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Mount Vernon Gazette



MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER

MARCH 21, 2019



CHAMBER PHOTOS

New Members

New Chamber members recognized at the Mount Vernon Lee Chamber of Commerce March Business Breakfast, held at Belle Haven Country Club, were, from left, Daleanice Barkins, Paychex; Tim Cutrona and Doreen Venezia, Meadow Woods Apartments; Stan Koussis, Chamber president; Lyssa Seward, Seward Realty Group; and Mark Viani, Bean Kinney & Korman PC.

The largest collection of military historical items will be in the National Museum of the United States Army opening in 2020 at Fort Belvoir. Mount Vernon Lee Chamber of Commerce March Business Breakfast on March 14 featured a presentation by Robert Anderson, US Historical Foundation, who showed slides of current construction along with an illustration of the finished galleries. At right, from left are Sonja Caison, Chamber chairman; Robert Anderson, US Army Historical Foundation; and Stan Koussis, Chamber president.



Protecting Student-Athletes

New state law updates concussion guidelines.

By ANDREW GIONFRIDDO
CAPITAL NEWS SERVICE

A new state law will require Virginia schools to regularly update their policies on educating coaches, student-athletes and parents about concussions and on when student-athletes can return to play after suffering such an injury.

Under the law, which takes effect July 1, the state Board of Education must collaborate with brain-injury and other experts to biennially update state guidelines on policies related to concussions. Using those guidelines, local school boards then must revise their policies and procedures on how to handle suspected concussions received by student-athletes.

The law is the result of House Bill 1930, which was sponsored by Del. Richard "Dickie" Bell, R-Staunton, and passed unanimously by the General Assembly.

"Concussions can be a serious medical concern and should not be taken lightly," Bell said. "It is critical that we keep our guidelines up to date to ensure that we protect

the health and well-being of our student-athletes, and that is what HB 1930 aims to do."

Gov. Ralph Northam signed the legislation into law on Feb. 22, saying it builds on efforts he advocated when he served in the Virginia Senate in 2013.

"As a state senator, I introduced and passed legislation directing the Board of Education to develop these guidelines and requiring local school divisions to create policies for identifying and handling suspected concussions," Northam said.

"Del. Bell's legislation will strengthen this practice by requiring the board's guidelines and divisions' procedures to be updated biennially, which will help account for new research and enhanced knowledge."

"If I were to go back, I would have sat out even longer."

— Patrick Bowdring, former lacrosse player at West Potomac High School

Among the stakeholders working with the Board of Education are the Virginia High School League, the Virginia Department of Health and the Brain Injury Association of Virginia.

"We are fortunate to have open lines of communication and the ability to share feedback with one another," said Chris Robinson, assistant director for athletics for the VHSL.

He said that over the past decade, there has been "a heightened awareness of the inherent long-

SEE STUDENT, PAGE 3

Comment on Route 1 Design

Design public hearing is March 26 at Mount Vernon High School.

The state Department of Transportation will hold a design public hearing Tuesday, March 26 on plans to improve about three miles of Richmond Highway (Route 1) from Jeff Todd Way to Sherwood Hall Lane in Fairfax County.

The recommended design will widen the road from four to six lanes, provide bike paths and sidewalks on both sides of the road, and reserve the median

width necessary to accommodate Fairfax County's future Bus Rapid Transit plans for dedicated bus-only lanes. Preliminary engineering and right of way have been fully funded by federal, state, and county sources, as well as the Northern Virginia Transportation Authority.

The public is invited to stop by between 6:30 and 8:30 p.m. in the auditorium/cafeteria (use entrance 4) at Mount Vernon High School, 8515 Old Mount Vernon Road, to learn more about the project, as well as review and provide input on the preferred design plans. VDOT staff will be available to answer questions. A presentation will begin at 7 p.m.

Visit www.virginiadot.org/richmondhighway for more information.

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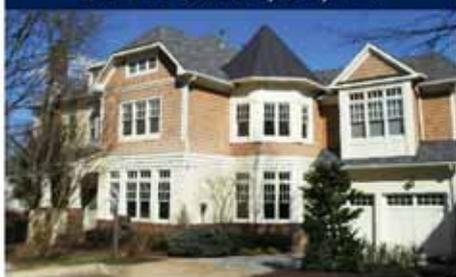
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OPEN SAT & SUN, 2-4



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E-bikes Hit the Trails

Trail users react.

BY MIKE SALMON
THE GAZETTE

Electric bikes are out there and, like it or not, they may be coming to a bike trail near you. On one hand, the electric bike provides mobility to seniors and others that are not able to ride the hilly trails so this increases the mobility for a certain part of the population. On the other hand, it would be introducing a motorized vehicle to a venue where they were forbidden in the past. NOVA Parks recently had a meeting on e-bikes and they stated in their research that:

❖ e-bike users exhibit nearly identical behaviors as regular bike users;

❖ e-bikes speed were observed to be lower than standard bike speeds on shared trails;

❖ most trail users are unaware of the presence of e-bikes when asked.

In addition, Capital Bikeshare recently announced that it will expand the fleet of electric Capital Bikeshare Plus bikes from 85 bikes to 500 under the pilot program which began in September 2018. The e-

VIEWPOINTS

What do you think of e-bikes being allowed on the area bike trails?



Hennen
"I don't like it, I've been biking this trail for 38 years, it's crowded as it is." – Gary Hennen, Alexandria resident



Laasko
"I'm not opposed to the use of e-bikes as long as e-bikes obey the same rules. I support recreation so healthy lifestyles are supported." – Daniel Laasko, Fort Belvoir



"I use this trail for walking, I'm happy as it is, I don't want more traffic on the trail." – Allyson Brown with dog Lexi her Golden Retriever, Mount Vernon resident



"I'm not for it, I like the bikers and runners, should be natural, a natural walking and running trail, and they agree with me." – Brian Usher pointing at his two children Giuseppe, 2, and Conrad, 2.5, Mount Vernon residents

bikes – which are pedal-assist – provide an electric boost up to speeds of 18 mph, while the maximum recommended safe speed posted along the area bike trails is 15 mph.

"More e-bikes in Alexandria's Capital Bikeshare fleet is a game changer for people who might be interested in bicycling but unsure about their physical fitness for

riding. Hills that once seemed daunting will be less of an issue with pedal-assist e-bikes. These ebikes will also open up bicycle commuting as a viable option for more people this summer, when Metro is performing its station platform work," said Yon Lambert, director of Transportation & Environmental Services, City of Alexandria.

"I have concerns on how fast they could go and how much they are concerned with the rules of the path, I'm not opposed but concerned about the rules." – Andy Polesovsky, Washington, D.C. resident



Scout Project Fixes Church Outdoor Worship Area

And honors fallen Scout.

BY MIKE SALMON
THE GAZETTE

To honor a fellow student, fix the outdoor worship area, and fulfill Eagle Scout requirements, Hayfield Secondary School senior Joseph Larsen spent a Saturday recently at the Faith Fellowship Assembly of God off Telegraph Road, raking, clearing, sawing and hammering with much success.

With clear skies above on March 16, Larsen recruited friends, family and other Scouts to help gather 75 bags of leaves and debris in their mission at Faith Fellowship. A bench that was dedicated "In memory of Hunter Lewis" was also rededicated with new paint and Dremel work. "Everyone working together made all of the difference in the world," Larsen wrote in a thank you note he sent out that evening. Hunter Lewis was also a Scout in the same troop and died



Joseph Larsen, center with black sweatshirt, is among friends and family for the completed project.

in a car accident while on summer vacation in years past.

The group that helped included Jim Larsen, Theresa Larsen, John Larsen, Robert Williams, Ryan Williams, Kenny Ngo, Jonathan Wier, Susan Hayden, Max Hayden, Alexander Hayden, Susan Burnell, Eric Burnell, Sean McLaren and Logan McLaren. At the lunch break, pizza was

delivered from Kingstowne Papa John's Pizza.

Larsen is part of Boy Scout Troop 1519, sponsored by the Hayfield Farms Citizens Organization, and Larsen has two more projects in April that will be part of his Eagle Scout requirements. After graduation this spring, he heads to the U.S. Marine Corps on June 18.



Scouts' energy and enthusiasm paid off at the Faith Fellowship Assembly of God.



This bench in memory of Hunter Lewis was fixed as well.

Student-Athletes Receive Further Concussion Protection

FROM PAGE 1
term effects of head injury have increased."

"This has created the need to change many rule codes to protect athletes at all levels from these types of injuries," Robinson said.

An estimated 1.6 million to 3.8 million sports-and recreation-related concussions occur each year, according to the U.S. Cen-

ters for Disease Control and Prevention. The Brain Injury Research Institute says high school athletes who suffer a concussion are three times more likely to suffer a second.

Football accounts for more than 60 percent of concussions suffered in organized high school sports.

Sports leagues at the professional, collegiate and high school levels have already

taken strides in improving safety measures and helmet technology for contact sports to mitigate concussions. Some experts say rule changes in certain sports might be the next step in protecting players.

Patrick Bowdring, 23, who is majoring in interdisciplinary studies at Virginia Commonwealth University, said he received more than one concussion while playing

lacrosse at West Potomac High School.

Bowdring said student-athletes should take such injuries seriously — and make sure they have fully recovered before resuming their sport.

"Your brain and your future are so much more important," he said. "If I were to go back, I would have sat out even longer. It's your life; it will have an effect on you."

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NEWS



PHOTO CONTRIBUTED

Alexis Feeney Tallman, chairwoman of Good Shepherd Housing and Family Services Board, and Jeff McKay, Lee District supervisor at March 14 ribbon-cutting.

Ceremony Marks 70th Unit Of GSH's affordable rental housing.

On March 6, 2019, Good Shepherd Housing and Family Services, Inc. (GSH) acquired its 70th affordable rental housing unit. This particular unit in Colchester Towne is a two-bedroom apartment and was acquired wholly using private contributions. Each acquisition expands the ability of GSH to offer permanent affordable rental housing in Fairfax

County.

A special ribbon cutting ceremony commemorating the acquisition was held on March 14. Several state and county officials attended the ceremony, including: Jeff McKay, member, Fairfax County Board of Supervisors, Lee District; Paul Krizek, member, Virginia House of Delegates, 44th Dis-

SEE GSH MARKS. PAGE 7





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Help Identify Suspect

Mount Vernon District Police are asking for the public's help in identifying a man who showed a sexually explicit video to a teenager Sunday, March 17.

Officers were called to the Goodwill at 6220 Richmond Highway around 5:45 p.m. for a report of a man who had been following a teen throughout the store. The man, who only spoke in Spanish, asked for help in deleting something from his phone and showed the teen a sexually explicit video. Surveillance video confirmed the suspect followed the teen throughout the store before approaching her.

The suspect is described as a Hispanic man, about 5'7", thin build with the sides of his head shaved and short hair on top, wearing a dark blue jacket with a white T-shirt underneath.

Anyone who has information about this case or suspect information is asked to contact the Mount Vernon District Station at 703-360-8400. Tips can also be submitted anonymously through Crime Solvers by visiting www.fairfaxcrimesolvers.org, or calling 1-866-411-TIPS (8477). They can also be sent in by texting "TIP187" plus the message to CRIMES (274637). Text STOP to 274637 to cancel, or HELP to 274637 for help. Anonymous tipsters are eligible



Police seek the public's help in identifying this man.

for cash rewards of \$100 to \$1,000 if their information leads to an arrest.

CRIME REPORT

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

COMMERCIAL BURGLARY: 7702 Richmond Highway (AT&T), March 18, 1:04 a.m. Officers responded to the

store for an alarm. The entrance door was damaged and merchandise was stolen.

BURGLARY: 6000 block of Florence Lane, March 15, 10:06 p.m. Officers were called to a home for an alarm and

discovered a broken window. Personal items missing from the home.

BRANDISHING/ASSAULT: 8200 block of Richmond Highway, March 13, 8:05 p.m. A 25-year-old man from Alex SEE CRIME, PAGE 17



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Alex/Stoneybrook Court \$439,000
4411 Coldbrooke Court
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UNDER CONTRACT

Alex/Riverside Estates \$544,900
8525 Wagon Wheel Road
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UNDER CONTRACT

Alex/Riverside Estates \$589,000
3100 Battersea Lane
Beautifully updated 4BR, 2.5BA Colonial in popular Riverside Estates. Double pane windows, kitchen with hardwood floors, granite counters/SS appliances. Baths all updated and nicely painted interior with newly refinished hardwood floors on main and upper levels. Large walkup basement with fresh paint and new flooring. 8 minutes to Ft. Belvoir (S), 16 mins to Old Town, Alex (N). Beautiful home and just minutes to the George Washington Parkway!!



SOLD

Alex/Riverside Estates \$519,900
8323 Blowing Rock
Lovely 4BR, 2.5BA Split on a beautiful, .25 acre fenced lot! Become a member of coveted Riverside Estates for the great price of \$514,900. Upgraded kitchen w/12" ceramic tile floor, granite counter tops & SS appliances. Double pane windows & 6 panel doors throughout. Updated baths & hardwood floors covered by carpet on main & upper levels. Barbecue and entertain out back on a charming slate patio. This will go quickly - 10 mins to Ft. Belvoir, and 15 minutes to Old Town, Alex.



SOLD

Alex/Riverside Estates \$590,000
8312 Cherry Valley Lane
Beautifully renovated 4BR, 2.5BA home w/1 car garage-New Kitchen w/SS, and quartz counters, New baths, Interior freshly painted, Refinished hwd floors, new carpeting in LL and New windows throughout. Large deck w/ no-maintenance composite decking can be accessed from Master Bedroom, Kitchen & Dining Rm. Family Rm w/FPL - Crown molding, 6 panel int. doors, recessed lighting. Great Location Minutes to Ft. Belvoir & GW Pkwy.

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GSH Marks Milestone

FROM PAGE 4

trict; Karen Corbett Sanders, vice chair, Fairfax County School Board, representative of Mount Vernon District; James Migliaccio, member, Fairfax County Planning Commission, Lee District; Ashley Montgomery, director of Public Affairs, Department of Housing and Community Development, Fairfax County; and Albert McAloon, member, Fairfax County Redevelopment and Housing Authority Commission, Lee District. "Preserving and developing new affordable housing remains a priority for Fairfax County," said McKay. "For many years, Good Shepherd Housing has been a strong partner with Fairfax County, providing affordable housing to struggling families. I am pleased to see that the community supports this effort as much as the county does, and am honored to celebrate this milestone acquisition which was purchased entirely with private contributions."

"Every year, GSH is able to help one thousand working households thanks to the support of our generous community," said David Levine, president and CEO of GSH. "We are planning to add at least an additional 150 units to our current housing inventory by 2025. Stable, affordable housing is the first step in a family's journey to self-sufficiency, financial stability and economic empowerment."

GSH was formed in 1974 when several

parishioners at Good Shepherd Catholic Church found a struggling homeless refugee family living along Richmond Highway. They came together, first providing emergency shelter at a local hotel, building them a home, and then providing support services over many years. As times changed, the volunteers realized that need in the area had grown exponentially. In response, the organization hired a permanent, professional staff and acquired affordable housing units scattered throughout the Alexandria area of Fairfax County.

GSH is situated along the historic Richmond Highway corridor of Fairfax County and has housed thousands of neighbors in need. On average, GSH clients earn between 35 and 50 percent of the area median income (AMI), which in Fairfax County is \$112,000 for a household of four. An analysis of the local real estate market has shown that for every two families that are within the 30 to 50 percent AMI, only one housing unit is available that is also affordable.

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.

DONATIONS NEEDED

UCM Needs Help. United Community Ministries

SEE BULLETIN, PAGE 16

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OPINION

Adjusting Taxes, Finalizing Budget

BY SCOTT SUROVELL
STATE SENATOR (D-36)



The 2019 General Assembly session adjourned on Feb. 24 after a few hiccups. Two weeks ago, I discussed the legislation that I passed. In this column, I will explain various budget actions we took.

First, unlike the Federal Government, our budget is balanced as required by the Constitution of Virginia. Next, the General Assembly needed to address modifications to our tax code to bring it up

to speed with changes made by Congress with the Tax Cut and Jobs Act of 2018. This is usually labeled “conformity.” “Straight conformity” would cause an additional \$600 million of state revenue largely due to the interplay between the new increased federal standard deduction and the \$10,000 cap on state and local taxes and mortgage interest (“SALT”).

We addressed this in two phases. First, for the 2018 tax year, every taxpayer receives \$110 refund if tax returns are filed before June 30.

For tax years 2020 through 2026, the state standard deduction is raised by \$1,500 for individuals and \$3,000 for joint filers. This is worth about \$86 per year for individuals or \$172 per couple. The budget also removes the \$10,000 cap on SALT for state income taxes. However, due to our low 5.75 percent state

income tax rate, that is only worth roughly about \$575 if you pay \$20,000 of combined income taxes and mortgage interest or \$1100 if you pay over \$30,000 per year.

These combined actions took about \$450 million out of our annual revenues on an annual basis or \$2.7 billion over six years and limited our ability to fund multiple priorities.

Notwithstanding, we were able to fund a few things. First, we increased secondary funds to secondary education by \$50 million. This included pushing the teacher pay increase from 3 percent to 5 percent, \$12 million in new school counselors statewide, and \$24.9 million in new dollars for At-Risk students.

Virginia’s state-supported universities received a \$57.5 million increase in funds conditioned on a tuition freeze for 2019 and \$168 million to build the new Virginia Tech Innovation Campus at Potomac Yards in connection with the Amazon project. We also added \$5 million in support for our community colleges, \$16.6 million to increase computer science degrees, and \$4 million towards Virginia’s New Economy Workforce Credential Grant Program (AKA “FastForward”).

We increased Virginia’s contribution to the Housing Trust Fund by \$3 million per year to a total of \$14 million per year.

The money committees also included my proposal to hire staff at prisons and study the Commonwealth’s ability to provide earlier reparative therapy to sex offenders in state prisons instead of waiting until they have completed their jail sentence. Historically, providing these services in post-jail secure inpatient

facility have cost nearly twice as much as prison. Starting earlier and shortening civil commitment will save taxpayers millions.

We finally started the process of investing in rural broadband with a \$15 million investment along with \$1 million in Enterprise Zone grants to encourage solar. Virginia’s cash reserves will stand at \$1.45 billion at the end of the biennium which is a strong hedge against a downturn in the economy.

While the budget makes some progress, I also felt like it was a missed opportunity to make progress on long standing funding priorities because there are many priorities the General Assembly could have funded if we had not cut taxes. First, our secondary education funding continues to lag behind our re-Great Recession historic commitment. Virginia’s teachers remain some of the lowest paid in the nation. Virginia’s higher education system remains a crown jewel, but our college tuitions are some of the highest in the nation. We not only need to freeze tuition but roll it back.

Virginia also has thousands of families waiting for childcare subsidies so parents (mainly mothers) can go back to work. We still have 12,000 families waiting for Medicaid services for mentally and developmentally disabled children. Virginia’s public employees remain significantly behind private sector wages which hurts retention and proficiency. The construction backlog and staffing needs at Virginia’s State Parks is over \$100 million while demand for parks skyrockets.

Please email me at scott@scottsuovell.org if you have any feedback.

COMMENTARY

Reviewing Accomplishments This Session

PAUL KRIZEK
DELEGATE (D-44)



I am running for reelection as your delegate to the Virginia General Assembly. It was just four years ago when I turned in my first set of petitions to run to be the delegate representing the 44th district. I once again have filed the necessary signatures from constituents on petitions of qualified voters. This means I’ll be back on the ballot for a third

time, and will work very hard to get re-elected and to earn your vote once again. Over the next eight months I will continue to knock on doors throughout the 44th District, organize events, listen to constituents and advocate for our community. I will have a strong grassroots effort to run an organized and expansive campaign.

As your delegate I have worked diligently to make our community safer and more efficient. A few years ago, I brought the DMV 2 Go to Sherwood Hall Regional Library once every month. This allows us to receive all the same services (including in Spanish if needed) we have at the DMV with the convenience of it here in our neighborhood. Additionally, I

hosted, along with Mount Vernon at Home and Senator Warner’s office, a cyber security workshop for seniors. In 2017, 2.68 million Americans reported fraud complaints to the Federal Trade Commission. During the workshop we reviewed these scams and how to respond to and avoid them. The event was a great success and I plan to host another one in May, which you will hear about in this weekly column in the Mount Vernon Gazette where I endeavor to update constituents on legislation and issues of importance and interest to our community and across the Commonwealth. And, I continue to work with our congressman and local leaders to fight against the often unbearable airplane noise that plagues our community.

As your representative in Richmond, I have succeeded in passing many bills that will make for a stronger and more just Commonwealth. Just this session I passed legislation to create a Sex Trafficking Response Coordinator within the Commonwealth. In 2017, the Human Trafficking Hotline reported 156 human trafficking cases in Virginia, 70 percent of which were sex trafficking cases. My legislation, which will become law on July 1, will combat this problem by creating a centralized point of contact to help coordinate efforts among stakeholders to prevent trafficking in the Commonwealth. Additionally, I launched the Grow Your Own Teacher Pilot Program in Virginia. The program

will allow low-income students who want to teach at Title I schools the opportunity to receive scholarships in order to attend four-year colleges and earn their teaching degree.

I am especially proud of my efforts as the lone Democratic conferee in the House to pass the historic independent redistricting commission bill this session, our successful expansion of healthcare last year, and as a member of the Appropriations Committee negotiating against a plan to concentrate the benefits to the highest earners by providing a nearly \$1 billion tax relief package that positively impacts all Virginians regardless of income level.

I will continue to work hard to create an economy that works for all Virginians, promote renewable energy to protect our planet and grow our investment in our children through quality public education. I will never stop fighting for what is right because I know that the hardworking people of our community and across Virginia deserve the best.

LETTERS TO THE EDITOR

Straw Vote Victory

To the Editor:

On March 15, Jeff McKay, chairman of the Fairfax County Board of Supervisors Budget and Legislative Committees, won a clear majority of 57.5 percent by earning 262 of 456

SEE LETTERS, PAGE 18

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Explaining Death to Children

Breaking down a difficult topic and helping children grieve.

BY MARILYN CAMPBELL

Rosalie Ward, recalls a hot and sticky summer evening in 1975. She was watching reruns of the television show “Bewitched” with her twin sister in the living room while her mother cooked dinner in the kitchen. Ward remembers hearing the ring of the family’s rotary telephone. The next sound she heard was a shriek and then violent sobs from her mother.

“My mom had gotten a call that her brother, my uncle, had been killed in a car crash,” remembers Ward. “I was six at the time, but most of my memories of that evening are of my mother crying uncontrollably for the hour or so until my dad came home from work. The two of them disappeared behind closed doors. I just remember being terrified and feeling alone.”

Whether prolonged or sudden, unforeseen or expected, experiencing the death of a loved one is never easy. While grief can weigh heavy on adults, it can overwhelm and confuse young children. And although death is an inevitable part of life, finding the words to discuss or explain it to young children can challenge many parents.

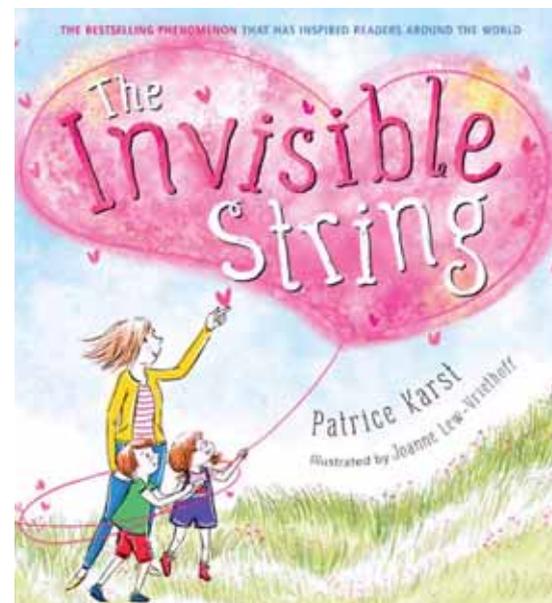
“Whether you’re talking about a family pet or a grandparent, it’s important that parents or caregivers understand that children grieve too and that death has to be discussed,” said Ward, who is a family therapist in Reston.

One of the most significant mistakes a parent or caregiver can make is not being honest with a child about death, said Carolyn Lorente, Ph.D., professor of psychology at Northern Virginia Community College. “My biggest worry is when people hide the fact that a loved one died by saying that they went on a trip, and then the child sees the adult crying or being sad,” she said. “That doesn’t give the child a chance to process it, but by including them in a developmentally appropriate way, we are teaching that we can feel big feelings, and with the support of friends and family, we can still thrive.”

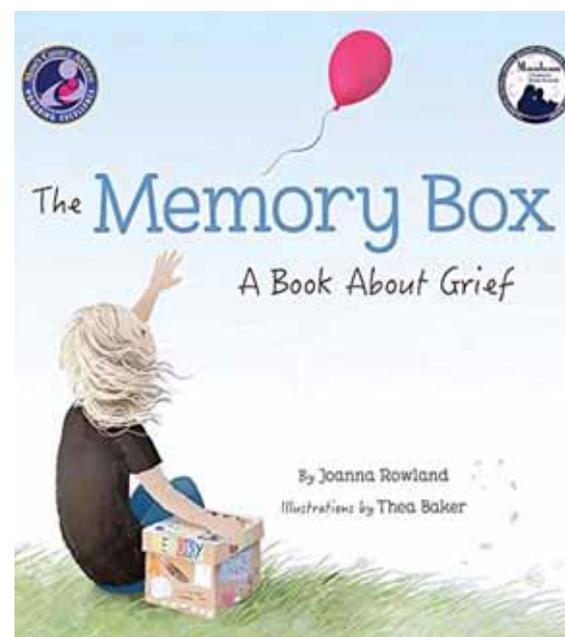
Helping a child to understand they didn’t cause the death could be an important part of the conversation, suggests Carol Barnaby, LCSW-C, a therapist in Bethesda. “Children often see the world as revolving around them,” she said. “Reassure them that their loved one dying was not their fault and that the death didn’t happen because they had a mean thought, misbehaved, or didn’t visit enough.”

“Death often brings anxiety in children and they wonder if they will die too,” added Barnaby. “Explaining that although the loved one has just died, death is not contagious and that the child will likely live a very long life.”

Clear, concise word usage is also important because young children might not have the language skills to discuss their feelings and emotions, adds Lorente. “Let the child engage in talking about fond memories of the deceased using pictures, making favorite recipes, or visiting a favorite place,” she said.



“The Invisible String” by Patrice Karst is a book that could help parents explain death to their children.



Bethesda-based therapist Carol Barnaby, LCSW-C suggests “The Memory Box” by Joanna Rowland as a tool to help children understand the concept of dying.

Use concrete and authentic terms when discussing it, continued Barnaby. “Avoid euphemisms like ‘Grandma is resting’ or ‘has gone away,’” she said. “These sayings confuse children and may cause them anxiety over [the notion] that they could die if they fall asleep; or that other loved ones may not come back.” Use clear language like ‘Grandma has died.’”

Young children often believe death is reversible, advises Jerome Short, Ph.D., professor of psychology at George Mason University. “You could describe how a body stops working and the person who died isn’t coming back.”

Be open to having an honest conversation about it, continued Short.

“Encourage children to ask questions and tell them you will help them handle any bad feelings or problems that happen,” he said.

“Death often brings anxiety in children and they wonder if they will die too.”

— Carol Barnaby, LCSW-C

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ENTERTAINMENT

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

ONGOING

“Beep Beep” at Arts on the Horizon. Through March 23, at the Lab at Convergence, 1819 N. Quaker Lane, Alexandria. Arts on the Horizon, an interactive theatre for children ages 0-6, will present “Beep Beep,” written and directed by Solas Nua Artistic Director and frequent AOTH collaborator, Rex Daugherty. It was created specifically for an audience of children ages 2-5 and their families. Show times are March 7, 8, 13, 14, 15, 19, 20, 21, 22, at 10:30 a.m.; and March 9, 16, 23, at 10 a.m. and 11:30 a.m. Tickets are \$10 for children and adults at www.artsonthehorizon.org or at the door.

Beginner Square Dance Lessons. Through March 27, 7:30-9 p.m. at the Lincolnia Senior Center, 4710 N. Chambliss St. Keep up with New Year’s resolutions and enjoy both mental and physical exercise with Square Dance Lessons. \$30 for each four-week session. Open to couples, singles and groups. Email boomerangs@wascaclubs.com or call 571-210-5480.

“Daddy Long Legs.” Through March 30, at the Ainslie Arts Center, 3900 West Braddock Road, Alexandria. The play tells the story of Jerusha Abbott, her mysterious young benefactor and the affection that grows between them by way of handwritten letters. John Caird’s Drama Desk Award-winning book for this stage musical combines the love story derived from the 1912 novel by Jean Webster with contemporary music and lyrics by Paul Gordon. Monumental Theatre Company will be partnering with the English Department at Episcopal High School in Alexandria to give students a “behind-the-scenes” look at “Daddy Long Legs.” Tickets can be purchased online at www.monumentaltheatre.org/daddy-long-legs.html.

Art Exhibition: High School Students. Through March 30, at The Gallery at Convergence, 1801 N. Quaker Lane, Alexandria. The Alexandria All City High School Art Exhibition hosted by the Convergence Arts Initiative returns for its fourth year. This year’s experience features more than 90 Alexandria high school students representing six high schools including public, private, and independent. Returning for 2019’s collaborative event are students from Bishop Ireton, Episcopal High School, T.C. Williams, St. Stephen’s and St. Agnes School, Commonwealth Academy, and The Howard Gardner School. Visit ourconvergence.org.

Art Exhibit: For The Artist. Through March 31, at Del Ray Artisans gallery, 2704 Mount Vernon Ave. The “For The Artist” exhibit features artworks that Del Ray Artisans members have always dreamed of creating. The diversity of expression and creativity in this exhibit is inspiring to artists and art appreciators alike. Two and three-dimensional works, paintings, mixed media, and photography are on exhibit. Visit DelRayArtisans.org/exhibits.

Still Life Alive. Through April 2, 9-5 p.m. at River Farm, 7931 East Boulevard Drive, Alexandria. Patricia Uchello One Woman Art Show, featuring 100 original oil paintings of flowers, fruit, landscapes and seascapes. Uchello’s work has been collected by IBM, the International Monetary Fund and more. Email pmuchello@aol.com or visit



Emi DeLia



Durham County Poets

www.patriciauchello.com.

TUESDAY-SUNDAY/MARCH 19-24

Spring Book Sale. At Charles E. Beatley Central Library, 5005 Duke St., Alexandria. The Friends of the Beatley Central Library will hold their Spring Book Sale. Members’ preview on Tuesday, March 19, 4 p.m.-8:30 p.m. (\$15 memberships available at the door); Wednesday, March 20, 10 a.m.-8:30 p.m., Thursday, March 21, 10 a.m.-8:30 p.m.; Friday, March 22, 10 a.m.-5:30 p.m.; Saturday, March 23, 10 a.m.-4:30 p.m.; Sunday, March 24, 1-4:30 p.m. Cost is \$3 or less, unless specifically marked: hardbacks, paperbacks, children’s books and media items. All genres. Discount Day on Sunday, March 24. Call 703-746-1702; or visit www.beatleyfriends.org.

THURSDAY/MARCH 21

Scandinavian Hardangersom - As Soothing as an Old Folk Song. 4 p.m. at Woodlawn & Pope-Leighey House, 9000 Richmond Highway, Alexandria. Hardangersom (or Hardangersaum), is Norwegian for ‘embroidery from Hardanger’, and refers to the style of needlework that many of us know as Hardanger embroidery. Lucy Lyons Willis is a needlework designer/teacher specializing in Hardangersom. She will share her secrets to making the perfect pieces, answer questions, and

even provide small kits to get participant started. RSVP required, free w/show admission. Visit www.woodlawnpopeleighey.org.

Confluence: Two Rivers One City. 7 p.m. at The Athenaeum, 201 Prince St., Alexandria. Phil Hutinet, guest speaker and publisher, will highlight some prominent visual artists from the anthology and why their contributions are significant to the DMV art community and contemporary art today. Audience members will have the opportunity to participate in Q&A. Visit www.nvfaa.org.

FRIDAY/MARCH 22

Get Ready for Spring. 1:30-2:30 p.m. at Green Spring Gardens, 4603 Green Spring Road. (Adults) Spring garden maintenance in Northern Virginia begins in winter and is a terrific way to shake the winter blahs. It’s time to prune, transplant, fertilize, mulch and prevent weeds. Extension Master Gardeners give tips for selecting plants and starting seedlings. \$10/person. Register online at www.fairfaxcounty.gov/parks/parktakes/ using code B58.6FDE or call 703-642-5173.

Family Splash Night. 6-9 p.m. At Chinguapin Park Rec Center and Aquatics Facility, 3210 King St., Alexandria. Featuring Mount Vernon Community School. Enjoy swimming, a floating obstacle course, games, relays, refreshments, music, diving for prizes and more. Different schools

Durham County Poets plus Emi DeLia

The Durham County Poets are a lively and soulful group, who write and perform an eclectic blend of blues, folk and rock, with tinges of country, gospel and swing tossed in for good measure. With an almost 4 octave vocal range and electronic pedals on her harp, Emi DeLia creates a unique sound that blends pop, soul, R&B, jazz, blues, and world music. Sunday, March 31, 7 p.m. at George Washington Masonic National Memorial, 101 Callahan Drive. Tickets are \$18 in advance at www.focusmusic.org/buy-tickets and for FocusMusic members; \$20 at the door.

experiences through reading. Everyone is invited to read the featured title, It’s All Relative: Adventures Up and Down the World’s Family Tree by A.J. Jacobs. Beginning Saturday, March 23 and throughout the months of April and May, events and discussions related to the themes of It’s All Relative will be happening at various branches. Visit alexlibraryva.org/aar.

The Mixed Border. 10-11 a.m. at Green Spring Gardens, 4603 Green Spring Road. (Adults) Join horticulturalist Karen Rexrode in a discussion on creating beautiful mixed shrub and perennial borders. Learn techniques that designers use to make glorious plant combinations and ideas for keeping them maintained and interesting through the seasons. \$18/person. Code Register online at www.fairfaxcounty.gov/parks/parktakes/ using code F45.0C7C or call 703-642-5173.

Civil War Women’s Day. 11 a.m.-3 p.m. at Fort Ward Museum and Historic Site, 4301 W. Braddock Road. In recognition of Women’s History Month, civilian reenactors will interpret the clothing, skills and contributions of women during the Civil War period. On-going displays and activities feature soldiers aid societies and relief efforts; women’s roles on the home front, in camp and on the battlefield; and women in the workforce. Children can make a lady’s fan or a patriotic ribbon cockade. Call 703-746-4848.

Made in Virginia Goodies. 12:30-2:30 p.m. at The Old Town Shop, 105 S. Union St. at King Street. Sampling of made in Virginia products, featuring: Gunther’s Gourmet Salsa tasting. Call 703-684-4682 or visit www.TheOldTownShop.com.

19 – The Musical. 1-3:30 p.m. at Green Spring Gardens, 4603 Green Spring Road. (Adults) 19 is a musical about women winning the right to vote – the 19th amendment. Celebrate Women’s History Month with the dramatic story of suffragist Alice Paul and her fellow crusaders. The cast of the Alexandria-based theater company Through the 4th Wall brings her stirring story to life through modern song, spoken word, and dance. \$45 (program + tea); \$18 (program only). Programs are by reservation only. Call 703-941-7987, TTY 703-324-3988.

St. Patrick’s Day Dinner. 6-8 p.m. at Historic Pohick Church, 9301 Richmond Highway, Lorton. The community is invited to a traditional St Patrick’s Day Corned Beef and Cabbage Dinner in the Parish Hall Common Room at Historic Pohick Church. This is a fund-raising event to support the many Christian outreach programs sponsored by the Brotherhood of St. Andrew Men’s Group of Pohick Episcopal Church. The cost is \$15 for adults, \$40 for a family, and children 12 and under are free. Call 703-339-6572 or www.pohick.org.

Discover Romance in the Meadows. 7 p.m. at 3701 Lockheed Boulevard, Alexandria. Love is in the air – and on the ground – at Huntley Meadows Park as male woodcocks perform their amazing courtship dance. Try to spot these feathered romantics on an “Evening Woodcock Walk.” Listen for the call of the male woodcock and hopefully see his elaborate courtship dance and flight. Prime courtship time is early evening, so bring a flashlight along. Cost is \$8 per person. Call 703-768-2525 or visit www.fairfaxcounty.gov/parks/huntley-meadows.

SUNDAY/MARCH 24

Ideas of Bark. 1-4 p.m. At Grist Mill

are featured at each event but all are welcome. Admission is \$4 per person upon entry. Visit www.alexandriava.gov/Recreation.

Art on the Vine. 7-10 p.m. at The Art League Gallery in the Torpedo Factory Art Center. Sommelier Tony Acampora creates a multifaceted tasting experience featuring 10 estate grown wines chosen in concert with artworks from The Art League’s faculty artists at Art on the Vine. In addition to eight tastings and a full pour of one’s choice, tickets come with a souvenir wine glass, a light buffet, and more. Ticket sales, art sales, and a portion of the wine sales all raise money to benefit The Art League and its programs. \$45-\$55 (must be 21+). Visit www.eventbrite.com/e/art-on-the-vine-2019-tickets-52719992918 for tickets.

FRIDAY-SUNDAY/MARCH 22-24

“Curtains.” Friday-Saturday, 7:30 p.m.; Sunday, 2 p.m. in Garwood Whaley Auditorium at Bishop Ireton. Bishop Ireton Theater Arts presents the musical comedy whodunit “Curtains.” \$10 adults, \$8 students, \$8 seniors. Visit www.bishopireton.org/tickets.

SATURDAY/MARCH 23

All Alexandria Reads. Facilitated by the Alexandria Library, All Alexandria Reads is a program designed to create shared

ENTERTAINMENT

Bagel Uprising Rises Again With New Del Ray Location

BY HOPE NELSON

The word started leaking out late last year: Bagel Uprising, the cult classic carbohydrate purveyor, was zeroing in on a new, permanent location. Finally, early last month owner Chad Breckinridge offered up some specifics: The shop would be moving into the recently vacated Happy Tart location at 2307A Mount Vernon Ave. in Del Ray.

"I'm very excited to see my bagel people again. It's been too long," Breckinridge said. "I truly look forward to saying hello to the bagel-eaters."

Bagel Uprising's most recent outpost was in the former SnackBar on Mount Vernon Avenue. Once SnackBar closed and was replaced with Catch on the Ave., Breckinridge started looking at other sites. And along the way, he teamed up with another well-known Del Ray businessperson – Nicole Jones, owner of Stomping Ground.

"She knows what she's doing, which is a great improvement over how I've been operating myself," he laughed.

Breckinridge and Jones met in January 2017, when Bagel Uprising and pickle purveyor No. 1 Sons hosted a pop-up shop inside the Dairy Godmother space just down the street from Stomping Ground. Once SnackBar closed, the two reconnected and it quickly became clear that they had the same vision and ideas, Breckinridge said.

When Happy Tart closed its Del Ray doors earlier this year, Jones and Breckinridge pounced. The new space will be adjacent to Stomping Ground, making the business partners neighbors, as well – and allowing for some possible overlap between the spaces in the future.

Location aside, it's the bagels themselves that have

kept customers coming back – and continuing to multiply via word of mouth – over the years.

"Everybody believes they have their own genuine bagel. The bagels we make are made the classic old-school way," Breckinridge said. "We make the dough in advance, we make sure that it rests in a refrigerator for at least a day before we start cooking it. We boil every one by hand."

And don't expect a passel of untraditional bagel choices. Bagel Uprising adheres to the canon of savory flavors – with an outlier here or there.

"We only have traditional flavors with one exception," Breckinridge said. Along with the plain, salt, poppy, sesame and everything, "The one exception is cinnamon – the sad truth is it tastes really good, even though it doesn't meet the test of a classic bagel."

Breckinridge and Jones are aiming for a spring-time opening of the new Bagel Uprising. The Happy Tart space will undergo a bit of a facelift, and new equipment – an oven, kettle and mixer, just to name a few – will be installed. And though the launch phase always takes longer than expected, already Breckinridge is anticipating the opening – and the rekindling of neighborhood friendships.

"What I really have enjoyed about the last few years of bageling is there's an absolute community connection to it all," Breckinridge said, highlighting his time at the Four-Mile Run Farmer's Market as a cornerstone of community. "I had a similar experience at the Dairy Godmother spot, and also at SnackBar."

As a Del Ray resident himself, "I really enjoy the feeling of being part of the community in a deeper way," he said.

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

CALENDAR

Park, 4710 Mt. Vernon Memorial Highway, Alexandria. This family and pet friendly Dog Festival features an agility course, Police K-9 Unit demonstrations, dog park play time and a vendor area. Visit www.fairfaxcounty.gov/mountvernon/ides-bark-dog-festival.

Floral Design Workshop: Spring Flower Basket. 2-3:30 p.m. at Green Spring Gardens, 4603 Green Spring Road. (16-Adult) Making flower arrangements in handle baskets can be challenging. Floral designer Chuck Mason helps participants expand their skill set by showing how to design an arrangement in and around the basket handle for a beautiful spring floral piece. Later, reuse the basket to practice. Register for program and \$30 supply fee. Program cost is \$39/person. To register, go to www.fairfaxcounty.gov/parks/parktakes and use code E14.F107 or call 703-642-5173.

Introduction to Palestinian Embroidery. 3:30 p.m. at Woodlawn & Pope-Leighey House, 9000 Richmond Highway, Alexandria. Wafa Ghnaim, author of *Tatreez & Tea: Embroidery and Storytelling in the Palestinian Diaspora*, will teach participants how to embroider traditional Palestinian motifs. Palestinian tatreez embroidery is a centuries-old folk art, traditionally passed from mother to daughter over a cup of tea. Students will learn traditional embroidery techniques used by Palestinian



Pianist Cecilia Cho will be joined by Eclipse musicians Eric deWaardt (viola) and Paul Cigan (clarinet).

women for centuries. All supplies are included. Ticket required, includes show admission. Visit www.woodlawnpopeleighey.org.

Chamber Musical Celebration. 7:30-9 p.m. at The Lyceum, Alexandria's History Museum, 201 S. Washington St. Join musicians from the orchestra at the historic Alexandria Lyceum as they celebrate 25 years of beautiful music. The program will include small ensembles performing selection by Mozart, Handel, Debussy, Poulenc, and more. Free, but donations are encouraged. Call 703-569-0973 or visit www.eventbrite.com/e/a-chamber-music-celebration-tickets-58384474535.

Eclipse Chamber Orchestra

Cecilia Cho, piano; Paul Cigan, clarinet; and Eric deWaardt, viola; will perform Schumann: *Fairy Tales*; Bruch: *Eight Pieces for Clarinet, Viola, and Piano*; and Mozart: "Kegelstatt" Trio. Sunday, March 31, 3-5 p.m. at Alexandria Lyceum, 201 S. Washington St. \$25 suggested donation, students and children free. Email contact@eclipseco.org or visit www.eclipseco.org.

MONDAY/MARCH 25

Yoga for Gardeners I. 9:30-10:30 a.m. at Green Spring Gardens, 4603 Green Spring Road. (Adults) This class features a gentle introduction to the Vinyasa method which helps participants increase the strength, flexibility and endurance necessary for gardening. Class held indoors. \$125 for 11 sessions. Register online at www.fairfaxcounty.gov/parks/parktakes/ using code 6E6.6440 or call 703-642-5173.

Civic Activism - Women Leading the Way. 6:30 p.m. reception, 7:30 p.m. program at the Alexandria History Museum at The Lyceum, 201 S. Washington St. Focused on

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ENTERTAINMENT

women's leadership, the event will feature keynote speaker Del. Eileen Filler-Corn and a panel of elected officials and community leaders. Learn more about the Commission for Women and see their 2018 Report of the Status of Women in Alexandria. Tickets: \$45 advance sales/\$50 at the door. Visit www.alexandriava.gov/Lyceum.

Del Ray: The Forgotten Town of Potomac. 7:15 p.m. At The Hermitage Auditorium, 5000 Fairbanks Ave., Alexandria. Part of the Agenda: Alexandria program, which falls on the fourth Monday of the month, begin at 7:15 p.m. Programs are \$5 each or free with \$35 membership, payable on-line at www.AgendaAlexandria.org/sign-up page or at the door by check or credit. All are invited to a pre-program dinner if desired. Dinner is 6:45-7:15 p.m., prices starting at \$32 with reservations by the Friday prior to the program. Visit www.Agenda:Alexandria.com.

MARCH 25-MAY 5

Photography Exhibit: "Ranch Life." Daily 10 a.m.-5 p.m.; Thursdays, 2-8 p.m. at Multiple Exposures Gallery, The Torpedo Factory Art Center, 105 N Union St., Studio 312. Sandy LeBrun-Evans visited Eaton's Ranch in Wyoming last year and was enamored with the lifestyle and how easy it was to forget the troubles of the world and to get lost in the past. Visit www.multipleexposuresgallery.com or call 703-683-2205.

WEDNESDAY/MARCH 27

English Precious Metal Embroidery - "The Gold Standard." 4 p.m. at Woodlawn & Pope-Leighey House, 9000 Richmond Highway, Alexandria. Join award-winning precious-metal embroiderer, instructor at the Smithsonian Associates and the Folger, Deborah Merrick-Wilson, for a dynamic talk on the history and influence of this embroidery discipline on the politics and global economic system of medieval through Elizabethan England. The talk will include display examples and a mini-demonstration of several techniques. RSVP required, free w/show admission. Visit www.woodlawnpopeleighey.org.

Lecture-Alexandria Historical Society. 7:30-9:30 p.m. at The Lyceum: Alexandria's History Museum, 201 South Washington St. Thinking Big: Lessons from the Washington Metro - put Metro frustrations in context as Zachary M. Schrag, history professor from George Mason University, shares insights into the history and future of the Washington Metro system. Free-members of AHS, \$5 non members.



PHOTO BY CINDY GRISDELA

The March "On the Edge" exhibit at Fiberworks Studio 14 at the Torpedo Factory Art Center features the work of award-winning fiber artist Cindy Grisdela.

'On the Edge'

The March exhibit, "On the Edge," at Fiberworks Studio 14 features the work of Cindy Grisdela, an award-winning fiber artist, through April 1. Aquarius and Kaleidoscope, the two large scale art quilts in the March exhibit, are part of a series Grisdela has been working on over the last year that focuses on curves. Meet the artist Sunday, March 31, noon-4 p.m. at Fiberworks (Studio 14) at the Torpedo Factory Art Center, 105 N. Union St. Visit cindygrisdela.com for more.



PHOTO BY BONNIE MCCAFFERY

Cindy Grisdela

Email franwbromberg@gmail.com or visit alexandriahistorical.org/events.

THURSDAY/MARCH 28

Reception: "The New Woman." 6-8 p.m. at Lee-Fendall House Museum & Garden. The Lee-Fendall House Museum & Garden will host an opening reception celebrating the opening of its newest exhibit, "The New Woman: Life in Progressive Era Alexandria, 1890-1920." The reception is free and open to the public, but those planning to attend are requested to make reservations in advance through the museum's website at www.leefendallhouse.org.

Archaeology After Dark: "Alexandria's Freedmen's Cemetery." 6:30 p.m. at The Lloyd House, 220 N. Washington St. Char McCargo Bah presents her new book, Alexandria's Freedmen's Cemetery: A

Legacy of Freedom and recounts the stories of men and women who poured into Alexandria to obtain protection at the beginning of the Civil War, as well as the search for their descendants. Retired City Archaeologist, Fran Bromberg, will complement the discussion by highlighting the archaeological investigations at the cemetery. A book signing will follow. \$12/person; \$10 FOAA/OHA members. Visit www.foaa.info/events.

Film Screening: "Bucks Against the Wall: The Howard Thurman Story." 7-10 p.m. Historic Christ Church will be hosting a screening of "Bucks Against the Wall: The Howard Thurman Story," a documentary produced by Journey Films, an Alexandria-based film production company. \$5 suggested donation. Visit www.facebook.com/events/573821233085652/.

THURSDAY-SATURDAY/MARCH 28-30

Used Book & Art Sale. Thursday, 1-5 p.m.; Friday-Saturday, 10 a.m.-3 p.m. at the Mount Vernon Unitarian Church, 1909 Windmill Lane. Three-day used book and art sale fills two buildings at the Mount Vernon Unitarian Church. Gently used art, children's books, record albums, rare/old books and individually priced books in the church building. Books, puzzles, CDs and DVDs in the Old Mansion. Priced at \$2 for hard backs, \$1 for large paperbacks, and 50 cents for small paperbacks. Puzzles, CDs, and DVDs are \$1 each. Saturday is half price in the Church and \$5 a bag in the Mansion. Proceeds support church activities. Visit www.mvuc.org.

FRIDAY/MARCH 29

The March150 Art Party. 7-10 p.m.

at The Target Gallery, Torpedo Factory. The March150 Art Party, presented by the Factory Society, is the closing reception for Target Gallery's March150 Special Exhibition and Art Sale. All remaining artwork is priced at \$100. Tickets are \$25 in advance/\$30 at the door. Visit www.eventbrite.com/e/2019-march150-art-party-tickets-56460314320 for tickets.

FRIDAY-SATURDAY/MARCH 29-30

"Curtains." Friday-Saturday, 7:30 p.m. in Garwood Whaley Auditorium at Bishop Ireton. Bishop Ireton Theater Arts presents the musical comedy whodunit "Curtains." \$10 adults, \$8 students, \$8 seniors. Visit www.bishopireton.org/tickets.

SATURDAY/MARCH 30

Multiply Your Plants. 9:30-11 a.m. at Green Spring Gardens, 4603 Green Spring Road. (Adults) Multiply plants through the simple, money-saving techniques of stem cuttings and plant division. Horticulturalist Peggy Riccio will walk participants through this hands-on workshop where they will learn to propagate house and garden plants. Take the starter plants home to grow or share with a friend. \$22/person. Register online at www.fairfaxcounty.gov/parks/parktakes/ using code 586.37E6 or call 703-642-5173.

NoVaTEEN Book Festival. 9:30 a.m. at Marshall High School, 7731 Leesburg Pike, Falls Church. The NoVaTEEN Book Festival is back with a day full of panels, games, and signings with over 30 bestselling and emerging Young Adult authors. Learn more on the official festival website. The event is free and open to the public; tickets and a full schedule are available at novateenbookfestival.com.

Documentary Film and Discussion

Series. 10 a.m.-noon at Alexandria History Museum at The Lyceum, 201 S. Washington St. The Office of Historic Alexandria will host a six-week program series called "Becoming American: A Documentary Film and Discussion Series on Our Immigration Experience." This series is a six-week public program featuring documentary film screenings and scholar-led discussions designed to encourage an informed discussion of immigration issues against the backdrop of our immigration history. The series is open and free to all members of the community, but pre-registration is requested through alexandriava.gov/Shop.

Guided Tour of Friendship

Firehouse Museum. 11 a.m.-noon at Friendship Firehouse Museum, 107 South Alfred St. Learn about the Friendship Fire Company's Prettyman hose carriage, one of Virginia's Top Endangered Artifacts. The ornate 1858 hose-reel carriage that was made in Alexandria in the North Pitt Street shop of coachmaker and Friendship member Robert F. Prettyman. The docent-led tour is for ages 10 and older. \$5 for adults and \$4 ages 10-17. Reservations are required, space is limited. Purchase tickets at shop.alexandriava.gov or by calling 703-746-4994.

Made in Virginia Goodies. 12:30-2:30 p.m. at The Old Town Shop, 105 S. Union St. at King Street. Sampling of made in Virginia products, featuring: Byrd Mill Baking Mix tasting. Call 703-684-4682 or visit www.TheOldTownShop.com.

The Marital Misadventures of Henry VIII. 1-3:30 p.m. at Green Spring Gardens, 4603 Green Spring Road. (Adults) Divorced, beheaded, died, beheaded, divorced, survived. Smithsonian scholar and popular speaker Carol Ann Lloyd Stanger traces Henry VIII's wild matrimonial

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ENTERTAINMENT

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Chili Cookoff. 1 p.m. at Hopsfrog Grille, 6030 Burke Commons Road, Burke. Hopsfrog Grille's annual Chili Cookoff benefiting the Fort Belvoir Fisher House (www.fisherhouse.org) features chili tasting and raffle. Contestant pre-registration by March 17; \$10 per chili entry. Chili tasters: \$10 and a vote for best chili. Call 703-239-9324.

Introduction to Punch Needle Embroidery Workshop. 3:30 p.m. at Woodlawn & Pope-Leighey House, 9000 Richmond Highway, Alexandria. Join "The Comptoir" herself for this super fun punch needle embroidery workshop. Learn the basics of the tool and technique as well as the ins and outs of selecting the best fabric and yarns for a beautiful piece every time. Create a design with guidance, and gain the skills to make beautiful pieces again and again. All supplies included. Ticket required, includes show admission. Visit www.woodlawnpopeleighey.org.

GenOUT Ensemble. 5 p.m. at St. Luke's Episcopal Church, 8009 Fort Hunt Road. GenOUT is a youth ensemble of the Gay Men's Chorus of Washington, D.C. It operates under the two-fold mission to give LGBTQ+ and allied youth a voice, and to connect that voice to the community. Featuring music from their Spring Tour to Nashville. Free-will offering collected. Visit www.saintlukechurch.net/events or call 703-765-4342.

Concert: Anders Lundegård. 7 p.m. at The Lyceum, 201 S. Washington St. Conversation Piece concert featuring Swedish Saxophonist Anders Lundegård. Visit classicalsaxophonist.com/concert.

Love Avian-Style. 7-8:30 p.m. at Huntley Meadows Park, 3701 Lockheed Blvd. Bring a flashlight and come for an evening walk through the woods to one of the park's large meadows. Hopefully participants will spy the woodcock's famous courting ritual. This family program is designed for participants age 6-adult. Children must be accompanied by a registered adult. The program includes an approximately 1.5 mile-walk on uneven terrain. Meet at the South Kings Highway entrance to the park. Call 703-768-2525 or visit www.fairfaxcounty.gov/parks/huntley-meadows.

SUNDAY/MARCH 31

Artist Reception: "On the Edge." Noon-4 p.m. at Fiberworks (Studio 14) at the Torpedo Factory Art Center, 105 N. Union St. The March exhibit, "On the Edge," at Fiberworks Studio 14 features the work of Cindy Grisdela, an award-winning fiber artist, through April 1. Visit cindygrisdela.com.

Walking with Washington. 2-4 p.m. at the Alexandria Visitor Center (Ramsay House), 221 King St. Explore important sites associated with George Washington in his hometown of Alexandria. This two-hour guided walking tour of historic Old Towne covers significant people and events in Washington's life and in American history. No reservations required. Free. Call 703-379-7460 or visit www.washingtonbirthday.com.

The Awesome Women of

Alexandria. 3 p.m. at Ivy Hill Cemetery, 2823 King St. Join Ivy Hill's historian for a walking cemetery tour of the famous Women of Alexandria that are buried at Ivy Hill Cemetery. Learn about the saving of Mount Vernon; the maker of a battle flag; the local librarian; and more. Wear comfortable shoes, and dress in layers, as some areas of the cemetery are shaded. Admission is \$10. Reserve and pay in advance online at PayPal.me/IHCHPS, or cash is accepted at the event or RSVP to info@ihchps.org.

Eclipse Chamber Orchestra. 3-5 p.m. at Alexandria Lyceum, 201 S. Washington St. Cecilia Cho, piano; Paul Cigan, clarinet; and Eric deWaardt, viola; will perform Schumann: Fairy Tales; Bruch: Eight Pieces for Clarinet, Viola, and Piano; and Mozart: "Kegelstatt" Trio. \$25 suggested donation, students and children free. Email contact@eclipseco.org or visit www.eclipseco.org.

Embroidering with Buttercream: Mexican Motif Cake Decorating. 3:30 p.m. at Woodlawn & Pope-Leighey House, 9000 Richmond Highway, Alexandria. Learn how to "embroider" a small cake. In this class Mayra Garcia from CelebrateMe! will teach participants how pipe beautiful Mexican embroidery designs, with buttercream icing. The workshop will begin with a demo on how to build, fill and ice a cake properly, then move on to teaching participants how to create beautiful embroidery-inspired traditional Mexican patterns. All supplies included. Ticket required, includes show admission. Visit www.woodlawnpopeleighey.org.

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FRIDAY/MARCH 22

Mulch Order Deadline. The MVHS
Class of 2019 Parent Council is
sponsoring the MVHS Annual Spring
Mulch Sale. Deliveries will take place

on April 5 and 6. All profits from the
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Pick-up orders of less than 10 bags in
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FRIDAY-SATURDAY/MARCH 22-23

**Spring Children's Consignment
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WEDNESDAY/MARCH 27

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CRIME

FROM PAGE 5

andria and a 24-year-old man from Woodbridge, got into a fight with a 29-year-old man and a 36-year-old man, both of Alexandria. All four men were charged with disorderly conduct and one was also charged with assault.

ASSAULT (BIAS CRIME): 7600 block of Richmond Highway, March 13, 10:37 p.m. A man was using his laptop inside of a restaurant when another man started yelling racial slurs at him before displaying a knife and coming towards him. The two men struggled over the knife until police officers arrived shortly thereafter. A 35-year-old man, of no fixed address, was arrested for attempted malicious wounding.

MARCH 18 LARCENIES
7900 block of Audubon Avenue, jacket and cell phone from location

7200 block of Richmond Highway, property from location

7700 block of Richmond Highway, merchandise from business

7800 block of Richmond Highway, purse from location

7900 block of Richmond Highway, cash from business

8400 block of Richmond Highway, wallet from location

MARCH 15 LARCENIES
8400 block of Graves Street, passports

from location
3300 block of Pelican Place, bicycle from location

7900 block of Richmond Highway, clothing from business

MARCH 14 LARCENIES
2300 block of Huntington Avenue, beer from business

MARCH 13 LARCENIES
2300 block of Huntington Avenue, headphones from business

2500 block of Parkers Lane, keys from residence

6000 block of Richmond Highway, keys from residence

Obituary



Karen Anne Kelly, 62 and forty-year resident of Alexandria, VA., passed away into eternal life on Saturday evening of March 16th in the Easton, MD home and wonderful loving care of her brother, Dr. John Foley and his wife, Dr. Lakshmi Vaidyanathan. Joined also in her peaceful transition was her devoted mother, Eileen Foley, her beloved husband, Michael S. Kelly and her cherished children, Michael Kelly Jr, Mary Kelly and Thomas Kelly.

Daughter of John and Eileen Foley, Karen was born on March 30, 1956 in Rochester, New York. Following her graduation from Georgetown University in 1978, Karen worked as a financial advisor for Merrill Lynch in Old Town, where she met Michael Kelly. Their 37 year joyful marriage and love for one another served as the rock from which they built their lives, raised their family and gracefully managed the adversity of Karen's illness.

Blessed with a Mary Poppins like skill-set, Karen started volunteering at St. Mary's School Library as a parent volunteer, eventually becoming the Head Librarian in 2005. She loved her job and had a passion for nurturing children's love of reading and discovery. Karen worked tirelessly in forming the St. Mary's Library into its finest version of organization, tidiness, and quality of resources. Karen earned her Masters Degree in Library Science at Catholic University, while working full time at St. Mary's.

Like a beautiful early spring day from which Karen both entered and departed this world, Karen radiated sunshine and warmth and joy and laughter. Her smile reflected her kindness and generosity. Karen was a loyal and caring friend, a loving and devoted wife and mother, an uplifting co-worker, and a wonderful daughter and sister. Karen lived her daily life as God intended, grounded in love and strength and faith, which sustained and emboldened her final battle with cancer. Karen died in peace knowing she will be joined with God in everlasting life.

Karen was preceded in death by her father, John P. Foley. Survived by her mother, Eileen Foley, by her best friend and husband, Michael Kelly, and three wonderful children, Michael, Mary and Thomas; by her siblings: John (and Lakshmi) Foley, Thomas (and Marie) Foley, Jeanne (and Ted) Papenthien, and her beloved nieces and nephews.

The Kelly family would like to express their gratitude to her physicians, oncology doctors, nurse caregivers, and Talbot Hospice of Easton, MD for their tremendous care during her battle with cancer. In lieu of flowers, please make memorial donations to Talbot Hospice Foundation or American Cancer Society.

Visitation at Everly-Wheatley Funeral Home in Alexandria, on Thursday, March 21, from 6-8 pm. A Mass of Christian Burial will be celebrated at 10:30 am at the Basilica of St. Mary, 310 S. Royal Street, Old Town, Alexandria on Friday, March 22, at 10:30 am. Karen will be buried at Ivy Hill Cemetery Saturday, March 23 at 10am.

Online condolences and tributes may be found at everlywheatley.com

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Eight Daze and Seven Sleepless Nights



By KENNETH B. LOURIE

On Monday, I take one of our "Buff Boys" (beige-colored cats), "Chino," to the vet for his bi-weekly glucose-monitoring day. This is his new routine as "Chino" was recently diagnosed with diabetes.

In addition, since his diagnosis, I've been injecting him with insulin twice a day, subcutaneously ("sub-q") going on six weeks now. Though he's eating well, he's lost weight; apparently, it's related.

Without getting too sad, too soon, he looks frail and the stares and meows he gives me seem to be pleas for help which, other than providing food, water and touch, I am clueless as to what else I can do. I'm not anticipating the worst yet, but when I pick him up at the vet later in the day, I'm not expecting the best either.

On Wednesday, I go for my first CT scan in eight weeks. More significantly, it will be my first "CT" since I began immunotherapy. I don't quite know what to expect; although I know what I hope.

The fact is I/we neglected to ask my oncologist what his expectations were: specifically relating to a time frame about the immunotherapy's effectiveness; and as we've moved on, we have a few other questions: Will the infusion have any effect after just eight weeks, generally? Is there a protocol/length of treatment which a patient is supposed to have before success or failure is determined? Are there any indications other than scan results which might contribute to an assessment of the drug's impact on my tumors? Is it possible that the tumors in my lungs might have a different reaction (shrink, stable, grow) than my "Adam's apple" tumor? If so, then what? Are there any side effects from my bi-weekly infusions which could cause my treatment to stop?

Beyond these types of questions, my oncologist prefers not to discuss scenarios. The short summary is: we're looking for some kind of clarity and/or guarantee. Unfortunately, for cancer patients, clarity and guarantees ended on the date of your diagnosis.

On Friday, I have my next scheduled infusion (with pre-infusion lab work on Wednesday). Door to door, depending on how busy the Infusion Center is, and depending how long it takes the pharmacy to mix/prepare my drug, it will be approximately three hours until I'm back home. The experience is not tedious nor is it torture.

Compared to the eight-hour days I had to endure in the early, heavy-duty days of chemotherapy, this time commitment is a breeze. And when one considers the relatively minor side effects – so far, the routine is quite bearable. (I just need the immunotherapy to be effective.)

On the following Monday, we see my oncologist. Typically, we don't see him until later in the week on Friday. In the 10-day interim, my oncologist will email results of the scan – with his assessment – and attach the radiologist's report so that when we see him, we're aware and prepared.

However, in this week's particular instance he had availability on Monday, five days post-scan, and not on Friday. As such, we are seeing him so soon after the scan occurs that he might not have any results to email us before our appointment.

This means that we'll be going into the appointment cold, so to speak. Which means we'll be extremely anxious as we sit in the examining room waiting for his knock asking if it's OKAY for him to come in. And then staring at his face as he enters looking for any kind of hopeful sign that the treatment has worked.

And that's what this week-plus-one-day will be: a struggle; about me, for my wife, about our life together and about one of our cats.

Each of the four days/four events itself would be stressful and thought-provoking enough. Having them occur one right after the other, simultaneously almost, is like adding insult to injury. It's bad enough to begin with and it's potentially even worse how it might end with – really bad news.

Through it all, somehow we must remain positive. There's no future in being negative.

To invoke the late Yogi Berra, who said in 1973 while managing the last-place New York Mets: "It ain't over 'till it's over." (And of course they went on to win the National League pennant.)

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

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LETTERS

FROM PAGE 8

votes for chairman of Fairfax County Board of Supervisors in a four-way straw following speeches from each candidate at the 25th Annual St. Patrick's Day Fete hosted by U.S. Rep. Gerry Connolly.

A lifelong resident of Fairfax County, Jeff McKay graduated from James Madison University in 1996 with a degree in Public Administration.

McKay served 11 years as chief of staff for Lee District Supervisor Dana Kauffman. Upon Dana's retirement, Jeff was elected and is in his 12th year serving on Fairfax County Board of Supervisors.

Endorsed by each of his Democratic colleagues and Sheriff Stacey Kincaid, Jeff McKay spoke of his experience leading the work to successfully fund requests of the Fairfax County School Board fully. He shared his commitment to support human services, affordable housing, environmental stewardship, and transportation throughout Fairfax County. Experience matters especially when the results of hard work are desirable. Recent reports indicate the unemployment rate in Fairfax County is historically low at 2.2 percent.

While recognizing we still have a lot of work to do, we can see our beloved Fairfax County leads the nation in health and wealth among communities with a population of at least one million persons.

US News & World Report lists Fairfax County as the healthiest community in the nation with a million plus residents and we have the highest median household income among communities with at least one million people. Of 3,142 counties in our nation, Fairfax County is one of only 46 counties earning the highest AAA credit ratings from all three major credit rating agencies.

There is a reason Sharon Bulova, the current chairman of Fairfax County Board of Supervisors, and her immediate predecessor, U.S. Rep. Gerry Connolly, endorse Jeff McKay for chairman. They both know and have worked with Jeff for decades. Vote June 11.

Will Radley
Franconia

Educate about Cuts

To the Editor:

I was surprised to see that the funding cuts for the Chesapeake Bay Program were not covered in the Mount Vernon Gazette. We are far from the Bay here in Alexandria, but what we do here in the watershed has a big effect on the Chesapeake Bay.

From Chesapeake Bay Foundation: "With final numbers now available, the Trump Administration is proposing drastic cuts to the Chesapeake Bay Program. Currently funded at \$73 million, the budget proposes reducing funding to \$7.3 million, a 90 percent cut. EPA's Chesapeake Bay Program coordinates science, research, and modeling to implement the Chesapeake Clean Water Blueprint, and provides grants to state and local governments and others to help reduce pollution."

Please consider sharing this information with your readers.

Kathleen Turk
Alexandria

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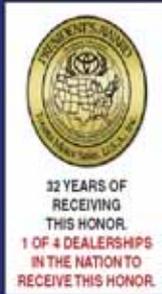
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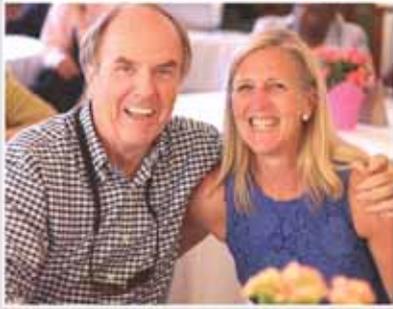
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3601 Riverwood Rd

Desirable Riverwood! | \$785,000

Nicely situated 4 Bed, 2.5 Bath updated home in lovely Riverwood Community. Home features: updated custom Kitchen with granite countertops, stainless steel appliances, beautiful hardwood floors on main and upper level, master suite with private bath and custom closet, replacement windows by Pella, gas fireplace, screened porch, fenced rear yard, and side load 2 car garage. Community has serene riverfront walking path and beachy area!



2207 Lakeshire Dr.

Classic Colonial! | \$945,000

Just listed in desirable Manors at Mount Vernon community! Curb appeal abounds with distinctive front porch. Exceptionally bright and open floor plan highlighted by updated kitchen opening to spacious family room with soaring cathedral ceiling. Other features include: 4 Bedrooms, 3.5 Baths, main level office/library, upgraded trim detail, and two car garage. Near Stratford Landing School. Unique combination of size, location, & attractive price in premier location!



9112 Volunteer Dr

Williamsburg Colonial! | \$655,000

Exceptional property! Spacious Colonial in the Williamsburg tradition featuring premier setting on large level lot in the desirable Westgate community near Mt Vernon Estate. Features include: 4 Bedrooms, 2.5 baths, huge master suite with 2 large closets and private bath, 2 fireplaces in family and living room, hardwood floors on both levels, two car garage, & incredible sun room overlooking half acre rear grounds complete with two storage sheds.



9402 Mt. Vernon Circle \$875,000

Unique property in highly desired Mt. Vernon on The Potomac Neighborhood! Classic 3 level Colonial in prime location just steps from neighborhood private marina. Features inc: Open Floor plan, large room sizes, family room off nicely updated Kitchen with stone fireplace, hardwood floors, elegant trim detail, and true oversize two car garage. Community includes private waterfront grassy area, 2 tennis courts with hitting wall, fire pit, bathrooms, and docks/boat slips (for additional fee)

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4021 Colonial Ave \$1,130,000

Incredible brand new build in desirable Mount Vernon area. Almost 5,000 square feet on a flat level half acre lot. 5 Bedrooms and 4.5 Baths with long list of builder selections that set this home apart from your average build. Rare opportunity for a brand new build in Mount Vernon!

SOLD!



8826 Black Alder Dr \$665,000

Incredible value for Classic Colonial style on established street adjacent to Mount Vernon Country Club. Many features including: 3 finished levels, 5 Bedrooms including main level master, 3.5 baths, open kitchen to fam room, 2 fireplaces, oversize 2 car garage. Extensive list of recent updates including: Kitchen, roof, master bath, wood floors, powder room, basement bath, interior paint, garage doors, and the list goes on. Turn key opportunity!

SOLD!



8902 Beauchamp Dr. \$550,000

Expanded and updated contemporary on gorgeous half acre lot near Mt. Vernon Estate. Fabulous features include: bright open floor plan, glass window wall, gorgeous hardwood floors on two levels, and oversize two car garage. Large deck overlooks private grounds. Freshly painted interior makes this one move in ready!

SOLD!



8314 Wagon Wheel Dr \$665,000

3 level Colonial situated on serene elevated lot overlooking natural wonderland. Private dock for your canoe, kayak, or small motor boat! Home has huge potential & features: 4/5 Bedrooms, large room sizes, hardwood floors, fully finished lower level w/ outside entrance, sunroom overlooking creek. Won't find another one like it!

SOLD!



9416 Old Mt Vernon Rd. \$789,000

Incredible opportunity to own a brand new 5 Bed/5.5 Bath home on 4 finished levels! Economical Gas appliances include: fireplace, cook top, heat and hot water. Hardwoods on main level, open kitchen to family room w/ large island & breakfast area, 4 BR's on upper level w/ 3 baths including luxurious master suite, finished basement w/ rec room, bedroom, & full bath. 10 year builder warranty

SOLD!

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