts and full health and fitness facilities. It is a hidden gem just off Richmond Highway behind the Costco. Free for Chamber members and their guests; \$35 others. Visit www.mtvernon-leechamber.org/ to register.

Lions Club: Dinner Meeting. 6:30 p.m. social; 7 p.m. dinner meeting at Pema's Restaurant, 8430 Richmond Highway. The Mount Vernon Evening Lions Club is a member of Lions Clubs International which is the world's largest service organization. While the club supports the goals and services of the International organization its main focus is providing service to members of the local community through various service projects. Contact Lion Reba Morse at 703-339-7099 or Lion Andrea Corsillo at 703-960-4973.

THURSDAY/SEPT. 20

IEP Training: Least Restrictive Environment and Services. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Learn about new changes to the IEP regarding the least restrictive environment for students receiving special education services. Staff from

the FCPS Office of Special Education Procedural Support and the FCPS Office of Special Education Instruction will present this workshop for parents of students receiving special education services. Visit www.fcps.edu/resources/family-engagement/parent-resource-center to register.

FRIDAY/SEPT. 21

Gender Differences in ADHD. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. ADHD is commonly diagnosed in childhood, although it is diagnosed much more frequently in boys than in girls. Unlike boys, many of whom show hyperactivity, girls' symptoms may present more toward inattentiveness and disorganization. Patricia Quinn, MD, will discuss the gender differences in ADHD and the implications in diagnosis and treatment. Visit www.fcps.edu/resources/family-engagement/parent-resource-center to register.

FRIDAY-SATURDAY/SEPT. 21-22

Car Free Days 2018. Telework, bicycle, walk, take transit or carpool/vanpool (car-lite). Everyone who takes the free pledge for one or both days will be entered into a raffle. Registrants will also have the opportunity to participate in several local area events including: PARK(ing) Day, Clarendon Day, The Great Frederick Fair, Try Transit Week, and more. Take the free pledge to go car free or car-lite for a day at www.CarFreeMetroDC.org.

TUESDAY/SEPT. 25

IEP Training: Least Restrictive Environment and Services. 7-9 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring.

Learn about new changes to the IEP regarding the least restrictive environment for students receiving special education services. Staff from the FCPS Office of Special Education Procedural Support and the FCPS Office of Special Education Instruction will present this workshop for parents of students receiving special education services. Visit www.fcps.edu/resources/family-engagement/parent-resource-center to register.

THURSDAY/SEPT. 27

Regional Housing Leaders Reception. 6-8 p.m. at US Patent and Trademark Office, 600 Dulany St., Alexandria. 2018 Regional Housing Leaders Reception, hosted by the Northern Virginia Affordable Housing Alliance. Celebrate the individuals and organizations leading the way toward more equitable, inclusive, and thriving local communities. Leon Andrews, Director, Race, Equity and Leadership Initiative, National League of Cities, to keynote. \$50. Visit actionnetwork.org/ticketed_events/nvaha-2018-regional-housing-leaders-reception-and-awards-ceremony for more.

FRIDAY/SEPT. 28

Google Classroom 101. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Start the school year off by attending this workshop to learn how Google Classroom works and what parents need to know. Eric Fleming, FCPS Assistive Technology Services, will present Google Classroom 101. Visit www.fcps.edu/resources/family-engagement/parent-resource-center to register.

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

-Werner Heisenberg

A Declaration of Semi Independence



By KENNETH B. LOURIE

Now that I've spent the last two publishing weeks moaning and groaning about my potentially life-changing CT scan results from my upcoming Sept. 26 scan, I think it's time to buck up, don't you? I mean, how long can I continue to drone on before I bore even myself? Talk about putting the cart before the horse, I'm putting myself before the cart.

If I've learned/assimilated anything in my nine and half cancer years, it is that waiting for results rather than presuming or anticipating and/or especially overreacting to them in advance of anything actually being confirmed as negative/problematic is, highly recommended. Much easier said than done I understand, but the alternative "batters no parsnips," to quote Mrs. Patmore from the Downton Abbey kitchen.

And if one has been compromised, as I have been by a "terminal" diagnosis (2/27/09), followed by years of chemotherapy and the variety of associated side effects, wasting any time or energy on pursuits which don't enhance life, liberty and the pursuit of happiness, is a pursuit not worth pursuing.

Moreover, given how little control one has over the entire cancer experience - from initial screening/testing/diagnosing/staging to lab-testing/treating/maybe even "surgerizing" (to use of my late father's made-up words), it would seem the sooner the patient/survivor accepts and sort of embraces their place in the cancer feedback loop, the better. Otherwise, the process likely becomes even more excruciating than it already is.

The problem is that cancer can be, shall we say, uncooperative.

Adding to its "uncooperativeness" is its effect on a patient (yours truly) who has lived years beyond the presumptive treatment guidelines oncologists refer to. Generally speaking, stage IV, non-small cell lung cancer survivors of nearly 10 years are few and far between so there's very little empirical evidence/information available advising oncologists how to treat the anomaly. (I've been called worse.)

They're challenged enough determining how to treat the 234,030 new cases projected for 2018 (according to the American Cancer Society). When it comes to treating an old case - mine, common sense and trying to not make things worse seems as much a reasonable course of action as any, especially as I try not to count the days until my next scan. It will get here soon enough - or not - so I see no advantage in obsessing about it and staring at the calendar.

Oddly enough, outliving one's prognosis by as many years as I have presents its own peculiar set of problems.

I never thought I'd be quoting/invoking a Doris Day song but, "Que sera, sera, Whatever will be, will be, The future's not ours to see, Que sera, sera. What will be, will be." And though I realize Doris wasn't singing about cancer per se, it was more so about life.

Nevertheless, if there's one subject that us cancer patients could use all the uplifting lyrics sung and/or talked about, it is words which can minimize the slings and arrows of the outrageous misfortune which has befallen us and to help find a way to make the best of the extraordinarily difficult circumstances life has us living.

So what if I have to wait a month for the other shoe to potentially drop? I'm alive and reasonably well. Besides, there's no guarantee that the shoe dropping will be the cancer shoe. Maybe it will be the non-cancer shoe?

Regardless, whatever shoe drops on or about Sept. 26, I'll be there to pick it up, find some bootstraps, buckle up and get on with it.

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

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

NEWS

Communicating

FROM PAGE 5

if you don't think you can afford a lawyer, there are forms and services available online, so at least you leave your loved ones with some kind of direction. The biggest group of people who need to think about this but often don't are single people. Someone inevitably has to take care of things, and you want to have a say in what to do with your remains."

In many ways, end-of-life decision-making is all part of carrying out an empowered life.

"These are decisions you should make versus having someone make for you," Houk said. "When you leave it for your family to take care of, things can get ugly. One case involving family members who didn't agree on what to do with someone's remains went all the way to the Supreme Court. It's always developing a plan, even if it's going online to fill out a will. Size of problems have nothing to do with the size of the estate. No matter how you do it, it should be your will. It's about what you want, and not what the law or your sister or your kids want. What do you want?"

The book is available directly from the publisher, sales@abc-clio.com, on Amazon, or on the official website, peaceofmindforyouragingparents.com.

CRIME REPORT

FROM PAGE 7

7600 block of Richmond Highway, personal items from business
 6300 block of Richmond Highway, merchandise from business
 3100 block of Lockheed Boulevard, merchandise from business
 1600 block of Belle View Boulevard, merchandise from business
AUG. 24 - LARCENIES
 7700 block of Richmond Highway, power tools from business
 7900 block of Fitzroy Street, dog from front porch
 7900 block of Bayberry Drive, cash from residence
AUG. 23 - LARCENIES
 6200 block of South Kings Highway, bicycle from parking garage
 6200 block of South Kings Highway, bicycle from parking garage
 7500 block of Richmond Highway, wallet from business
AUG. 22 - LARCENIES
 6300 block of Richmond Highway, wallet from business
 5900 block of Richmond Highway, airbag from vehicle
 1800 block of Edgehill Drive, property from vehicle
 6800 block of Richmond Highway, cell phone from business
 6300 block of Richmond Highway, airbag from vehicle
 6700 block of Richmond Highway, bicycle from business
 6000 block of Richmond Highway, debit card from hotel room
AUG. 21 - LARCENIES
 7600 block of Richmond Highway, cash from business
 7700 block of Richmond Highway, merchandise from business
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 6600 block of Richmond Highway, wallet from purse
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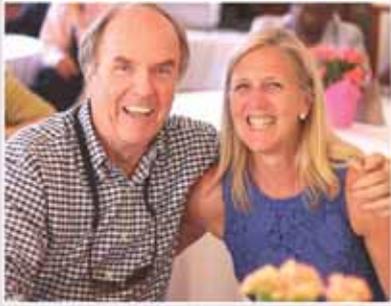
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\$600,000

Classic Southwood Colonial in one of area's premier communities. Home is in fabulous condition and has many substantial upgrades including: roof, windows,

kitchen, stainless steel appliances, granite countertops and gorgeous hardwood floors. Other features include two car garage and expansive exterior deck. Home Warranty! Great value!

JUST SOLD!



3601 Drews Ct.
\$700,000

Expansive classic Colonial in pristine condition. 4 Bed/3.5 Bath home includes dramatic entry foyer, excellent flow through main level, Kitchen opens to family room, master suite with spa like bath &

spacious walk in closet. Finished basement includes rec room, bedroom, full bath and tons of storage. Not a better deal to be found for a home of this caliber in the Mt Vernon area!

JUST SOLD!



4519 Dolphin Ln
\$545,000

Fabulous large rambler with huge potential. Gorgeous half acre lot just steps from Mt. Vernon Yacht Club. Features include large room sizes, open floor plan, replacement windows,

finished lower level with direct outside access, sun room and over sized carport. Excellent value in Yacht Haven!

JUST SOLD!



8816 Black Alder Dr.
\$640,000

Sold off the market! 4 Bedroom, 2.5 Baths. Special features include: new roof, updated kitchen and baths, kitchen overlooking family room with fireplace, large fenced rear yard, oversize

two car garage, attractive classic colonial front elevation enhanced by front portico with two story pillars. This house has it all!

JUST SOLD!



3801 Densmore Ct.
\$665,000

Exceptional Value! Spacious home on gorgeous large lot on quiet cul-de-sac in Westgate! Features include: stately front portico, huge master suite with sitting room, hardwood floors, 4

Bedrooms, 2.5 Baths, 2 Fireplaces, updated Kitchen with gas cooking, incredible screen porch overlooking private fenced rear grounds, & 2 car garage. Unique opportunity!

JUST SOLD!



9500 Ferry Harbour Ln
\$800,000

Extensively updated 4 Bed/2Full/2Half Bath home in prominent Mt. Vernon location. Major updates include: Kitchen, windows, doors, roof, exterior painted, many more! 4 fireplaces

including one in master sitting room enhanced by jaw dropping bath and walk in closet. Expansive rear grounds with hardscaping, pergola, and large lawn with shed. Don't miss this opportunity!

JUST SOLD!

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