

PHOTOS BY MIKE SALMON/THE GAZETTE



Bikes were ready at the top of the hill to follow Bob Powell in his '72 Olds.



Bob Powell makes sure the inflatable George Washington has a prominent spot for the parade feast.

Celebrating the 4th

Stars and Stripes come out in Marlan Forest.

The second annual July 4th parade in Marlan Forest kicked off the morning of Independence Day, and red, white and blue covered everything from the donuts to the one-day tattoos that were applied that morning. This neighborhood in the Fort Hunt area has a group of enthusiastic families that hope to carry on this tradition for years to come.

— MIKE SALMON

VIEWPOINTS

What does the Fourth of July mean to you?

"Having fun with your family" — Harris, 6, George, 3, and Virginia Sanders, 8.



"Time to celebrate with your family" — Chase Malone, 8



"A lot of hockey and donuts" — Conner Martin, 11



Madison Cherrington, 8, recited all of the presidents in order.



After circling the block, the donut table is a big draw for the parade participants.



Caped crusader Conner Martin, 11, flies through the crowd on his rollerblades.

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OPEN SUN 7/14, 2-4

Del Ray | \$849,900

3-bedroom, 2-bath bungalow. Front porch leads into bright home with open layout. Recent renovation includes gourmet kitchen, family room and master suite. Private rear yard complete with screened porch for relaxing. Walk to "The Avenue." 211 E Monroe Ave
Jen Walker 703.675.1566
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OPEN SAT 7/13, 1-4 & SUN 7/14, 2-4

Old Town | \$725,000

Stunning Renovation! Sparkling new kitchen (from the studs out), completely remodeled master & guest bath, hardwood floors on two levels, wood burning fireplace and spacious fenced patio are just a few of the special features of this lovely home! 463 Old Town Court
Lisa Groover 703.919.4426
www.LisaGroover.com



OPEN SUN 7/14, 2-4

Wellington Heights | \$599,900

Beautiful home perfectly sited on this half-acre lot! 3 bedrooms, 2 full baths, garage space and lots of storage. Fantastic outdoor/patio spaces. Bright, open, sunny floor plan makes this home extremely livable for today's active lifestyles. 1224 Morningside Lane
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Mount Vernon | \$560,000

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Bucknell Manor | \$549,000

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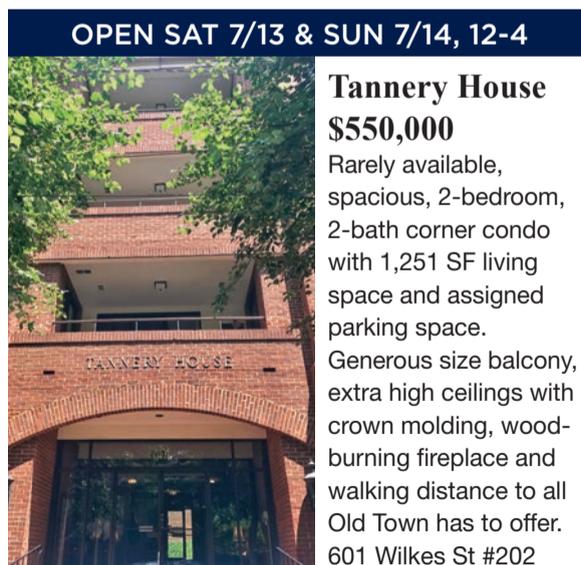


OPEN SUN 7/14, 2-4

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PHOTO CONTRIBUTED

Petey Jones, second from right, in a photo celebrating the release of the Disney movie “Remember the Titans” in 2000. Jones died July 1 and teammate Julius Campbell, at left, died earlier this year.



PHOTO COURTESY ACPS

Petey Jones, standing second from right, with coaches and teammates of the ’71 Titans football team at the 2015 50th anniversary of T.C. Williams High School. Jones died July 1 at the age of 65.

Petey Jones Dies ‘71 Titan football star was 65.

BY JEANNE THEISMANN
THE GAZETTE

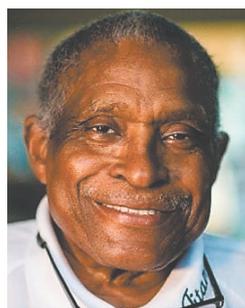
Petey Jones, a fullback for the legendary 1971 T.C. Williams High School football team and long time employee of Alexandria City Public Schools, died July 1 following a long battle with prostate cancer. He was 65.

“We are beyond sad to hear of the passing of Mr. Petey Jones,” said ACPS on social media. “He has been the heart of T.C. Williams High School since it opened, retiring only this past school year. Rest in Peace.”

Jones retired last fall after nearly 30 years with ACPS. For much of that time he served as a security officer at T.C. Williams, where he was a standout football player during his senior year in 1971. Jones helped lead the team to an undefeated season and state championship that was dramatized in the 2000 Disney film “Remember the Titans.”

Actor Donald Faison portrayed Jones in the film and paid tribute to him in an Instagram post.

“This morning I was able to speak with



his daughter, Keisha. We talked about a few things — his battle with cancer that he ultimately lost, his love for community and the love he had for his family,” wrote Faison. “What really resonated with me was how much he loved the Titans.”

Petey Jones died July 1 after a long battle with pancreatic cancer. He was 65.

community Hospital. After graduating from T.C. Williams, he accepted a football scholarship to Norfolk State but withdrew in his sophomore season due to limited playing time.

He returned to Alexandria and joined the Alexandria Department of Parks and Recreation in 1986. He later became a security guard at T.C. Williams, where he liked to remind students that his fumbling problem

depicted in the movie was fictional.

“I did not fumble the football,” he would say in interviews.

Before the 1971 season, Jones played at George Washington High School. Following the merging of Alexandria’s three high schools — George Washington, T.C. Williams and Francis Hammond — Jones became a linebacker for the Titans and played a key role on the defense.

Despite early struggles and internal conflict, under the leadership of Coach Herman Boone and Assistant Coach Bill Yoast, the team drew closer as the season progressed. Jones, a natural team leader, credited music with helping bring the team together.

“Being black and white and people learning each other’s songs — that’s one of the main things that helped us come together

as a team,” Jones told ACPS Express in an interview prior to his retirement. “Back then everything was black and white. Now you’ve got kids coming from all over the world. The big difference between us is — they’ve got more things to deal with than we did.”

The death of Jones follows two others from the 1971 Titans. Coach Bill Yoast, who served as assistant to coach Herman Boone, died in May, and teammate Julius Campbell died in January.

A funeral service for Jones will be held Friday, July 12, at Bethlehem Baptist Church, 7836 Fordson Road. The viewing will begin at 10 a.m. and the funeral at 11:30 a.m. In lieu of flowers, Jones’ daughter Keisha Boggan Campbell requests that donations be made to the ’71 Original Titans Scholarship Foundation. See www.71originaltitans.com.

“What really resonated with me was how much he loved the Titans.”

— Actor Donald Faison, who portrayed Petey Jones in “Remember the Titans.”

Superintendent, MVHS Principal Win State PTA Award

Dr. Scott S. Brabrand, superintendent of Fairfax County Public Schools (FCPS), and Anthony Terrell, principal of Mount Vernon High School, have been named the winners of the 2019 Virginia Parent-Teacher Association’s (PTA) Power Partner Superintendent of the Year and Principal of the Year awards, respectively. The awards are given to one Virginia superintendent, and one elementary and one secondary principal who have shown that a strong family-school partnership is key to student success. Brabrand and Terrell were named the winners of the award for the Northern Virginia region in May.

Nominator Jane Miscavage, Fairfax County Council PTA (FCCPTA) president, says that Brabrand’s door is always open and he routinely makes himself available to talk directly with parents. Every FCCPTA



FCPS PHOTO

Superintendent Dr. Scott S. Brabrand with student representative

meeting begins with a Parent Update and a question and answer period where parents can ask about their topics of choice. She

also cited the first-ever FCPS Family Engagement Survey, a year-long effort developed under Brabrand’s leadership that was sent to all parents and caregivers to provide feedback on how schools can best work with parents as an example of his commitment to family and community engagement.

She added that Brabrand has opened new doors for the FCCPTA throughout FCPS. “School leaders who haven’t known or interacted with the Council had a limited view of what the PTA does, and thanks to our increased visibility we are building new relationships with leadership that better help us serve children,” said Miscavage.

Terrell was nominated by the Mount Vernon High School Parent-Teacher Student Association (PTSA) and is described as having “a collaborative leadership style, empowering others to take initiative but being hands-on and commanding when situations



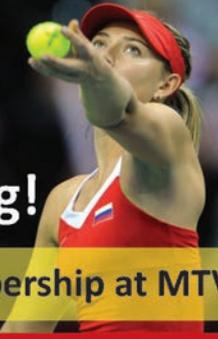
FCPS PHOTO

Principal Anthony Terrell with graduating student

require it.” He has helped PTSA membership totals grow by inviting teachers and staff to join, and by allowing the group to speak at

SEE TERRELL, PAGE 5

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CRIME

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

AGGRAVATED ASSAULT/UNLAWFUL DISCHARGE: 3000 block of Fordson Court, July 4, 12 a.m. Officers responded after reports of multiple gunshots were heard in the area. Officers located a victim with a minor gunshot injury who declined hospital treatment. Rounds also struck two cars and an apartment complex; no other injuries were reported. The suspect vehicle is described as a white SUV with dark tint.

ROBBERY: 2800 Arlington Drive (Mount Vernon Swimming Pool), July 7, 4:14 a.m. A man reported he was robbed after meeting a woman at a local pool. The man was assaulted by another man when he went into a nearby building. The suspect took the man's personal property and left the area. The victim was treated at the hospital with injuries that were not life threatening.

MALICIOUS WOUNDING: 7900 block of Richmond Highway, July 4, 9:45 p.m. A man and a woman were assaulted by a man who was sweeping a commercial parking lot. The victims got into an argument with the man over fireworks. The man displayed a knife and assaulted the victims causing injuries that were not life threatening.

BURGLARY: 8600 block of Sacramento Drive, July 3, between 2 p.m. and 9 p.m. Someone entered an apartment through the rear door and stole a fire-

SHOOTING: 3000 block of Fordson

Court, July 2, 11:11 p.m. A group of several teenagers were in a local park when they heard several gunshots. Two teens were struck and were taken to the hospital with injuries that are considered not life threatening. Detectives believe the shooting could be gang related.

JULY 9 LARCENIES
3100 block of Lockheed Boulevard, merchandise from business
8400 block of Old Mount Vernon, wallet from vehicle
6200 block of Richmond Highway, cash from vehicle
6600 block of Richmond Highway, cell phone from location
7600 block of Richmond Highway, cell phone from location

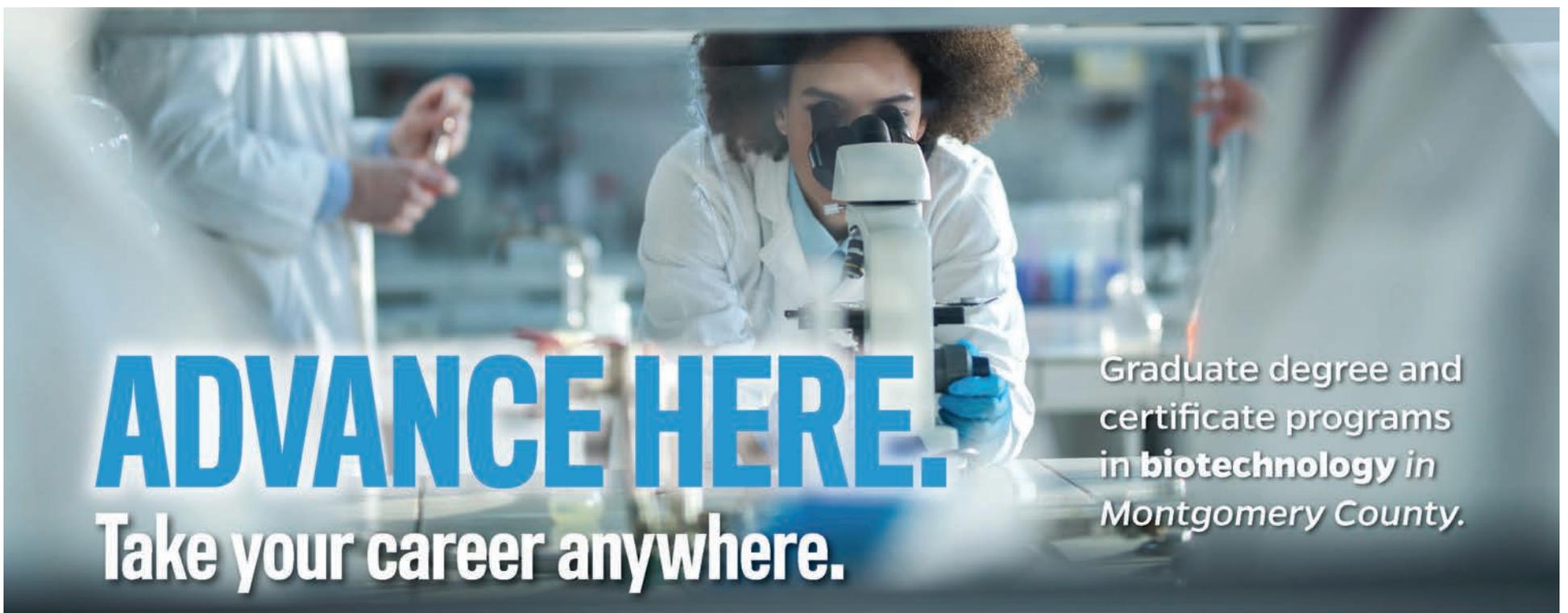
JULY 8 LARCENIES
Tower Drive/Lenclair Street, cell phone from vehicle
8300 block of Brockham Drive, package from residence
7800 block of Dove Drive, license plate from vehicle
6600 block of East Wakefield Drive, wallet from vehicle
2300 block of Huntington Avenue, beer from business
3100 block of Lockheed Boulevard, property from residence
3200 block of Mount Vernon Memorial Highway, purse from vehicle
5900 block of Richmond Highway, scooter from location
6300 block of Richmond Highway, cell phone from location
7800 block of Richmond Highway, cell phone from location
76900 block of Richmond Highway,

candles from business
2600 block of Sherwood Hall Lane, license plate from vehicle
6300 block of South Kings Highway, beverages from business

JULY 3 LARCENIES
5700 block of Biscayne Drive, keys from vehicle
5800 block of Cameron Run Terrace, television from residence
2400 block of Fairhaven Avenue, merchandise from business
2500 block of Huntington Avenue, lantern from residence
6600 block of Wakefield Drive, laptop computer from vehicle

BULLETIN BOARD

SATURDAY/JULY 13
Car Seat Safety Check. 9:30 a.m.-12:30 p.m. at the Franconia district police station, 6121 Franconia Road. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. In preparation for inspection, install the seat using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.
Office Hours. Mount Vernon District Supervisor Dan Storck will host Saturday office hours. Email mtvernon@fairfaxcounty.gov.
♦ 9-11:30 a.m. at Lorton Library, 9520 Richmond Highway, Lorton.
♦ 12:30-3 p.m. at the Mount Vernon district office, 2511 Parkers Lane, Mount Vernon.



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Police Focus on Shootings

Community meeting this week.

Detectives continue to investigate several recent gang-related shootings in Fairfax County. Officers are also engaging with area residents and working to ensure the safety of everyone in the community. This includes an increased presence in neighborhoods where the shootings took place. Additionally, detectives are conducting interviews, examining evidence, and developing investigative leads.

In an effort to keep the community informed, police will be attending community meetings this week to provide updates on the investigations, and answer as many questions as possible. The next meeting is set for Thursday, July 11, 6 p.m. at the Rose Hill Elementary School, 6301 Rose Hill Drive, Alexandria.

Chief Edwin C. Roessler, Jr. attended a community meeting on Saturday, July 6 at the Highland Park Pool and Tennis Club. He provided updates on the ongoing investigation and the department's efforts to utilize all available resources to end any further violence and bring those involved to justice. "Where we need your help is through the eyes and ears you have to look over the shoulder of your children," Roessler said at the Highland Park Pool and Tennis Club. "Gang activity is done through the devices in their hand."

Roessler added gangs don't have boundaries and operate across multiple jurisdictions in the region. The department is working with federal, state and local partners to solve these cases.

"It's only a matter of time, if we don't stop this, that someone walking by or driving by is going to get hit by a stray bullet," Roessler said Saturday. "And we're not going to have that here in our county. We're doing everything we can to bring these people to justice."

The recent shootings began on Monday, July 1 around 11 p.m. when two juveniles were shot at the

playground at 3026 Fordson Court. Both victim's injuries were not life threatening and they were treated and released from a local hospital. Officers found 29 shell casings at the scene. Three community member's cars were also hit by several bullets.

On Tuesday afternoon, July 2 there was a shooting in the parking lot of the Midieast Studio, located at 6404 Telegraph Road. Officers initially responded to the address around 4 p.m. and found a man with a gunshot wound. Minutes later, officers responded to the 2700 block of James Drive and found two additional men with gunshot wounds. All three had injuries that were not life threatening. Detectives believe that the occupants of a dark colored Mitsubishi sedan and a dark colored Toyota sedan exchanged gunfire outside of the studio. The occupants of the Toyota then drove approximately two miles to James Drive in the Huntington area of the county and called 9-1-1. The Mitsubishi was located unoccupied overnight. The Crime Scene Section is processing both vehicles. Detectives believe a previous shooting on Feb. 12 of this year at 6404 Telegraph Road is also gang-related.

On Wednesday, July 3 just before midnight, one man was shot at the playground at 3026 Fordson Court. He had a graze wound that was not life threatening refused medical treatment. Two cars and an apartment were also hit by bullets. The suspect's vehicle was described as a white SUV with dark tinted windows. Detectives believe this shooting is also gang-related and likely linked to the shooting at the same playground on Monday, July 1.

Detectives are asking for anyone with information about this event to contact the Major Crimes Bureau at 703-246-7800. Tips can also be submitted anonymously through Crime Solvers by phone: 1-866-411-TIPS (866-411-8477), by text: Type "FCCS" plus tip to 847411, and by web: www.tip411.com/tips/new?alert_group_id=21984. Anonymous tipsters are eligible for cash rewards of \$100 to \$1000 if their information leads to an arrest.

State PTA Honors Brabrand and Terrell

FROM PAGE 3

faculty meetings and many events planned for parents and the community.

Terrell is regularly on campus after school to support students in their extra-curricular activities, and his support and leadership was instrumental in the planning and success of a PTSA-led science, technology, engineering, and math (STEM) event at the school for students, families, and the community.

The Virginia PTA also recognized the Cunningham Park Elementary School PTA with the PTA Family Engagement Award; the Union Mill Elementary School PTA with the Male Engagement Award; and the Hollin Meadows Elementary School PTA with the Diversity and Inclusion Award. These schools, as well as Brabrand and Terrell, will receive their awards on Saturday, July 27, at Westridge Elementary School in Woodbridge.

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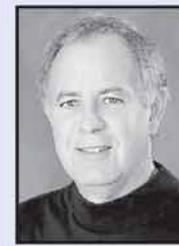
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Alex/Mt. Vernon Forest \$654,900
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Alex/Riverside Estates \$583,000
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Alex/Riverside Estates \$629,900
3120 Little Creek Lane
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OPINION

Special Session on Gun Violence

Eight proposed bills would make the commonwealth safer.

Members of the Virginia General Assembly were scheduled on July 9 to convene in a special session intended to address gun violence. After the May 31 mass shooting in Virginia Beach, Gov. Ralph Northam called for a special session of the General Assembly to address gun violence. Last week, he announced a package of eight bills for consideration during the special session.

❖ Legislation requiring background checks on all firearms sales and transactions. The bill mandates that any person selling, renting, trading, or transferring a firearm must first obtain the results of a background check before completing the transaction.

❖ Legislation banning dangerous weapons: assault weapons, high-capacity magazines, bump stocks and silencers.

❖ Legislation to reinstate Virginia's successful law allowing only one handgun purchase within a 30-day period.

❖ Legislation requiring that lost and stolen firearms be reported to law enforcement within 24 hours.

❖ Legislation creating an Extreme Risk Pro-

tective Order (Red Flag law), allowing law enforcement and the courts to temporarily separate a person from firearms if the person exhibits dangerous behavior that presents an immediate threat to self or others. This would prevent suicides.

❖ Legislation prohibiting all individuals subject to final protective orders from possessing firearms. The bill expands Virginia law which currently prohibits individuals subject to final protective orders of family abuse from possessing firearms, keeping guns out of the hands of domestic abusers.

❖ Legislation enhancing the punishment for allowing access to loaded, unsecured firearm by a child from a Class 3 Misdemeanor to a Class 6 felony. The bill also raises the age of the child from 14 to 18.

❖ Legislation allowing localities to enact any firearms ordinances that are stricter than state law. This includes regulating firearms in municipal buildings, libraries and at permitted events.

These are in fact common sense proposals, and each one should get consideration and a vote. There's a good chance that won't be the outcome because Republicans narrowly control both the House of Delegates and the Virginia Senate.

But the special session will focus legislators and voters on the importance of these issues, and that focus will serve the effort well, whether or not any of the bills pass into law this month.

EDITORIAL

Working to Stop Gun Violence

BY SCOTT SUROVELL
STATE SENATOR (D-36)

Gov. Ralph Northam has called the state legislature to Richmond this week for a special session to focus on measures to reduce firearm violence in the state. Addressing this problem is long overdue.

Last year, guns killed more people than car accidents in Virginia. The majority of those deaths were people committing suicide.

Just last week, three people were shot in the Fairfax County portion of the 36th District in Gum Springs and Rose Hill. The week before that, two people were found shot to death in the woods off Featherstone Road in Woodbridge.

Over the last 10 years I have served in the General Assembly, we have passed one bill that represents progress on this problem. In 2016, Attorney General Mark Herring issued an opinion that ended the state's practice of recognizing out-of-state concealed weapons permits from states with protections that are not as robust as Virginia's. This also meant that Virginia concealed weapon permit holders could not carry concealed weapons in those other states.

This was so alarming to firearm advocates that they were willing to allow the Commonwealth to pass a statute requiring the subjects of protective orders — necessitated by domestic violence — to surrender their weapons while the order was in place in return for restoration of concealed weapon reciprocity rules.

That is it.

During my 10 years in elective office, Virginia repealed the one-gun-a-month rule that had curtailed Virginia's prominent role in gun trafficking. General Assembly committees have routinely killed bills to address gun violence that I cosponsored. One example: A bill to ban magazine extensions like those used to kill 10 people in Virginia Beach last month or wound Congressman Gabby Giffords, 13 others and killed six people. A committee killed Sen. Adam Ebbin's effort to ban the type of bump stocks used to kill 59 people and shoot 422 others in Las Vegas.

I have carried legislation to require background checks on all firearm sales which would end the gun show loophole, a current law that allows sales without background checks. 90 percent of Virginians support this, polls show, but legislative committees kill these bills every year.

Governor Northam has also asked us to consider a ban on assault weapons such as the AR-15 that the D.C. Snipers used to kill 17 people and wound 10 more all over the Washington, D.C., metropolitan area in 2002. That same weapon was used in Las Vegas, Newtown, Aurora, Orlando, Sandy Hook, Texas Church, San Bernardino, Waffle House and Santa Fe High School.

I am also cosponsoring legislation to create so-called "red flag" orders which would allow an individual to petition a judge to issue a temporary order requiring a suicidal individual to

Pet Gazettee, Send Photos

The Pet Gazette, a twice-yearly special edition, will publish the last week of July, and photos and stories of your pets with you and your family should be submitted by Thursday, July 25.

We invite you to send stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description of what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

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surrender their weapons. This concept is even supported by the President, but it is opposed by firearms rights advocates.

The current U.S. Supreme Court has reinterpreted 200 years of jurisprudence to hold that the Constitution provides some protections for purchasing and owning firearms, but as with all constitutional rights, there are limits. We have Constitutional protections for free speech, for example, but no one can maliciously defame someone with false speech, threaten physical harm or shout fire in a crowded movie theatre. Each of the measures that I have described in this column is a reasonable limitation that will not curb anyone's ability to hunt or defend themselves or their family.

I will try to make progress this week, but when one of my colleagues claims guns prevent rape and the state senator whose district saw 10 people murdered last week will not even consider changing his opposition to measures like this, I am not optimistic.

LETTERS

Existing Law Is Adequate

To the Editor:

Last week, we read H. Jay Spiegel's letter to

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ENTERTAINMENT

ACCT Offers 'Southern Hospitality'

How the Futrelle sisters try to save their town.

BY STEVE HIBBARD

Aldersgate Church Community Theater (ACCT) is presenting "Southern Hospitality" from July 12-28. The story revolves around the Futrelle sisters in Fayro, Texas, who pull together to save their town when the Super SmartMart and the rendering plant close. They try to entice a salsa manufacturing factory to set up business in their town. How the Futrelle sisters try to save their town is a recipe for hilarity.

According to Director Eddie Page: "Over the last several years I have directed two productions of their perennially-popular 'The Dixie Swim Club.' Jessie Jones, Nicholas Hope and Jamie Wooten, collectively known as 'Jones Hope Wooten,' enjoy the reputation of being three of the most popular and widely-produced playwrights in the United States. I love their style of writing talents specializing in laugh-out-loud comedies and creating vivid strong roles for women; while allowing the director the freedom to tell the story. Jamie Wooten was a writer and producer for many seasons of the classic television series, 'The Golden Girls'; one of my favorite all-time sitcoms," he said.

According to Producers Marg Soroos and Jayn Rife: "ACCT has done other plays by the authors of 'Southern Hospitality' — Jones, Hope, and Wooten. We have found the scripts to be well written and quite humorous. After two more serious plays, 'The Count of Monte Cristo' and 'Bus Stop,' we thought that a good comedy was in order.



PHOTO CONTRIBUTED

The cast of "Southern Hospitality" in rehearsal; the show runs July 12-28, at Aldersgate Church Community Theatre.

This one fills the bill completely. The audience should be laughing from almost the first line until the show is over," they said.

Janice Zucker plays Aunt Iney Dubberly, who is Dub Dubberly's aunt. "She's coming to Fayro for a visit and everyone is on edge about it because she's a nasty, bitter, old woman and makes everyone else's life miserable just by opening up her mouth. Her family thinks that she might be coming to Fayro to tell them that she's going to leave all her money to them. So, in spite of everyone wanting so badly to tell her off — they put up with her until they can't take it anymore," she said.

She added: "It's a very funny play with so many good lines and laughs and I hope that they will just sit back and enjoy them all. One other thing that I hope they will take away is that no matter how much craziness goes on in a family — if they all stick together, they will triumph in the end."

Mandi Ellis plays the role of Gino Jo, the daughter of Frankie who is one of the

Futrelle sisters. "She's definitely someone who wears her heart on her sleeve, when she's sad you know and when she's happy it's contagious. I wouldn't say she's ditzy but certainly naive, where she doesn't think anything could go wrong and then it does and she doesn't know what to do. At the end of the day GJ definitely loves her family and where she comes from, she's so passionate about her small town and being involved," she said.

Kate Ives plays the role of Geneva Musgrave, the owner of the BooKoo BooKay, the flower shop in Fayro, Texas. "She is strong-willed, acerbic, and loves her town dearly. It is not only her home, but her family. She may not get along with everyone in the town — she and Honey Raye are deadly frenemies — but she will do anything for her family," she said.

She added: "Probably the biggest challenge has been in balancing the wonderful humor of the script with the genuine pathos of a group of people fighting to save

their community and genuinely frightened of the future. 'Southern Hospitality' is a very funny play with hilarious characters, but there is real emotional risk in the story, as well."

Cal Whitehurst plays the role of Dub Dubberly, a Texas good ol' boy, easy-going, kind of cynical, always ready with a complaint or a wisecrack. "He has been unemployed since the local factory in his hometown of Fayro closed down a few months previously and has been in a permanent state of midlife crisis ever since. Dub is married to Frankie, the most sensible and down-to-earth of the four Futrelle sisters, whose various schemes and rivalries drive much of the plot of Southern Hospitality. They have a daughter, Gina Jo, recently married to a preacher, and very mischievous

twin sons, who never appear onstage but whose offstage antics receive considerable attention," he said.

James McDaniel plays the role of Raynerd Chisum, a simple, loving, child-like man who has a little autism in his life. "Raynerd believes the universe is personally focused on him to make his life pleasant, and he can only see the good in events that surround him. When others get alarmed that Raynerd's hat gets punctured with an arrow, Raynerd appreciates the new ventilation. New cracks appearing in the sidewalk become the universe's method of stimulating Raynerd's appreciation for abstract art. He loves his hometown, Fayro, and all the people in it," he said.

ACCT is presenting "Southern Hospitality" from July 12-28. Show times are Fridays and Saturdays at 8 p.m.; Sundays at 2 and 3 p.m. Tickets are \$15-\$18. The venue is located at Aldersgate Church Community Theater, 1301 Collingwood Road, Alexandria. Visit www.acctonline.org.

CALENDAR

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

ONGOING

Band Members Needed. Join the Mount Vernon Community Band, a group of players who enjoy playing many styles of band music in a relaxed atmosphere. Rehearsals are Tuesdays 7:30-9:30 p.m. in the Mount Vernon High School Band Room, 8515 Old Mount Vernon Road. No auditions. All instruments needed. Contact Eric Leighty directly 703-768-4172 or visit www.mvbands.com/join-us/.

Art Exhibit: Notes of Color. Through July 21, gallery hours at the Athenaeum, 201 Prince St. The Washington Sculpture Group presents Notes of Color. Visit nvfaa.org or call 703-548-0035.

Art Exhibit: Labyrinths and/or Mazes. Through July 28, gallery hours, Potomac Fiber Arts Gallery, Torpedo Factory Art Center, Studio 29, 105 North Union St. Potomac Fiber Arts Gallery announces the opening of its juried show, Labyrinths and/or Mazes. Sometimes one is led to success and sometimes one hits a

dead end. Gallery embers have pushed their paths and have come up with wonderful results. Themed work will be eligible for recognition by the jurors. Non-themed work may also be exhibited. Visit www.potomacfiberartsgallery.com or call 703-548-0935.

4Living Legends of Alexandria: African American Activists. Through July, Tuesday-Saturday, 10 a.m.-4 p.m. at the Alexandria Black History Museum, 902 Wythe St. Living Legends of Alexandria: African American Activists highlights the work of African American men and women who have made important contributions to the growth and productivity of the City of Alexandria. Call 703-746-4356 for more.

Art Exhibit: More Than A Body. Through Aug. 4, gallery hours, at Target Gallery at Torpedo Factory Art Center, 105 N. Union St. Target Gallery, the contemporary exhibition space for the Torpedo Factory Art

Center, presents their competitive annual solo exhibition featuring Northern Virginia-based artist Julia Kwon. Kwon uses traditional Korean inspired textiles to create a dialogue on othering and objectification she experiences as a Korean-American woman. Julia Kwon: More Than A Body will be on view June 14-Aug. 4. Visit torpedofactory.org/target.

Ceramics Go Casual. Through Aug. 4, gallery hours at Scope Gallery, ground floor Studio 19 of the Torpedo Factory Art Center, 105 North Union St. The "Siestaware" Kiln Club show features calm colors and organic contours in a collection of blissed out dishes and shapely sculptural work by the Kiln Club artists. Call Scope Gallery at 703-548-6288 or visit www.scopegallery.org.

Creative Summer Programs. Through Aug. 31 at Del Ray Artisans, 2704 Mount Vernon Ave. Del Ray Artisans' Creative Summer Programs is a series of workshops exploring the

arts. Learn techniques in photography (macro and SmartPhone), painting, sculpture, mixed media, jewelry-making, sketching, and more; and discover how to use art for affirmation, communication, and intention. Details and registration at DelRayArtisans.org/programs/creative-summer/.

Mount Vernon Farmers Market. Wednesdays (through Dec. 18), 8 a.m.-noon at Sherwood Hall Regional Library, 2501 Sherwood Hall Lane. The McCutcheon/Mount Vernon Farmers Market opened May 1 with an array of farm-fresh produce and local foods, plus some new features (fresh brewed coffee!). 17 local farmers and producers will sell fresh, locally grown vegetables and fruits; meats; Chesapeake Bay seafood; breads and pastries; honey, jams and jellies; milk, cheese and eggs; herbs and plants; and more. Visit www.fairfaxcounty.gov/parks/farmersmarkets.

THURSDAY-SUNDAY/JULY 11-14

"The 2 Sides Project, Special Edition." at Del Ray Artisans, 2704 Mount Vernon Ave. "The 2 Sides Project, Special Edition" exhibit and documentary film screenings are at Del Ray Artisans gallery. Sons and daughters of those killed on opposite sides of the Vietnam War have come together for the first time. Experience their connection through still photos and the documentary film. A reception is scheduled Friday, July 12, 7-9 p.m. Visit DelRayArtisans.org/event/2-sides-project/ for more.

JULY 11-29

Musical: "Be More Chill." at the Ainslie Arts Center on the campus of Episcopal High School, 3900 West Braddock Road. Be More Chill follows nerdy loner Jeremy, who

SEE CALENDAR, PAGE 10

Pipeline Playwrights at Capital Fringe Festival

Presenting the world premiere of “How’s That Workin’ Out For Ya? 2.0.”

BY STEVE HIBBARD

The Pipeline Playwrights is presenting the world premiere of their play, “How’s That Workin’ Out For Ya? 2.0,” which is five new plays offering a cheeky look at women, power, and justice in the age of #metoo, at the Capital Fringe Festival, July 11-28, in the District.

“We had great success with last year’s play, ‘How’s That Workin’ Out For Ya?’ — voted Best of Fringe 2018 — and so we decided to revisit the theme for this year’s production,” said Ann Timmons, one of the playwrights. “Like last year, the play is a collection of short pieces, one by each of the Pipeline Playwrights.”

This year there are five one-acts: “The Christmas Card” by Crystal Adaway; “Sense and Nonsense” by Patricia Connelly; “Sally Has Issues” by Ann Timmons; “Kavanaugh” by Jean Koppen; and “Mr. Bee-Zoo’s Lunch” by Nicole Burton.

Timmons said that all the plays will be presented at each performance, and they are thematically linked by the title, with some clever staging by Director Catherine Tripp.



PHOTO CONTRIBUTED

Diane Copper-Could and Kevin Dykstra star in “Sally Has Issues” by Ann Timmons.

She added: “Catherine has tackled the challenge of staging five shows with very different settings —from a 19th century manor house to the futuristic courtroom of American women. On top of that, all sets for Fringe have to be set up and struck in 15 minutes, so we are dealing with creative minimalism.”

“Fortunately, we have amazing actors (Diane Cooper-Gould, Natasha-lee Loyola,

Kevin Dykstra, and Karen Elle) who can conjure a world out of thin air,” she said. Last year’s show was chosen as one of the Best of Fringe by DC Metro Theatre Arts, and sold out every performance.

Added Director Catherine Tripp: “The Pipeline Playwrights have brought their unique perspectives back to the Fringe with a humorous look at the journey to find one’s own voice, even when that voice is off the beaten path.”

Pipeline Playwrights is a group of women playwrights based in Northern Virginia. Their mission is to produce plays that explore the variety of women’s experiences, and to be persistent in promoting women playwrights and broadening the pipeline for new play production.

Performances will be held in the Dove Performance Space at St. Augustine’s Episcopal Church on the following dates: Thursday, July 11 at 6:15 p.m.; Saturday, July 13 at 6:30 p.m.; Tuesday, July 16 at 8:15 p.m.; Saturday, July 20 at 5:45 p.m.; Friday, July

Synopsis of the Plays

- “**The Christmas Card**” by Crystal Adaway: A festive girls’ night takes a turn for the weird when life imitates art or is it the other way around?
- “**Sense and Nonsense**” by Pat Connelly: A more sensible perspective on Jane Austen’s classic.
- “**Sally Has Issues**” by Ann Timmons: Sally’s sanity is tested as she navigates the challenges of moving to a new neighborhood and an old house.
- “**Kavanaugh**” by Jean Koppen: Justice Kavanaugh petitions the court of American Women for official classification as a “good guy.”
- “**Mr. Bee-Zoo’s Lunch**” by Nicole Burton: A super librarian teaches the bald tech billionaire how to do good.

26 at 7 p.m.; Saturday, July 27 at 12:15 p.m.; and Sunday, July 28 at 4:30 p.m. The venue is located at 555 Water Street, SW, Washington, D.C. The Waterfront Metro station (Green Line) is a short walk from the venue. Tickets are \$20. Order online at <https://capitalfringe.org/event/how-s-that-workin-out-for-ya-2-0/> or by phone at 866-811-4111.

For more information about Pipeline Playwrights, visit www.pipelineplaywrights.org, or on Facebook (@pipelineplaywrights), Twitter (@PipelinePlays), and Instagram (@pipelineplays).

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ENTERTAINMENT

'Be More Chill'

Broadway musical makes its D.C. area debut.

BY STEVE HIBBARD

Monumental Theatre Co. is presenting the musical, "Be More Chill," from July 11-29, at Episcopal High School in Alexandria. The Broadway play based on a teen fiction novel is told from the perspective of Jeremy, a high school "loser" who is tormented by bullies and goes to great length to gain self-confidence. He learns of a SQUIP (Super Quantum Unit Intel Processor) pill that can communicate directly with his brain after being swallowed. The pill instructs him on how to dress, act, talk, and comport himself through each day. It helps to transform him from a klutzy loser to a member of the school's elite to gain the attention of his lady friend, Christine.

Director Izzy Smelkinson said he fell in love with "Be More Chill" a few years ago when he first heard the soundtrack. "A contemporary show about a misfit who loves video games and comic books and masturbation? I knew it had to be produced somewhere in D.C.," he said.

He added: "I wanted to take this musical about a young man (Jeremy) who is struggling with his identity and have it feel universal. The source material as well as the book and lyrics are all written by cis men and something about that never sat right with me. Employing an all-female creative team, and talking openly about how Jeremy's problems are universal has allowed us to expand upon the story."

One of the biggest challenges of directing this piece is that there are two popular iterations of the musical (one that is currently on Broadway) that young theatre-goers are very familiar with, he said. "Since



PHOTO BY ANU DEV

The Monumental Theatre Co. cast rehearses for "Be More Chill," which runs from July 11-29, in Alexandria.

the show gained popularity through its internet fan base, audience members may come in with visions of what the show should look or feel. We have worked hard to make this piece as unique to Monumental and our creative team as possible," he said.

For audience takeaways, he added: "'Be More Chill' at its heart is about learning to be kind to and love yourself. I hope that aside from having a good time, the audience leaves knowing they should listen to the unique voices in their own heads and to leave the haters at home."

Jyline Carranza is playing the role of Christine Canigula, a high school theatre kid. "Although she is the only one in her school's theatre department, that does not

stop her commitment to the department. She is also one of the few characters in the show that does not care about her high school's social hierarchy. This draws Jeremy in, and leads to her being his love interest," she said.

She added: "The hardest part of working on this show is that fact that it is currently on Broadway and known by many people. The reason this makes it challenging for us is because many people already have an idea of what the show looked like on Broadway, but we want to make it our own. I can apply this to the character of Christine as well. Many people have seen Stephanie Hsu's take on Christine, but I would love to take a different approach on the character. Nonetheless, it has been such a fun process

and we are so excited for the audience to see our take on this amazing show," she said.

Caroline Dubberly plays the role of the SQUIP. "I'm a quantum computer taken in pill-form and I implant myself in the brain of my user and tell them what to do to be cooler," she said.

She added: "The SQUIP role is written for a tenor to sing, and for the most part I'm singing it up an octave. It's definitely one of the most challenging vocal tracks I've ever done, so I've had to be really disciplined in my training and the way I take care of my body and voice leading up to and during the process."

Christian Montgomery plays the role of Michael Mell, Jeremy's best friend. "He is a music-obsessed, self-proclaimed loser who is in love with everything '90s. He spends most of his time getting high by playing video games. He supports Jeremy and wants him to be happy, but knows the value of staying true to yourself and owning your weirdness," he said.

He continued: "One of the main challenges I faced while working on this show was taking myself back to high school. It's nice because Michael and I have a lot in common, but getting back into the head space of being a high-schooler is always very specific. Luckily for Michael, some of the things I do to get me in his zone are listening to Bob Marley and playing Super Smash Brothers, so I can't complain too much."

"Be More Chill" runs from July 11-29, at the at the Ainslie Arts Center on the campus of Episcopal High School, 3900 West Braddock Road, Alexandria. Tickets for \$35-\$40 can be purchased online at <http://www.monumentaltheatre.org/be-more-chill.html>.

CALENDAR

FROM PAGE 8

ingests a supercomputer called a "SQUIP" in order to become cool and popular. Be More Chill is directed by Izzy Smelkinson with music direction by Marika Countouris. In addition to mounting the first professional production of the show in the D.C. metro area, Monumental Theatre Company will also be employing an all-female design team. Visit www.monumentaltheatre.org/be-more-chill.html for tickets.

FRIDAY/JULY 12

Mount Vernon Nights: The 19th Street Band (country rock). 7:30-8:30 at Grist Mill Park, 4710 Mount Vernon Memorial Highway. Performances will feature musical styles from soul to and pop and bluegrass and rock. Bring a picnic dinner and a blanket and enjoy one of Fairfax County's summer traditions. Visit www.fairfaxcounty.gov/parks/performance/mt-vernon-nights for more.



FILE PHOTO BY MICHAEL LANE

Fireworks light up the sky over the Potomac River in the finale of the City of Alexandria's 2018 birthday celebration at Oronoco Bay Park.

Alexandria's Birthday

Alexandria celebrates its 270 birthday and America's 243rd birthday in one big celebration. Guests can enjoy a performance by the Alexandria Symphony Orchestra, patriotic birthday cake and food vendors. The event culminates in a fireworks show over the Potomac River. Saturday, July 13, 6-10 p.m. at Oronoco Bay Park, 100 Madison St. Visit www.visitalexandriava.com/alx-bday/.

FRIDAY-SUNDAY/JULY 12-14

Plein Air at Mount Vernon. Noon-4 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. Visiting artist Simon Bull paints in the gardens on a mural-sized canvas and answers visitor questions. Included with admission (\$20 for adults; \$19 for seniors; \$12 for ages 6-11; free for children ages 0-5). Call 703-780-2000 or visit mountvernon.org/pleinair.

SATURDAY/JULY 13

Workshop: Casting Concrete Leaves. 9:30-11 a.m. at Green Spring Gardens, 4603 Green Spring Road. (Adults) Capture the beauty of ornamental leaves by casting them in concrete to decorate home or garden. Green Spring staff demonstrates casting and painting techniques and assists participants in making a treasure to take home. The cost is \$43/person for the program and \$25/person for the supply fee. Register online at www.fairfaxcounty.gov/parks/

parktakes/ using code 95A.5596 or call Green Spring Gardens at 703-642-5173.

Watercolor Workshop: Monet & Water Lilies. 9:30 a.m.-3:30 p.m. at Green Spring Gardens, 4603 Green Spring Road. (Adults) Monet contributed to the art world with his monumental water lily paintings. Be inspired by Monet's style and create water lily paintings using techniques like glazing, dry-brush, wet on wet, washes and more with the help of instructor Dawn Flores. Supply list emailed before class. The cost is \$93/person. Register online at www.fairfaxcounty.gov/parks/parktakes/ using code 7A1.D2F2 or call Green Spring Gardens at 703-642-5173.

Old Town North Walking Tour. 10-11:30 a.m., begins at the waterfront at Pendleton Street, Alexandria. North Old Town Citizen's Association (NOTICE) sponsors a free and informative tour about the history of Old Town North. Contact mikeatalexhouse@gmail.com to register.

Beyond the Battlefield. 10 a.m.-noon at Lee-Fendall House Museum &

ENTERTAINMENT

Garden, 614 Oronoco St. A guided walking tour of Civil War sites in Historic Old Town featuring locations and stories associated with soldiers, citizens, and the enslaved, including the occupation of Alexandria and emancipation. \$15 in advance, \$20 gate. Visit www.leefendallhouse.org or call 703-548-1789.

Hands-on History Day. 10 a.m.-4 p.m. at Lee-Fendall House Museum, 614 Oronoco St. A day of hands-on history – explore the history of ice cream. Try making ice cream the old-fashioned way and enjoy a taste. Ice cream making demonstrations and interactive tours of the house will run throughout the day. \$2 for children (2-12), \$4 for adults, infants free. Call 703-548-1789 or visit www.leefendallhouse.org for more.

Here is to a Healthier You. 10:30-11:30 a.m. at Ebenezer Baptist Church (Education Building), 301 N. Patrick St. Min Kirshnamurthy, in-store nutritionist at Giant in Fairfax, VA, will present “Eight Steps to a Wealth of Health.” Free. RSVP required at 703-683-1473 or www.eventbrite.com/e/here-is-to-a-healthier-you-tickets-62311502381.

Dyke Marsh Meetup Walk with a Ranger. 11 a.m.-1 p.m. at Belle Haven Park/ Dyke Marsh Wildlife Preserve. Enjoy the outdoors on this 2-mile walk with a national park ranger to see the largest freshwater marsh in the nation’s capital. Bring a pair of binoculars for viewing an eagle’s nest and other marsh life. Free. Call 703-235-1530 or visit www.nps.gov/gwmp/planyourvisit/dykemarsh.htm.

Summer Saturdays. 11 a.m.-4 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. Join Gunston Hall for a summer of fun. Each Saturday in June, July, and August, stop by for a

historic adventure on the grounds and in the Visitor Center. Included with regular admission. Call 703-550-9220 or visit www.gunstonhall.org/visit/guide/upcoming-events.

Old Town Pub Crawl. 1:30-6 p.m. Port City Brewing Company will host its sixth annual Old Town Pub Crawl in Alexandria. Over the course of the afternoon, more than 1,000 participants will visit eight bars and restaurants in Alexandria’s Old Town. Port City team members will be handing out pub crawl passes at all eight pub crawl stops from 1:30-2:30. Participants who have their passes stamped at all participating venues can pick up their commemorative pint glass from 5-6 p.m., while supplies last; no purchase required. Port City will also host an official post-crawl after party at Murphy’s Grand Irish Pub (713 King St.). Participants are invited to join the Port City team for more food, fun, and beers. Visit www.portcitybrewing.com/events/6th-annual-port-city-old-town-pub-crawl for more.

Lecture: Five for Freedom. 2 p.m. at the Alexandria Black History Museum, 902 Wythe St. John Brown and raiders, including five African American men, descended on Harpers Ferry, WV, in 1859. The



Ha Long Blue by Jared Groneman.

The 2 Sides Project, Special Edition

Sons and daughters of those killed on opposite sides of the Vietnam War have come together for the first time. Experience their connection through “The 2 Sides Project, Special Edition” exhibit of still photos and documentary film screenings. Thursday-Sunday, July 11-14 at Del Ray Artisans, 2704 Mount Vernon Ave. A reception is scheduled Friday, July 12, 7-9 p.m. Visit DelRayArtisans.org/event/2-sides-project/ for more.

lives of these “Five for Freedom” have been overshadowed by their leader. Join author Eugene L. Meyer for a lecture about the lives of these men. \$5. Register at <https://shop.alexandriava.gov/EventPurchase.aspx>.

Del Ray Music Festival & Beer Gardens. 3-8 p.m. at Pat Miller Neighborhood Square, at the intersection of Mt. Vernon and Oxford avenues. Local bands will perform on two stages in the heart of Del Ray, with nine of Del Ray’s top restaurants hosting pop-up beer gardens in the three blocks surrounding the stage. Admission is free and open to all. Visit www.thedelraymusicfestival.com for more.

EyeSoar. 5:45 p.m. at St. Matthews Lutheran Church, 222 M St. SW, Washington, D.C. Alexandria’s Jane Franklin Dance will present EyeSoar at the Capital Fringe Festival. Space is getting tighter and longtime occupants of the Four Mile Run (Shirlington, VA) nestle with change. Through an audio, video, and movement-based performance, EyeSoar captures the evolving space, people, and organizations in this industrial neighborhood. \$20. Visit www.janefranklin.com/capital-fringe or call 703-933-1111.

Alexandria’s Birthday Celebration. 6-10 p.m. at

Oronoco Bay Park, 100 Madison St. Alexandria celebrates its 270 birthday and America’s 243rd birthday in one big celebration. Guests can enjoy a performance by the Alexandria Symphony Orchestra, patriotic birthday cake and food vendors. The event culminates in a fireworks show over the Potomac River. Visit www.visitalexandriava.com/alex-bday/.

Mount Vernon Nights: The United States Army Blues (jazz). 7-8 p.m. at The Workhouse Arts Center, 9518 Workhouse Way, Lorton. Performances will range from disco to Indian Bollywood and acoustic blues to big band. Bring a picnic dinner and a blanket and enjoy one of Fairfax County’s summer traditions. Come early to the Workhouse Arts Center to explore its vibrant arts scene. Visit www.fairfaxcounty.gov/parks/performances/mt-vernon-nights for more.

SUNDAY/JULY 14

A Taste of Scotland. 1-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. (Adults) It’s not just haggis and shortbread. Discover the diversity of Scottish food and how it reflects Scotland’s history, land and people. Hear about traditional dishes linked to national celebrations, and sample authentic Scottish fare. Afterwards, the culinary theme continues at the tea table. \$42 (program + tea), \$18 (program only). Pro-grams are by reservation only. Call 703-941-7987, TTY (703) 324-3988.

Junior Docent Tours. 2-5 p.m. at SEE ENTERTAINMENT, PAGE 14

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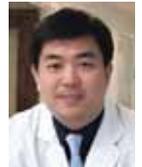
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Alexandria Gazette Packet Mount Vernon Gazette

Special Edition

PET Gazette

Publishes: August 1, 2019 • Ads close: July 25, 2019

Gazette readers love their pets. This keepsake edition will feature photos, anecdotes, advice and more about beloved family pets.

The Pet Gazette will publish on August 1, 2019, and photos and stories of your pets with you and your family, along with any advertisements, should be submitted by July 25.

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Home LifeStyle

Plastic bins such as those in this closet can help maximize space in a dorm room, advises Susan Unger of ClutterSOS.



PHOTO COURTESY OF SUSAN UNGER.

Dorm Room Decor

Adding style and creating space in tight quarters

BY MARILYN CAMPBELL
THE CONNECTION

When she moved out of her family home and into a dorm room at Marymount University, one of the obstacles that Grace McKinley faced was creating a sense of style and order in her new downsized dwelling.

"[My] biggest challenge was making a small space feel like a functional home," said McKinley, an interior design major who now works as an intern at Case Design/Remodeling, Inc.

For students who are getting ready to head off to college next month, part of their preparation includes shopping for supplies to hold items ranging from jeans and t-shirts to laptops and books. Like McKinley, many will take on the task of finding pieces that will serve the dual role of adding both aesthetic appeal and efficient organization to a diminutive and austere room.

"First of all, since dorm rooms are really small, try to only take what you know you will actually need," said Susan Unger of ClutterSOS. "If you can only take your clothes, choose items needed for the current season and then change them out when you return home for a visit."

Even for those who choose to take only a limited amount of clothing, finding the best use of space requires creativity and precision. "Use bed risers to make room for under-the-bed storage bins where you can house items such as extra food and clothing you don't wear on a regular basis," said Unger.

Students who, like McKinley, miss the comforts of home, can use nostalgic reminders to smooth out the transition. "I made sure to put up photos of friends and family on the wall to add a sentimental touch," she said. "And I coordinated my favorite colors in my bedding and organization items." McKinley said those items included stackable, plastic storage trays that held her jewelry and school supplies.

In fact, tools for keeping order are essential when trying to maximize the limitations of size-challenged rooms. "Always think of using available vertical space such as the back of doors," said Unger. "You can actually use an over-the-door shoe bag for other things like toiletries or food instead of shoes."

Even dorm-sized appliances can be multi-functional, says Unger. "If you have a refrigerator with metal sides you can use magnetized bins for office



When decorating a small space, interior designer Allie Mann of Case Design/Remodeling Inc. says that bold colors can add vibrancy.

or kitchen supplies like condiments or eating utensils," she said. "A shower caddy is also a good idea so that you can keep all your bathing supplies in one place."

When it comes to breathing life into sterile, cramped quarters, a touch of vibrancy can have a big impact, says Allie Mann, designer and senior interiors specialist at Case. "When decorating a small space, don't be afraid of color," she said. "The best small spaces are those that are the most colorful. So many times folks are afraid of too much color. Be bold and have fun."

Accessories that Mann recommends include colorful peel-and-stick wallpaper. "Take any lamp and give it life and character with pom poms from a craft store," she said.

While she encourages color creative, her advice comes with a caveat. "Be careful not to mix too much pattern," she said. "Too much pattern in a small space could be a bit dizzying."

Now working as Mann's design intern at Case, McKinley says that, as she progressed in her major, she began putting her newly acquired skills to use in her dorm room. "In my interior design classes, we learned that balancing elements of design like color, shape, space, and texture creates the best spaces," she said. "Adding interest with a unique throw pillow, patterned rug, or a fun lamp can make a simple dorm stand out from the rest."

WELLBEING

Navigating Through Stress

BY DAVID HARRISON

What's in your wellbeing bucket? Wellbeing affects all of us and is difficult to find in northern Virginia with its reputation for achievement-based identity that drives us to distraction by deadlines, traffic, anxiety, and stress that hinder our wellbeing.

This week in northern Virginia and nationwide, our own wellbeing is affected by the resilience of medical residents entering orientation at teaching hospitals. Each July, about 31,000 interns transition into their graduate medical education (GME) programs as PGY1s at about 1,100 civilian, veteran's, and military teaching hospitals across America. Averaging age of 26, residents learn to sustain their next three years of 20-hour shifts and 80-plus-hour weeks. Patients are trusting residents to remain alert enough to provide suitable care in the exhausting American GME program.

Dr. Steve Motew, chief of Clinical Enterprise at Inova Health System, said that national studies indicate burnout occurs in physicians, nurses, residents, and early career students. "At Inova's five hospitals, we recognize that 'burnout' is defined as an outcome we strive to avoid, whereby resiliency, work optimization, mental and physical well-being are the key components we focus on to restore joy to our work." A first step is to increase awareness of the problem and implement formal programs with insight from external experts. Inova has programs in place to support staff to improve personal wellbeing and combat burnout. Dr. Alan Moghissi, adjunct professor at the Georgetown University School of Medicine and CEO of the Institute for Regulatory Science, said there is a need for evaluation of risk by OSHA about ethical economic drivers on burnout and to prevent the impact of harmful workplace environments with suitable interventions.

Wellness, according to the U.S. Department of Health & Human Services (HHS), is not absence of illness or stress. Making healthy choices is critical for our physical and mental wellbeing, as problems in one area impact the other. HHS shares eight dimensions that contribute to our wellbeing: emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual. Wellbeing,

according to the World Health Organization (WHO) is declared in its constitution: "Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity." WHO acknowledges that mental health helps manage stress and positively influences physical health. WHO defines wellbeing as the state in which all persons realize their own potential, cope with the normal stresses of life, work productively, and are able to contribute to their community. Responding to alarming statistics among U.S. health care workers, the Accreditation Council for Graduate Medical Education (ACGME) launched with the National Academy of Medicine (NAM) an "action collaborative" of multiple organizations to protect physician wellbeing. According to Dr. Thomas Nasca, CEO of ACGME, physicians need to be trained in a way that considers their wellbeing over the course of a lifelong career and to understand the causes of clinician burnout and depression with evidence-based solutions that reverse these troubling trends.

Dr. Charles Murphy, chief safety officer, for the Inova Heart and Vascular Institute at Fairfax Hospital, reminds us at national conferences that clinician wellbeing is a professional development skill in ACGME's program requirements.

Similar to medical residents, we can learn from ACGME's hands-on approach to conduct our own risk assessment for wellbeing action plans. We must learn to navigate stress to refresh and refocus daily. My grandmother would inquire; "Is it well with you?" She knew our human condition was woven with distress, yet also that wellbeing could be contagious. She redirected our attention from fear of stumbling, to sharing a kind word. She learned from adversity and exemplified the life lesson to look up from our imperfections and for us to forgive and encourage others. Her transformational leadership enabled us to help others.

This summer, the DMV reminds us to arrive alive by not texting while driving and to practice defensive driving. HHS encourages us to practice wellness by learning life skills of how to anticipate and prevent risk. Today, Millennials can saddle-up with HHS's eight dimensions of wellness to facilitate wellbeing for themselves and their neighbors in the community.

The writer, a Mount Vernon resident is a GME Research Fellow at the Institute of Regulatory Science in Alexandria.

LETTERS TO THE EDITOR

FROM PAGE 6

the editor reminding us of our exchange at a town hall meeting where he claimed that a recent Supreme Court of Virginia opinion interpreted §§ 24.2-233 and 24.2-234 of the Code of Virginia to require all signatures on a voter recall petition to be notarized. At the time, each of us committed to introduce legislation to remove that requirement if he was correct.

We checked with the Division of Legislative Services. They advised that in *Commonwealth v. Williams*, 295 Va. 90 (2018), the Supreme Court of Virginia only held that the signature of the individual

collecting the petition signatures needed to be notarized. All other voters signing such a petition must sign under penalty of perjury and that can be accomplished by a simple statement at the top of each petition as is currently done with driver's license applications or other official documents.

No notarization is necessary.

This is no more burdensome than the process for collecting signatures to put any elected official on the ballot in the Commonwealth. We appreciate Mr. Spiegel's suggestion, but it appears it was premised upon an incorrect reading of the Supreme Court of Virginia's opinion and we each agree that existing law

is adequate to prevent fraudulent signature collection.

Sen. Scott A. Surovell
(D-36)

Sen. Adam P. Ebbin (D-30)
Del. Paul E. Krizek (D-44)

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My Bi-Weekly Honeymoon



By KENNETH B. LOURIE

Granted, I'm not getting on a plane and flying to wherever isn't here but, when you're "labing," every other Wednesday, driving 45 minutes to and from and while "to:" sitting in/being infused at the Infusion Center every other week, the week off between the "others" is almost like getting away, just not on Southwest Airlines.

And when attempting to plan a "honeymoon" of this sort, juggling availability of accommodations, transportation and affordability around one's infusions – all the while aware of the possibility of a reschedule due to one's problematic lab results, is much easier contemplated than actually accomplished.

One preventative step I am now pre-paying for, as an acceptance/concession to the realities of my age/cancer treatment, is trip-cancellation insurance. As no doubt you can appreciate, when one's life is at stake, and whose life-sustaining treatment can change at the drop of a CT scan, it is extraordinarily prudent to anticipate the worst and work some financial flexibility into your wallet.

Unfortunately, when your oncologist says infuse or not to infuse, there is no question. That being said and most definitely true, my oncologist has regularly been concerned with my quality of life.

And by "quality of life," I mean he has been willing to not infuse me whenever I've said I needed to go out of town/attend to family matters/vacation, etc., and/or increase the interval between changes in treatment to accommodate these kinds of obligations/opportunities. He has always been sensitive to the weeks of my life he feels he/the treatment has taken – and which can never be replaced.

And though I've never actually taken advantage of his offer, having felt it was better, if I was physically able, to keep the pedal to the anti-cancer metal, I have worked it into my equation. An equation that has worked for me (kept me alive 10-plus years post diagnosis), but might not have worked for others. There is no recipe for success here. It is to each patient's own.

Moreover, there is no right or wrong because – as us cancer patient-survivors know – cancer treatment is not arithmetic.

As this stage IV, non small-cell lung cancer "diagnossee," given "13 months to two years to live" can attest: the numbers, lab results, chemo/immunotherapy, and scan results don't always add up on paper.

I have no doubt, in arrears, that my oncologist meant every word he told Team Lourie back in late February 2009, and anticipated losing yet another patient to this scourge. Now whether he was consulting a manual, a handbook or an artificial-intelligent data base, I don't know.

But he was clear.

I remember my brother Richard asking him specifically about my prognosis and if I could possibly outlive it. His reply to me: "Could you be the one? Absolutely." The relevant word we all remember: "the one." And that's the burden Team Lourie (and so many others I don't know) has carried ever since. But no worries, really. As my late father used to say: "K.B., you've got broad shoulders."

Still, those broad shoulders need a break and a brake once in a while. And every two weeks, under my present treatment schedule, I receive one.

Because, for all I know, aside from the positive attitude I inherited from my father and the non-Western alternatives I utilize to supplement this standard protocol, these off-weeks might be what's keeping me alive.

And when I realize that my next CT scan – and all the associated anxiety that attaches to it, is less than a month away, I need all the "honeymoon" weeks I can get.

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

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ENTERTAINMENT

FROM PAGE 11

Gadsby's Tavern Museum, 134 N. Royal St. These young historians, grades 4 and older, will be on hand to share highlights of the tavern and answer questions as guests journey through the museum. Great for families as children connect with the building through their peer tour guides as well as for adults looking for some inspiration. Included in regular admission: \$5 adults, \$3 children ages 5-12, and 4 and under are free. Call 703-746-4242 or visit www.gadsbystavern.org for more.

Chamber Concert Series. 3-5 p.m. at The Lyceum, 201 S. Washington St. The Washington Metropolitan Philharmonic Association sponsors a chamber music series, weekly through Sept. 15, at the Lyceum in Old Town featuring small ensembles and soloists. This week's performance features trombonist Tyler Castrucci, accompanied by pianist Tyler Welch. Free. Donations are appreciated. Visit www.wmpmusic.org or call 703-799-8229.

Fort Hunt Park Concerts. Through Aug. 25, Sundays, 7-8 p.m. at Fort Hunt Park, Pavilion A, 8999 Fort Hunt Road. All are welcome for free community concerts held at Fort Hunt Park every Sunday. Free. Visit www.nps.gov/gwmp/planyourvisit/forthuntconcerts.htm for performer.

MONDAY/JULY 15

Read, See, Do. 2-3 p.m. at Carlyle House Historic Park, 121 N. Fairfax St. Carlyle House and Alexandria Library are teaming up for a reading program and activity tied in with Carlyle House. The program will take place on the Magnolia Terrace behind the house, which will be tented. Ages 4-8. Visit www.novaparks.com/parks/carlyle-house-historic-park for more.

TUESDAY/JULY 16

Genealogy: United States Census. 1-3 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Genealogist Sharon Hodges will speak about how to fully understand what a U.S. census record actually says. The presentation is called "There's More to the Census Than What's Online." Free, open to the public. Visit www.mvgenalogy.org for more.

WEDNESDAY/JULY 17

Lee District Nights: City of Fairfax Main Street Community Band. 7:30 p.m. at Lee District Amphitheater, 6601 Telegraph Road, Alexandria. Enjoy an evening of al fresco music at Lee District Park. Head to the amphitheater on Wednesdays for this series concerts featuring a variety of musical acts from jazz to big band, classic to bluegrass, swing to folk and vintage rock 'n roll. Visit www.fairfaxcounty.gov/parks/performance/lee-district-nights for more.

THURSDAY/JULY 18

Summer Garden Tour and Tea. 1-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. (Adults) Tour the vibrant demonstration gardens with a master gardener docent who highlights summer's standout plants, and tells stories of Green Spring past and present. Afterward, enjoy a tradition-al English afternoon tea. \$36/person. Pro-grams are by reservation only. Call (703) 941-7987, TTY (703) 324-3988.

EyeSoar. 8:30 p.m. at St. Matthews Lutheran Church, 222 M St. SW, Washington, D.C. Alexandria's Jane Franklin Dance will present EyeSoar at the Capital Fringe Festival. Space is getting tighter and longtime occupants of the Four Mile Run (Shirlington, VA) nestle with change. Through an audio, video, and movement-based performance, EyeSoar captures the evolving space, people, and organizations in this industrial neighborhood. \$20. Visit www.janefranklin.com/capital-fringe or call 703-933-1111.

FRIDAY/JULY 19

Mount Vernon Nights: Shenandoah Run (folk). 7:30-8:30 at Grist Mill Park, 4710 Mount Vernon Memorial Highway. Performances will feature musical styles from soul to and pop and bluegrass and rock. Bring a picnic dinner and a blanket and enjoy one of Fairfax County's summer traditions. Visit www.fairfaxcounty.gov/parks/performance/mt-vernon-nights for more.

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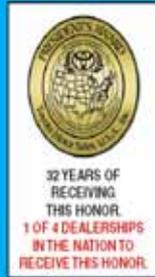
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NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY. GOOD THRU 7/31/19.

FREE

BATTERY CHECK-UP

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

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TRUESTART™ BATTERIES

**SPECIAL
OFFER**

\$129⁹⁵

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

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ALIGNMENT SPECIAL

\$69⁹⁵

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

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Jack Taylor's

ALEXANDRIA TOYOTA

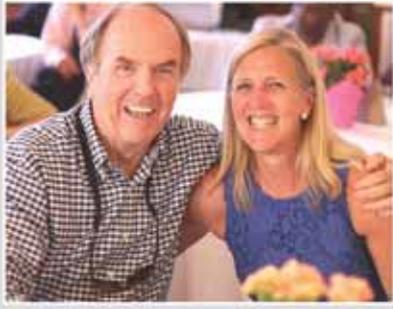
CLEAN AIR A/C INSPECTION & VENTILATION SPECIAL

\$129⁹⁵

Includes: Replace cabin air filter, and Toyota Evaporator Service using anti-bacterial foam cleanser and odor eliminator.
Bring back that new car smell!

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



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SOLD!

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SOLD!

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SOLD!

4021 Colonial Ave | \$1,130,000



SOLD!

8507 Loraine Ave | \$1,110,000



SOLD!

2207 Lakeshire Dr | \$925,000



SOLD!

1513 Portner Rd | \$875,000



SOLD!

9402 Mt Vernon Cir | \$867,500



SOLD!

6410 Boulevard View | \$850,000



SOLD!

3808 Colonial Ave | \$820,000



SOLD!

9416 Old Mt Vernon Rd | \$815,000



SOLD!

9316 Heather Glen Dr | \$775,000



SOLD!

9503 Mt Vernon Lndg | \$775,000



SOLD!

3601 Riverwood Rd | \$775,000



SOLD!

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SOLD!

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SOLD!

2208 Basset St | \$715,000



SOLD!

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SOLD!

8826 Black Alder Dr | \$657,500



SOLD!

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SOLD!

1400 Oakbrooke Ave | \$637,500



SOLD!

4104 Tidewater Ct | \$635,000



SOLD!

8006 New Market Rd | \$631,000



SOLD!

4710 Dolphin Ln | 630,000

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