

## Speed: Major Factor for Parkway Safety

Solutions will impact commuters.

BY MIKE SALMON  
THE GAZETTE

Mount Vernon resident Mike Fouladi accesses the Mount Vernon Trail to bike or walk whenever he can and “never had any problem,” he said. He usually crosses at the busy crosswalk at George Washington Estate on the south end of the trail, and most times, the cars stop like their supposed to.

But drivers don't always do what they're supposed to and it's attracting the attention of local officials.

A study was done showing a correlation between speed, parkway access and wrecks. The National Park Service is receiving suggestions on what to do about the traffic situation; anything the park service does will cost money. Some suggestions are more expensive than others.

Speeding seems to be the number one problem, and state Sen. Scott Surovell (D-36) has been promoting some sort of changes to combat this problem for years, he says. In a recent article, Surovell has put some of the blame on the increased number of employees now heading to Fort Belvoir as a result of the Base Realignment Act (BRAC) years ago, which he referred to as “a real tipping point.” The parkway “was never intended

to be a commuter thoroughfare of to accommodate high speeds,” he wrote.

The Fairfax Advocates for Better Bicycling (FABB) is also looking for something to be done as well, and refer to the crash data map to back up their argument. At the Belle Haven intersection for example, where there are lots of pedestrians and cyclists crossing to get to the trail or park, many wrecks have occurred. There's a road connection there, no traffic light, the sight distance is limited, and there have been 68 crashes there, the study states.

Alexis Glenn at FABB said the study supports why it feels unsafe to cross the parkway on foot, bike or even a car. “The roadway design encourages high-speed driving and provides little, if any, refuge for safe crossing or turning maneuvers,” Glenn said.

Although Fouladi's crossing near the estate works well, he did call the intersection at Morningside Lane “a bad intersection,” and then pointed out the buckling of the pavement at Waywood Boulevard. “Part of it is buckled, when I'm on my motorcycle, I just change lanes,” he said.

Desi Brown is a Maryland resident that bikes on the trail from National Harbor. He likes all the trail connectivity, and has experienced electronically operated

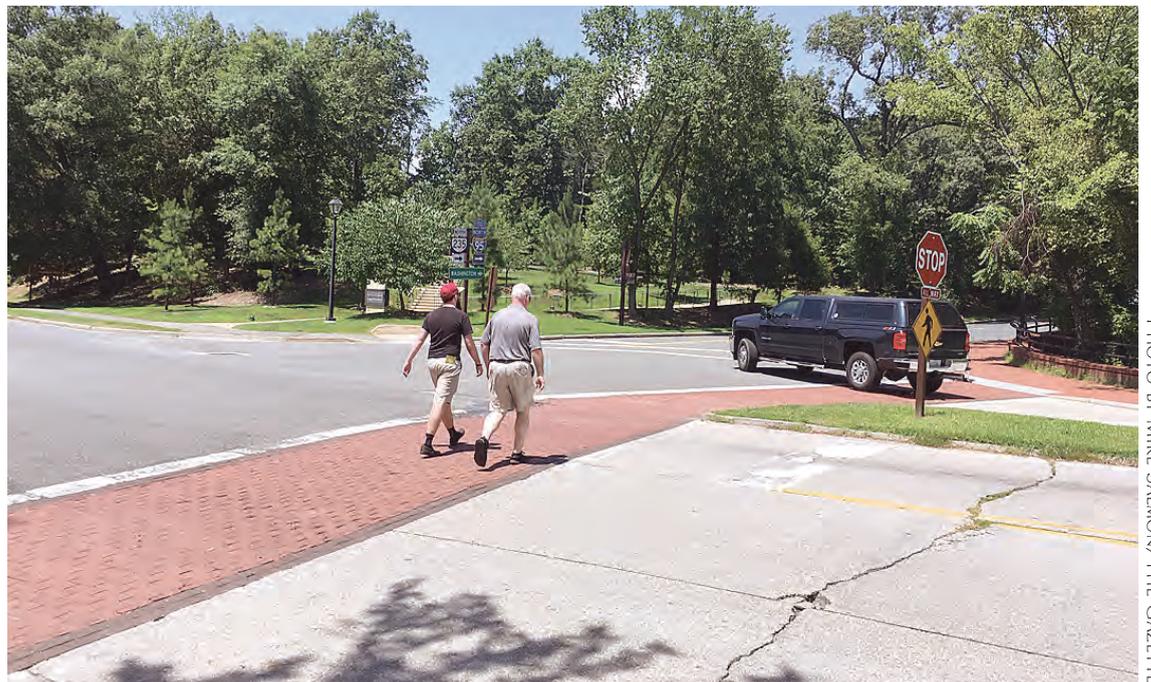


PHOTO BY MIKE SALMON/THE GAZETTE

At the southern end of the Mount Vernon Trail, there are many tourists crossing here at the plantation, and many impatient drivers. During rush hour, the line of cars backs up.

crossings with success. “That might be something to look at,” he said. But in the end, “some drivers don't respect riders, riders don't respect drivers,” he said. “You can't blame the drivers all the time.” Surovell has suggested a “road diet,” as a solution for the speeding, while FABB is looking more for speed cameras and round-a-bouts, and a road diet as a third solution. Road diets usually take away a driving lane and have more bike and pedestrian spaces. Either way, these will im-

pede the government employee driving to the office at Fort Belvoir. Any project on the parkway will be funded by the National Park Service, according to Surovell.

The National Park Service is taking suggestions through Aug. 21, and these can be made at Surovell's blog, [scottsurovell.blogspot.com](http://scottsurovell.blogspot.com).

**The crash numbers at several interchanges along the George Washington Parkway.**

Intersection with GW Parkway	Number of Crashes
Belle Haven Road	56
Belle View Boulevard	68
Tulane Drive	22
Morningside Lane	64
Wellington Road	17
Collingwood Road	41
Waywood Boule-	13
Vernon Vie Drive	24
Stratford Lane	8

TABLE FROM THE PARKWAY STUDY

## Belle Haven Dockmaster Rides with the Wind



PHOTO BY MIKE SALMON/THE GAZETTE

The Johnston family: Chip, middle, Marysol on left, and Maru on right.

Sailing lessons plant the boating seed for many youngsters in Mount Vernon.

BY MIKE SALMON  
THE GAZETTE

When the record rainfall occurred on Monday, July 8, the water, trash and plastic water bottles flowing off the land into Belle Haven Marina was a sight, said dockmaster Chip Johnston, a veteran of the facility where he has been giving sailing lessons for over 20 years.

“No wind after all the rain, I could see the water coming, millions of plastic bottles, it was crazy,” Johnston said.

He's been coming to that marina

since he was a child living in Hollin Hills, and now lives on a boat out in the Potomac River with his wife and daughter. Every year from April to November he gives sailing lessons, oversees the docks, and lives life on the water, away

from the corporate, computer world. “I haven't lived on land since I was 18 years old,” he said. “The computers are ruining humans,” he added.

He oversees sailing, kayaking  
SEE BELLE HAVEN, PAGE 3

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With a synthetic surface, the field has lower maintenance.



The soccer facilities at Lee District park are getting a field makeover.

PHOTOS BY MIKE SALMON/THE GAZETTE

# Lee District Field Gets Resurfaced The field is on the 10-year plan.

BY MIKE SALMON  
THE GAZETTE

**T**he soccer facilities at Lee District park are getting a field makeover, replacing the synthetic turf on the upper field as part of the county's 10-year resurfacing program. The new surface will allow the leagues to extend their schedules and have consistent playing conditions, said Judy Pedersen, the public information officer at the Fairfax County Park Authority. The rectangular fields support five different sports including soccer, men's and women's lacrosse, football and field hockey.

Even though the field is used for other sports as well, the Lee-Mount Vernon Soccer Club is looking forward to using the re-

surfaced field, which should be ready for games in early September. "We are very excited about the work that is being done at Lee District Park," said Jennifer Deems, the director of marketing and public relations at the soccer club. "Our Travel Soccer program has started summer training, and will begin league play the end of August," she said. There also is soccer going on throughout the summer in one way or another.

"On Friday, July 26 we are even hosting a free pick up soccer game for ages kindergarten through 8th grade under the supervision of our professional license coaches," she said.

The synthetic turf field at Lee District has been in use for 10 years, Pederson said. The synthetic turf was at the end of its sched-

uled 10-year lifecycle and the replacement cost is \$413,000. The total annual operating cost of a synthetic turf field, including maintenance and utility costs, is comparable to a lighted and irrigated natural grass field because of the nature of year-round use, Pederson said.

There are 90 synthetic fields in the county, including high school fields.

At LMVSC, Fall Rec Soccer Registration is currently underway and they will be hosting over 1,600 recreational soccer players and sponsoring over 400 financial assistant families.

Currently, LMVSC is providing summer basketball for the second summer in a row and is happy with the growth experienced in that youth sports program. These sporting activities are a good way to occupy the



The upper field was scheduled to be resurfaced after 10 years.

long summer days. "I've heard from some of our players that they practice every day even if their team isn't practicing," she said.

# Belle Haven Dockmaster Rides with the Wind

FROM PAGE 1

and paddleboat operations and loves to convey the love for life on the water. After a few lessons, he sees a transformation in his young students. "It gives them a sense of accomplishment," he said, as a Sunfish sailboat went by in the background with two children at the helm. They were soaking up the sun and enjoying a summer on the river.

He's taught sailing at the marina for so long, some of the students return after a few years and teach alongside Johnston.

One of them is Jackie Miles, 16, who will be a junior at West Potomac High School this fall. "I like being on the water," she said. Miles started hanging out at the marina as a youngster and now works under Johnston. She notices the impact of the lessons on the children as well. "They're a lot more comfortable by the last day," she said.

Johnston sees more kayaking and paddleboarding taking place,



Sailing instructor Chip Johnston sees the value in lessons for youths.

and these are boat activities "where you don't need a lot of money," he said.

The marina at Belle Haven is ideal for lessons and it has plenty of no-wake zones to ride around which is good for beginners. "If you're serious about boating, this

is where you come," added marina operator George Stevens. Everyone working at the marina had a good tan. It's part of the lifestyle, reminiscent of Jimmy Buffett's Margaritaville.

The harbor is owned by the National Park Service, and the ma-

rina rents the land at Belle Haven. In the summer, there is more action and many boat owners come and go all day, but the management lays down the rule that there is no living on the boats allowed in the harbor. For some, it means parking the boat out in the river away from the harbor and setting up camp for the night.

## LIVING ON SPONGECAKE

One look at Johnston's van, which he calls "the good times van," and it is a sign that there's more to the story than the marina and sailing lessons. "Man, I lived in there for 10 years," Johnston said. And this included time at Key West, where he'd go in the winter. As he described it, he'd work at one of the town's hot spots, and then park in front of the establishment and sleep in the van. "The perfect commute," he said. "Then Key West got to be too weird," he said.

He knows a couple, John and Marlene, who park out in the Potomac River for some of the year

that ride with the wind as well. John plays bluegrass music, and they travel up and down the coast, stopping and putting on a concert when the time is right.

Johnston started this lifestyle when he was four and his father took him out in the Occoquan River on weekends. "It was great," he said.

Life out on the water takes a mariner's knowledge of boats and the surrounding area, such as weather and tidal patterns. Johnston has seen his share of folks that head out on a new boat, looking for the freedom that comes with it and finding out it's not as easy as they think. "You have to know what the weather's doing at all moments," he said. "The first winter comes and it's a whole new ballgame."

For the Johnston family, winter comes on Dec. 1 when they pack up their lives at the marina and head to Puerto Rico, "chasing the wind," he said. His daughter Marysol, 12, is homeschooled for that portion of the year.

PHOTO BY MIKE SALMON/THE GAZETTE



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## CRIME

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

**BURGLARY:** 3100 block of Furman Lane, July 14-22. A homeowner reported someone entered their home and stole several electronics and other personal items.

**ASSAULT ON LAW ENFORCEMENT OFFICER:** 8256 Richmond Highway (ALDI), July 22, 9:25 a.m. A woman was arrested for trespassing and taken to the Adult Detention Center. When exiting the police car, she spat in the officer's face. A 45-year-old woman from Alexandria was charged with trespassing and assault on law enforcement officer.

**ROBBERY:** 7800 block of Belford Drive, July 19, 10 p.m. A man was walking in the area when two people approached displayed a handgun and demanded his property. The two people took the items and ran away. The first suspect was described as a black male, wearing a white tank top and black pants. The second suspect was described as a black female who had several tattoos.

**BURGLARY:** 5600 block of Fenwick Drive, July 19-21. Someone entered the home and stole several electronic items.

**JULY 23 LARCENIES**  
8600 block of Richmond Highway, merchandise from business  
6300 block of South Kings Highway, beer from business  
6600 block of Wakefield Drive, wallet from location  
6700 block of Woodstone Plaza, pack-

age from residence

**JULY 22 LARCENIES**  
1700 block of Gates Street, property from residence  
3100 block of Lockheed Boulevard, cosmetics from business  
3100 block of Lockheed Boulevard, wine from business  
1600 block of Paul Spring Road, purse from vehicle  
6300 block of Richmond Highway, merchandise from business  
6300 block of Richmond Highway, property from business  
6600 block of Richmond Highway, cigarettes from business  
7400 block of Richmond Highway, wallet from location  
7600 block of Richmond Highway, merchandise from business  
7800 block of Richmond Highway, merchandise from business  
8000 block of Richmond Highway, beer from business  
8600 block of Richmond Highway, merchandise from business  
**STOLEN VEHICLES**  
7100 block of Churchill Road, 2010 Ford Escape  
1600 block of International Drive, 2009 Honda Accord

**JULY 19 LARCENIES**  
6300 block of Richmond Highway, cell phone from location  
6600 block of Richmond Highway, groceries from business  
7700 block of Richmond Highway, merchandise from business  
3700 block of Rolling Hills Avenue, chairs from location

**JULY 18 LARCENIES**  
1700 block of Burlwood Court, cash from location  
7900 block of Jones Branch Drive, keys from location  
6600 block of Old Dominion Drive, wine from business  
7700 block of Richmond Highway, merchandise from business

**JULY 17 LARCENIES**  
4000 block of Pembroke Village Drive, sunglasses and backpack from vehicle  
1800 block of Old Richmond Highway, license plate from vehicle  
7700 block of Richmond Highway, tool from vehicle.

### BULLETIN BOARD

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

### VOLUNTEERS WANTED

**STEM Professionals Needed.**  
Volunteers are needed to assist K-12 STEM teachers in northern Virginia as part of the American Association for the Advancement of Science's STEM Volunteer Program, [stemvolunteers.org](http://stemvolunteers.org), during the 2019-20 school year, beginning in September. Please contact Don Rea at 571-551-2488 or [donaldrea@aol.com](mailto:donaldrea@aol.com).

### SATURDAY/JULY 27

**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  
SEE BULLETIN, PAGE 13

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PHOTO CONTRIBUTED

Back row, from left: Metropolitan School of the Arts graduates Erin Folger, Ana Asesor, Cassie Chamblee, Brian Selcik, Sara Hart (MSA studio director), Melissa Dobbs (MSA founder/executive director), Sylvia Taylor, Sarah Carnell, Samantha Haughton, Logan Waddell and Mariah White. Front row, from left: Metro School of the Arts graduates: Amy Cooper and Sofi Harai.

# Moving On

## Graduates from Metropolitan School of the Arts.

Metropolitan School of the Arts (MSA) of Alexandria recently named its 2019 graduates from its academy and studio.

One MSA graduate, Beth Mann of Springfield, earned a scholarship to the Richmond Ballet Trainee Program in Richmond.

Other graduates include: Anna Asesor of Alexandria to attend Virginia Commonwealth University; Sarah Carnell of Clifton will attend William and Mary University; Cassie Chamblee of Springfield will attend University of South Carolina; Amy Cooper of Woodbridge to attend Virginia Commonwealth University; Emma Feddo of Alexandria to attend University of Utah; Erin Folger of Springfield will attend University of Arizona; Emily Gross of Burke to attend George Mason University; Sofi Harai of Alexandria will attend Berklee College of Music in Boston; Samantha Haughton of Alexandria to attend James Madison University; Kyra McCall of Stafford

will attend Pennsylvania State University; Justin Perez of Alexandria to attend James Madison University; Brian Selcik of Alexandria will attend Roosevelt University; Ashtyn Spring of Springfield will attend Liberty University; Sylvia Taylor of Springfield will attend Boston Conservatory at Berklee College of Music; Elpidia Voryas of Alexandria will be a trainee at the European School of Ballet in Amsterdam; Jason Voryas of Alexandria will attend Northern Virginia community College; Logan Waddell of Lorton to attend University of Mary Washington; and Mariah White of Lorton to attend James Madison University. For more information, go to [www.metropolitanarts.org](http://www.metropolitanarts.org).

### DEAN'S LIST

Madeleine Sanasack of Alexandria has qualified for the Dean's List at High Point University, High Point, N.C., for the spring 2019 semester by maintaining a 3.5 GPA or higher.

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**OPEN SUNDAY 1-4**

**Alex/Mt. Vernon Forest \$654,900**  
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Beautiful 2 lvl, 3BR, 3BA Split on a spectacular, landscaped .6 acre lot. Meticulously maintained & updated, i.e., roof replaced 2001, w/30 year shingles, furnace & A/C 2013, Superior Triple Paned Windows 2001, kitchen is open to the dining rm & has a lovely ceramic tiled floor & granite counters. Baths all updated in the past 3 yrs. Master bedrm expands into previous #2 bedrm & has a huge walk-in closet. The master bath is large & gorgeous. Finished lower lvl offers a huge (12x18) #3 bedrm & lovely L-shaped family rm w/wood burning FPL, also large & very organized laundry & utility rooms. The lower lvl walks out to a lovely, beautiful bkyd which backs to private woods. Great location for commuting-5 mins to the back gate of Ft. Belvoir (S), 15 mins to Old Town, Alexandria (N), & 30 mins (N) to Regan National Airport - This is a Great Buy!!!



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Gorgeous home offers 1 lvl living w/contemporary open floor plan in sought after Ft. Hunt community zoned for Waynewood Ele. This beautiful home has been completely remodeled & has stunning architectural features including an addition which has a Great rm w/high vaulted ceiling, a stone FPL, 2 skylights w/remote controlled shades, & a 2nd full bath, master bedrm, & enclosed washer/dryer area. Kitchen has SS appliances & silestone counters & shaker style maple cabinetry. Both baths renovated. New French doors off of Great rm open to beautiful 2 year old deck made w/low maintenance composite material, overlooks private, fenced bkyd. This home is a GEM and is in a great location!



**SOLD**

**Alex/Riverside Estates \$699,900**  
**8334 Blowing Rock Road**  
Start with Riverside Estate's Popular "B" Model Colonial, add a 2 car garage, above that large garage add a huge addition consisting of 2BRs, & a 3rd full bath; not done yet, throw in a large in-ground swimming pool & separate hot tub, both updated in 2016, last but not least build a beautiful 12'x9' covered screened porch looking out at the pool & hot tub. Also, freshly painted interior, refinished hdwd flrs on main & upper lvls. Furnace & A/C replaced in 2016. Updated kitchen & baths. What you have...a once in a lifetime home which is expanded to offer a wonderful in-law/Nanny's suite, & lastly on a wonderful, quiet cul-de-sac!!



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# Driving into the Future

BY PAUL KRIZEK  
STATE DELEGATE (D-44)



**D**id you know that the largest carbon emissions, upwards of 3 trillion pounds of pollution into the air, comes from American passenger cars and trucks? This pollution is not just from the tailpipes but from extracting, refining, and transporting the oil to our cars and trucks. I learned this and much more last week when I attended the Electric Vehicle Car Show of the Future put on by the Clean Cars Campaign Environment Virginia. They are a statewide citizen-based environmental group promoting an increase in the usage of electric vehicles across the Commonwealth, and they told a compelling story of the need to transition from gas to electric cars that I want to share with you today.

The future is with fuel efficiency, and what's more fuel-efficient than electric vehicles? Imagine how much gasoline is wasted during rush hour driving when a vehicle is idling in standstill traffic. There are now over 50 models of electric cars and trucks that you can purchase. And their prices are increasingly affordable. In fact, when you factor in gas and maintenance visits, electric cars compete financially with their gas counterparts by their fourth year. And, with falling battery prices and economies of scale, it won't be long before their sticker price will soon be equal or even lower to that of the comparable gasoline-powered car!

Furthermore, electric vehicles do not use energy when stopped, except to run utilities in the vehicle. Given that most electric cars can now go 150-330 miles on a charge, there is little reason for "range anxiety." And, more and more charging stations are popping up everywhere. There are fewer and fewer reasons not to purchase one. In fact, I am seriously considering sponsoring a bill during next year's session to promote the installation of electric vehicle charging stations at each state government building in the Commonwealth. This move would further show Virginia's commitment to a clean energy future.

Moreover, it is crazy to say "I prefer the convenience of gasoline-powered vehicles" because electric vehicles have 85% fewer moving parts than a gasoline-powered vehicle. The Tesla I sat in has only eight moving parts! This allows for much fewer maintenance visits. All you need to do to maintain your car is rotate the tires and fill up the windshield washer container. No waiting at the gasoline pump. No oil changes every 5,000 miles. No routine maintenance at 15,000, 30,000, 45,000 miles. Which car is more convenient?

One big environmental advantage for electric vehicles is that it's easier to contain emissions of all kinds at a central point than to do it across hundreds or millions of individual locations. And, of course, nearly every electric utility uses some mix that includes nuclear, hydro, wind, natural gas, and now solar. So, compared to gasoline, there will be a higher percentage of energy that is clean in the first place. And that percentage is growing as we grow our renewable energy portfolio.

From the perspective of energy use, electric vehicles are about 80-85% efficient in converting electricity to power, compared to around 20% for gasoline-powered vehicles. There is, of course, meaningful loss of efficiency as the electricity is generated and transmitted, with coal-producing the least efficiency and wind the most.

Electric vehicles are far more efficient. And, if you can't measure it any other way, at current prices the cost of the electricity used to move an electric vehicle one mile is much less than the cost of gas to do the same thing, which certainly suggests that electric vehicles are significantly more efficient from an energy-usage perspective.

Electric cars are the cleanest, most efficient, most cost-effective mode of transportation around. But more importantly, increasing the use of electric cars is a critical step in reducing air pollution and tackling climate change.

My next car will be an electric vehicle, will yours?

## LETTERS TO THE EDITOR

### Glass Recycling Gets Easier

To the Editor:

As a resident of Mount Vernon, I recently learned from Supervisor Dan Storck that there now is a purple can for glass recycling in the parking lot of the Mount Vernon District Government Center at 2511 Parkers Lane.

This is wonderful news and I appreciate his efforts to get this accomplished.

The location is ideal because it is co-located with or adjacent to so many other Fairfax County facilities including Whitman Middle School, the Sherwood Regional Library, the McCutcheon/Mount Vernon Farmers Market, the Mount Vernon District Police Station, and the Mount Vernon Fire Station, as well as many churches, medical offices, banks and other businesses, and residences.

This should make it easy for Mount Vernon residents to drop off their glass recyclables and should not materially increase the carbon footprint associated with glass recycling.

Mount Vernon residents no longer need to make the drive to the I-95 Landfill Complex or the I-66 Transfer Station to recycle their glass. Save time and gas money by recycling your glass on the way to the library or farmers market, dropping kids off at school, shopping, or doing other errands. What a win-win situation!

**Michele Aubry**  
Alexandria



PHOTO CONTRIBUTED

### Glass Recycling

**Residents can now drop off their glass recycling quickly and conveniently in the Purple Bin in the parking lot in front of the Mount Vernon District Governmental Center. All colors of emptied glass bottles and jars are acceptable materials for glass drop-off. Food residue should be rinsed out before placing glass in the bins. Items that are not accepted include food, plastic bags, lamps or light bulbs, ceramics, porcelain, mirrors, windows, and glass sheets.**

### Quality of Life Issues

To the Editor:

Since the deluge on July 8, my wife and I have retrieved dozens and dozens of plastic bottles from Paul Spring Creek below our house, and I'm once again reminded of how idiotic it is to buy bottled water. For crying out

loud, folks, Fairfax County has excellent tap water — why would you want to pay for water of unknown quality shipped in from somewhere else? Go buy a Brita filter pitcher and a metal water bottle for each person in your family, and you'll save money in the long run. But even if you don't want to do that, could you at least put all of your empty plastic bottles — water or otherwise — in your recycling bin to

SEE LETTERS, PAGE 13

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RESIDENTIAL BROKERAGE

# ENTERTAINMENT

## LTA Stages 'The Producers' Mel Brooks' musical comedy is filled with laughs.

BY STEVE HIBBARD

**T**he Little Theatre of Alexandria (LTA) is opening its 2019-2020 season with the Mel Brooks musical comedy, "The Producers," from July 27 to Aug. 17. The story revolves around Max Bialystock, the one-time king of Broadway producers, who is hungry to strike it rich. Leo Bloom, an accountant with dreams of someday becoming a theatre producer, discovers that they could get richer by producing a flop instead of a hit. They start by finding the worst show, worst director, and worst actors. When their new production, "Springtime for Hitler," turns out to be a smash success, the plan is thrown off and the partners' lives are thrown into chaos.

Director Kristina Friedgen said, first and foremost, "The Producers" is a comedy, so the primary goal is to make the audience laugh. "The characters in this piece are outrageous and their behavior reflects that. To that end, we have pushed the physical comedy in this piece," she said. "Looking at this story within the context of our society today with greater awareness of #MeToo and LGBTQ issues, and the push toward more diversity and inclusion in our society has been an interesting challenge."

She added: "However, I think that Mel Brooks has a great fondness for every character in this piece and their earnest pursuit of their objectives, no matter the trope that they are based off of has perfect blend of ridiculous candor. We have worked to create an inclusive environment within the humor. By that I mean that no character is ever 'made fun of' without his or her knowledge."

Co-Producer Mary Beth Smith-Toomey said she decided to produce the show because it is such a challenge. "I love Mel Brooks and wanted to work with our outstanding designers, our director, Kristina Friedgen, Stefan Sittig, our choreographer, and Colin Taylor, our music director, to bring this musical to life on LTA's stage," she said.



The Little Theatre of Alexandria is presenting "The Producers" from July 27 to Aug. 17.

The other co-producer is David Correia.

She added: "It is literally taking all our resources to create it, and it will be an outstanding production. The sheer number of costumes and wigs is amazing. I have produced more than 60 shows at this point and this is definitely one of the biggest I have ever produced. We have an outstanding cast, staff and crew for this show, as well as an 18-piece orchestra."

Sittig said his main challenge was balancing out the varied skill levels of the large and diverse cast. "They all organize their talents differently, and they have varying levels of dance training. I wanted to bring the most out of each of their abilities, and still be able to form a cohesive ensemble for the big dance numbers," he said.

He continued: "Also, a show that was originally a Susan Stroman show is going to be very dance heavy. And this show is no exception — there are several large ensemble numbers, and often they involve intricate formations and even fun props. Get ready to see a lot of 'prop-ography,' another signature of Stroman's shows that I felt I

had to honor here. LTA's stage is a lot smaller than the average Broadway house, so I did have to adapt things a bit, but the feel/style is the same big brassy style you'd see in a Stroman show."

Sirena Dib plays the role of Ulla, the Swedish secretary who joins Max and Leo on their quest to Broadway. "She is not afraid of putting herself out there and likes to 'flaunt it' anytime she can. Her hobbies include: singing, dancing, exercising, eating herring, and tidying up."

Her favorite time of day is 11 a.m., but you will have to come to the show to find out why," she said.

Chad Ramsey plays the role of Franz Liebkind, a German playwright who raises carrier pigeons on his rooftop in Greenwich Village. "Franz does a lot of screaming and yelling, so my vocal chords take a beating. Also, this is a show that prominently features Nazis and Adolph Hitler, so when you're talking about the show in public you sometimes have to dodge horrified looks from passersby," he said.

Timothy King plays the role of Carmen

Ghia, who is director Roger DeBris' "common law assistant" — his right-hand, protector, and significant other. "Carmen is fiercely loyal and protective of Roger (and hysterically funny)," he said.

He added: "I joined the cast a little late, so I had some catching up to do but this process has been so much fun. The cast is talented, dedicated, supportive, fearless, and outrageous. We laugh a lot in rehearsals."

Shannon Robichaud plays a lot of different characters. "My favorites are Showgirl in 'I Wanna Be a Producer,' Little Old Lady in 'Along Came Bialy,' and Storm Trooper Tapper in 'Springtime for Hitler.' They are all fantastic dance numbers," she said.

She added: "I hope that everyone who comes to see our show leaves with a light heart from laughing so much. This show is hilarious."

Chad Friedman is also playing multiple characters in the ensemble. "The most fun thing about being in the ensemble is that I play a different character every scene ranging from an old lady to a Nazi stormtrooper."

The only named character I play is an eccentric and clueless actor named Donald Dinsmore who's always wanted to be in a Broadway show," he said.

Erin Pugh also plays in the ensemble. "One of the biggest challenges was being able to sing and dance at the same time. I haven't done a musical in about two years so I've had to readjust my breath support so that I can sustain complicated harmonies while I'm kicking, twirling, and dropping into the splits. It has been tough but so much fun," she said.

The Little Theatre of Alexandria is presenting "The Producers" from July 27 to Aug. 17. Show times are Wednesdays through Saturdays at 8 p.m.; Sundays at 3 p.m. Tickets are \$29 and \$34. The venue is located at 600 Wolfe Street, Alexandria. Call the Box Office at 703-683-0496 or visit the website at [www.TheLittleTheatre.com](http://www.TheLittleTheatre.com).

PHOTO BY MATTHEW RANDALL/THE GAZETTE

## Joe Theismann's Restaurant Spruces Up Over the Summer

BY HOPE NELSON

**A** 34-year-old Alexandria sports-pub icon is getting a facelift this summer, sprucing up its surroundings while both perking up and maintaining its current menu and appeal. Joe Theismann's Restaurant, a staple of upper King Street for decades, will stay open throughout the endeavor, giving customers both a place to visit as well as a sneak peek into what the restaurant will become when the scaffolding comes down.

Alexandria Restaurant Partners' Scott

Shaw says the summertime spruce-up is necessary to keep the pub in its best shape as the area continues to grow.

"We see nothing but growth down by the Metro and Carlyle and so forth," he said. "While the restaurant's successful, it was fairly dated on the interior. ... There was a long-term risk that it wasn't attracting enough new customers."

Over the years, Theismann's has become a hodgepodge of sports-themed memorabilia, lacking a singular focus. Shaw says that one thing that was missing was, inter-

estingly, the restaurant's namesake himself.

"We're embracing Joe. It's a funny thing, but when you walk in the restaurant, there's currently hardly any reference to Theismann, Shaw said.

Along with a renewed focus on Theismann himself — the back room will become a "hall of fame" of sorts in honor of the former Washington Redskins quarterback — the restaurant will sport a renewed look, as well. Nothing will be left untouched, Shaw said, from the tables and chairs to the upholstery, carpet and ceiling.

Most noticeable will be the creation of a

new island bar space. While the existing bar undergoes renovation, Theismann's will sport a pop-up bar this summer complete with televisions and plenty of beer, ensuring thirsty Alexandrians (and tourists, too) can get their fill throughout the construction.

The menu won't remain untouched, either, throughout the renovation process, receiving a bit of a facelift itself, Shaw says.

"We continue to tweak the menu. We're trying to make the menu more relevant for a wider and in some cases younger audi-

SEE THEISMANN'S, PAGE 14

# ENTERTAINMENT



PHOTO BY HOPE NELSON

## New Brewery

Aslin Beer Company opened the doors to its new Alexandria brewery and tasting room at 847 S. Pickett St. on July 15, and, by the weekend, floor space was at a premium. The brewery, whose home base has been in Herndon, had more than a dozen beers on offer to kick off its tenure on the West End, and the menu will rotate regularly.

## CALENDAR

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

### ONGOING

**Art Exhibit: 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](http://www.potomacfiberartsgallery.com) or call 703-548-0935.

**Musical: "Be More Chill."** Through July 29, at the Ainslie Arts Center on the campus of Episcopal High School, 3900 West Braddock Road. Be More Chill follows nerdy loner Jeremy, who 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](http://www.monumentaltheatre.org/be-more-chill.html) for tickets.

**Registration Open: NVSO.** The Northern Virginia Senior Olympics features more than 60 events that challenge the mind as well as the body. New games this year: jigsaw puzzle and line-dancing. The games run Sept. 14-28. There will be no on-site registration. Paper registrations, available at most local recreation and senior centers, must be postmarked by Aug. 24. Online registrations must be completed by Aug. 31 at

[www.nvso.us](http://www.nvso.us).

**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. Visit [torpedofactory.org/target](http://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](http://www.scopegallery.org).

**Living Legends of Alexandria: African American Activists.** Through Aug. 10, 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.

**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/](http://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](http://www.fairfaxcounty.gov/parks/farmersmarkets).

**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/](http://www.mvbands.com/join-us/).

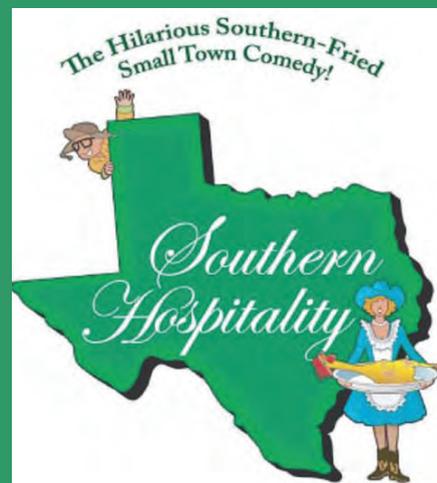
### FRIDAY/JULY 26

**Mount Vernon Nights: The Alexandria Singers (pop chorus).** 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](http://www.fairfaxcounty.gov/parks/performance/mt-vernon-nights) for more.

### SATURDAY/JULY 27

**The General's Tour.** 10 a.m.-noon at Lee-Fendall House Museum &

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# ENTERTAINMENT



**Add salt to peppers, onions and fresh cut meat**



**Breaded veal cutlet for Wiener Schnitzel**



**Flash fry cutlet on each side**



**Caramelize peppers for Züricher Geschnetzeltes**

## Meet Chef Ivan Svalina of Old House Cosmopolitan

BY SHIRLEY RUHE

**C**hef Ivan Svalina is stirring the chopped red peppers and onions in the canola oil. He uses a 120-quart pot to make Hungarian Goulash. He adds beef cubes “fresh cut” and stirs it again. Svalina will caramelize the onions with a little salt and put in another layer of red peppers and onions and keep stirring with another layer of meat. “I tell the customers when they ask how long until it is good that ‘when you finish your bottle of wine, it’s ready.’”

### IN THE KITCHEN

Svalina says, “This pot is gonna be good for customers two days for sure. The next day goulash is much better. You chill to pull all of the ingredients together.”

Svalina turns to the salad that goes with the Wiener Schnitzel. He layers a handful of chopped romaine lettuce with a handful of chopped tomatoes, red and green peppers, purple and white onions. “I add a little bit of salt, olive oil.” He pulls out a two-quart container of lemon juice and sprinkles a generous helping over the combination. A quick toss and he sets it aside.

Next to the schnitzel, Svalina pulls out a large, flattened piece of veal scaloppini. He dips the meat in flour, beaten eggs and seasoned breadcrumbs. “Some people add milk to the eggs but not me.” Svalina tests the tip of the meat in the hot oil in a skillet. “Not yet.”

He turns to the onions for the Züricher Geschnetzeltes, a different veal dish that he is juggling at the same time. “See, I’ll deep fry the onion that I use to top the pieces of



**Chef Ivan Svalina stirs Hungarian Goulash.**

veal.” He puts a handful of onion slices in a large metal basket and lowers the onions into the hot oil to flash fry for a couple of minutes.

Back to the Hungarian Goulash that gets another swirl with the long handled aluminum spoon. He adds chopped tomatoes. “You know goulash is tomato based.” It continues to simmer.

The oil is ready for the schnitzel. Svalina places the veal in the skillet. “Very fast.” In about a minute he flips over the schnitzel and browns it briefly on the other side. “Out it comes with slices of lemon placed on the top.”

Now he heats two small skillets. “This one

I will caramelize the thin strips of veal for the Züricher Geschnetzeltes.” A large pot of fresh mushroom sauce sits on the burner beside the veal. “I made a béchamel sauce and added a variety of mushrooms like white and shitake. You always slice mushrooms.” He explains he added them to the béchamel and then you end with cream or milk. “We make this fresh daily.”

Svalina places the veal in a carry out container for a customer and adds two ladles of mushroom sauce. He has prepared corkscrew shaped spaetzle to accompany the veal. “Spaetzle is pieces of dough, not like gnocchi which is pasta.”

Svalina opened Old House Cosmopolitan 14 months ago on Cameron Street after looking for a space in Old Town for a few years. “I couldn’t wait to get into the city.” Svalina came to America in 2004 and had a restaurant by the Huntington Metro for a while. Then he moved to Route 1 but he was always looking for a better location. He recently closed his restaurant there after opening on Cameron Street. “We don’t have enough family to operate both restaurants.” He explained his wife, Amela, and his sister-in-law make the desserts including the black forest cake, orange cheese-cake and their version of baklava.

Svalina explains he went to culinary school a long time ago and then worked in Italy, Croatia and Germany where he worked under one of the best known chefs. His parents wanted him to be a doctor or a dentist, “but I loved cooking, the ingredients.” And it all started when he was 6-7 years old watching his grandma cooking, making her daily bread, bean soup and goulash. “This Hungarian Goulash is her



**Pour mushroom gravy over veal**



**Züricher Geschnetzeltes with spaetzle**

recipe.”

He says goulash is a customer favorite. “Americans are slowly recognizing what is real food. Everybody is surprised.” But customers are all different. He says he has customers who will eat nothing but lamb chops for a year “and I pressure them to try schnitzel. Then they like it and just eat schnitzel for a year. I always tell people I will give them a little sample and if they don’t like they can try something else. Then everyone is happy.”

### CALENDAR

Garden, 614 Oronoco St. A guided walking tour of Robert E. Lee sites in Alexandria’s Historic Old Town. \$10 in advance, \$15 gate. Call 703-548-1789 or visit [www.leefendallhouse.org](http://www.leefendallhouse.org) for more.

**Old Town Arts and Crafts Fair.** 10 a.m.-6 p.m. at Waterfront Park, 1A Prince St. Hosted by Volunteer Alexandria for over 35 years, this event offers residents and visitors of all ages the opportunity to shop and browse dozens of vendors. Art and crafts range from pottery and paintings to recycled jewelry and glass products, home & garden, clothing for people and pets, and much more. Free admission. Call 703-836-2176 or visit [VolunteerAlexandria.org](http://VolunteerAlexandria.org). Volunteers needed.

**Succulents for Small Spaces.** 10:30

a.m.-noon at Barrett Library, 717 Queen St. Explore what makes a plant a succulent, their geographic origins, and why they are great options for small spaces. Learn all about the light, water, and soil requirements for successfully growing succulents. Free. Advance registration requested at [mgnv.org](http://mgnv.org). Questions? Contact 703-228-6414 or [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

**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/](http://www.nps.gov/gwmp/planyourvisit/)

[dykemarsh.htm](http://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](http://www.gunstonhall.org/visit/guide/upcoming-events).

**Author Event: Tesa Jones.** 11:30 a.m.-12:30 p.m. at Hooray for Books, 1555 King St. Meet Tesa Jones, author of Reflection of Memories and Cobwebs of Time. Talk with the author and pick up a signed copy. She is an alumna of Fort Hunt High School. Jones moved to North Carolina 10 years ago, and is back for the annual “Fort Hunt High School

All Class Reunion.” Visit [www.hooray4books.com](http://www.hooray4books.com) or call 703-548-4092 for more.

**Mount Vernon Nights: Fayces U Know (R&B).** 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-vernion-nights](http://www.fairfaxcounty.gov/parks/performances/mt-vernion-nights) for more.

**THROUGH JULY 28**

**Celebrating 10 Years.** fibre space

(1319 Prince St.) is celebrating 10 years in Old Town Alexandria. The boutique specializes in unique yarns and fibres from hand dyed, independent, local and US-made sources for knitting, crochet and spinning. They also offer a wide selection of classes, workshops, and other special events. Events include: Loopy Mango Pop-Up Workshop (July 26); 3D Knitwear, the Hisho Shawl: a workshop with Olga Buraya-Kefelian (July 28); Stitch in Space (Fridays), a weekly free event; and 10th Birthday Sale - Saturday and Sunday (July 27-28) - discounts, gifts with purchase, sweet treats and more. Visit [www.fibrespace.com](http://www.fibrespace.com) or call 703-664-0344.

**Cupcakes at the Library.** In celebration of their 225th anniversary, join the Alexandria

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# ENTERTAINMENT

Libraries for cupcakes at one or all of these programs. Visit [alexlibraryva.org](http://alexlibraryva.org) for more.

- ❖ Saturday, July 27– 10 a.m.-noon at Duncan Branch, Yappy Hour program
- ❖ Sunday, July 28 – 1:30-3 p.m. at Beatley Central Library, Happy Birthday, Alexandria Library! program

## SUNDAY/JULY 28

**Birding for Beginners.** 8-11 a.m. at Huntley Meadows Park, 3701 Lockheed Blvd. Get started birding with this introductory program at Huntley Meadows Park – a local haven for birdwatchers. Learn about the park's birds and gain some basic identification skills. The program, for participants age 12-adult, begins with an indoor discussion, followed by some birdwatching. \$12 per person. Children age 12-16 must be accompanied by a registered adult. Call 703-768-2525 or visit [www.fairfaxcounty.gov/parks/huntley-meadows](http://www.fairfaxcounty.gov/parks/huntley-meadows).

**Jones Point Meetup.** 11 a.m.-noon at Jones Point Park, Jones Point Drive. Join a national park ranger to explore the long history of this little piece of land and see the last remaining inland lighthouse on the Potomac River, once a beacon to boat captains and commerce on the river. Free. Call 703-235-1530 or visit [www.nps.gov/gwmp/planyourvisit/jonespoint.htm](http://www.nps.gov/gwmp/planyourvisit/jonespoint.htm) for more.

**Junior Docent Tours.** 2-5 p.m. at 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](http://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 violinist Benjamin Scott and others. Free. Donations are appreciated. Visit [www.wmpa.music.org](http://www.wmpa.music.org) or call 703-799-8229.

**EyeSoar.** 4 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](http://www.janefranklin.com/capital-fringe) or call 703-933-1111.



Sheila P. Moses

## Writer's Workshop for Adults

Alexandria author Sheila Moses leads a workshop for writers interested in the young-adult genre. She will provide tips on telling a good story and insight into working with a publisher to bring the story to market. Limited to 20 people. A bag lunch is recommended. Advanced reservations are required. Saturday, Aug. 3, 9:30 a.m.-4 p.m. at the Durant Center, 1605 Cameron St. Cost is \$75 and due by July 29. Call 703-746-5565 or visit [alexandriava.gov/Arts](http://alexandriava.gov/Arts) and scroll to Durant.

**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](http://www.nps.gov/gwmp/planyourvisit/forthuntconcerts.htm) for performer.

## MONDAY/JULY 29

**Jones Point Meetup.** 11 a.m.-noon at Jones Point Park, Jones Point Drive. Join a national park ranger to explore the long history of this little piece of land and see the last remaining inland lighthouse on the Potomac River, once a beacon to boat captains and commerce on the river. Free. Call 703-235-1530 or visit [www.nps.gov/gwmp/planyourvisit/jonespoint.htm](http://www.nps.gov/gwmp/planyourvisit/jonespoint.htm) for more.

**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](http://www.novaparks.com/parks/carlyle-house-historic-park) for more.

## TUESDAY/JULY 30

**Twilight & Tipple Tours.** 6-9 p.m. at Pope-Leighey House, 9000 Richmond Highway. Experience Frank Lloyd Wright's Pope-Leighey House by twilight. This tour series is a rare chance to see one of Wright's houses illuminated against a night sky. Grab a drink, included in the price of the tour ticket, and walk through the house on a leisurely, open house style tour with plenty of time to take stunning photos. \$35. Visit [www.woodlawnpopeleighey.org/](http://www.woodlawnpopeleighey.org/) for more.

## JULY 30-AUG. 25

**Art Exhibit: "Some Like It Hot."** Gallery hours at Potomac Fiber Arts Gallery, Torpedo Factory Art Center, Studio 29, 105 North Union St. Potomac Fiber Arts Gallery presents its juried show, "Some Like It Hot" featuring work by artists and craftspersons influenced by the weather and the beautiful colors of the summer season. Themed work will be eligible for recognition by the jurors. Non-themed work may also be exhibited. Free admission. Visit [www.Potomacfiberartsgallery.com](http://www.Potomacfiberartsgallery.com) or call 703-548-0935.

## THURSDAY/AUG. 1

**Waterfront Bagpipe Concert.** 8-9 p.m. at Waterfront Park, 1A Prince St. Celebrate Alexandria's Scottish heritage as bagpipes and drums provide the soundtrack. Combining precision marching with innovative musical arrangements, the City of Alexandria Pipes and Drums has been delighting audiences for over four decades. Free. Visit [www.facebook.com/CityofAlexandriaPipesandDrums](http://www.facebook.com/CityofAlexandriaPipesandDrums) for more.

**Submission Deadline.** The Athenaeum Invitational celebrates the visual arts of Virginia, Maryland, and the District of Columbia in the Athenaeum Gallery in Alexandria. It is a theme-based event featuring the works of both specially-invited artists who have previously exhibited in the Athenaeum Gallery, as well as works selected through a call for submissions open to anyone living or working in VA/DC/MD. This year's theme – Board: out of our minds. Visit [artist.callforentry.org/festivals\\_unique\\_info.php?ID=6341](http://artist.callforentry.org/festivals_unique_info.php?ID=6341) for details.

## FRIDAY/AUG. 2

**Mount Vernon Nights: Blue Highway (bluegrass).** 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

SEE CALENDAR, PAGE 14

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# Old Town's PX, Eamonn's to Close

BY HOPE NELSON

The high-end speakeasy PX, tucked away via a nondescript door around the corner from King Street, will serve its last cocktail this weekend, the Washingtonian reports. Owner Todd Thrasher told multiple outlets that he has opted not to renew the PX's lease on the upper floor at 728 King St. Its last night will be Saturday, July 27.

The PX's closure isn't the only property Cathal and Meshelle Armstrong's Eat Good Food Group is bidding farewell to this weekend. The downstairs fish

and chip shop, Eamonn's, also will shutter its doors on July 27, the Washingtonian confirmed.

The two closures mark the end of an era for Eat Good Food Group's reign in Alexandria. Once the owners of now-closed Restaurant Eve and Society Fair, as well as Virtue Feed and Grain (now owned by Alexandria Restaurant Partners), EGFG's only remaining property in Alexandria is the waterfront's Hummingbird. Instead, the group has migrated toward the District's Wharf.

Representatives from Eat Good Food Group had no comment to this newspaper as of press time.

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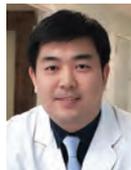
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# Senior Living



Drinking plenty of non-alcoholic fluids like water, even if you're not thirsty can help prevent heat related illnesses.

## Beating the Heat

Seniors at greater risk for heat-related illnesses.

BY MARILYN CAMPBELL  
THE CONNECTION

With the sunny days of mid-summer come sweltering heat. This week's heat indexes topping 110 degrees in some cases illustrate that July and August are the hottest months of the year, according to the National Centers for Environmental Information.

Soaring temperatures may have the greatest impact on those who are over the age of 65.

"They are more likely to have a chronic medical condition that changes the normal body's responses to heat," said Amy Vennett, BSN, RN, Program Manager and Nursing Case Management for Arlington, County. "Older adults don't adjust as well as young people to sudden changes in temperature. They're more likely to take prescription medicines that affect the body's ability to control its temperature or sweat."

The physical, cognitive and social changes that happen as one ages, make one more susceptible to illnesses related to extreme heat, says Ingrid Parkhurst, Center Nurse Coordinator and Gerontologist for the Fairfax County Health Department. "So, when it comes to the heat, we need to think about all three perspectives. Physically, older adults might overheat, sunburn and dehydrate more easily given changes to their bodies. Cognitively, older people are more likely than the general population to suffer from some mental decline, [and] they may not be able to communicate their needs in the heat as readily, leaving them open to dehydration and heat-related illnesses."

Vennett says that the signs that might signal the onset of such an illness include "Heat stroke, heat exhaustion, heat cramps, sunburn, and heat rash."

Local counties offer help during times of extreme heat, says Brian Roberts of the Montgomery Health



and Human Services Department. "Anyone who needs to get out of the heat can take advantage of the cooling centers like senior centers during normal business hours."

Staying indoors during the hottest parts of the day, is the most obvious way to prevent illnesses, says Vennett. "If you do spend time outside, wear light-

weight, loose-fitting clothing. Drink plenty of non-alcoholic fluids like water, even if you're not thirsty."

"Stay ahead of your thirst," continued Vennett. "On days with heat advisories, take sips from a water bottle all day. If you feel sick, see your physician. Older adults can have multiple health problems at once, and dehydration can affect any of these."

Some older adults go through social changes that could leave them isolated and unable to

seek help before reaching the point of an extreme heat-induced illness, says Parkhurst. "That is dangerous because if they do not have social connections it will be harder for them to access the care they need, especially in an emergency," she said. "Those who are isolated or lack the physical ability to drink adequate amounts of water or recognize thirst are at greater risk. And, dehydration easily leads to urinary tract infections in older adults."

## 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.

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# LETTERS

FROM PAGE 6

keep them from ending up in the ocean?

While I'm in diatribe mode, there are a couple of other things I'd like to mention:

First, if you're a dog owner and you clean up after your dog, kudos! Unless, of course, you leave the bag of poop behind for the rest of us to enjoy, in which case you earn negative Good Neighbor Points. I really should not have to point this out.

Second, while we all know to walk on the right on the Mount Vernon Trail, safety considerations dictate walking on the left side of the street. With ever-increasing numbers of quiet-running electric and hybrid cars out there — many of which are being ineptly piloted by knuckleheads who are far more interested in their cellphones and other distractors than your survival — please walk on the left so you're facing oncoming vehicles. It could save your life.

**Jeff Carver**  
Alexandria

## Postpone Boundary Vote

To the Editor:

This week, the Fairfax County School Board began debating proposed changes to its policy no. 8130.6 which concerns establishment of and changing of boundaries between school districts in the county. It appears the proposed changes are driven by Fairfax County's "One Fairfax" policy and a desire on the part of some School Board members to balance the respective districts with regard to racial and socioeconomic criteria.

### BULLETIN BOARD

FROM PAGE 4

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.

#### MONDAY/AUG. 5

##### Deadline: School Supply

**Donations.** Join United Community to equip children and youth who are living in hardship with tools for success, by making a financial contribution or by donating new backpacks. They especially welcome larger-sized, durable new backpacks for middle and high school students. Gender-neutral colors are preferred for all grade levels. Purchase or collect any of these most-needed items: 10-pack markers (thick or thin); dry erase markers; highlighters; plastic folders; earbuds; pencil boxes or pouches; composition notebooks. A gift of \$40 will outfit one student with a new backpack and basic school supplies. Donate online at [ucmagency.org](http://ucmagency.org) or make checks payable to United Community (designate "school supplies"). Mail checks to 7511 Fordson Road, Alexandria, VA 22306. Contact Shannon White at [shannon.white@ucmagency.org](mailto:shannon.white@ucmagency.org) or phone 571-255-8993 about other ways to help, with questions or to plan a donation drive.

#### SATURDAY/AUG. 10

**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 appointment, 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.

#### TUESDAY/AUG. 13

##### Family Caregiver Telephone

**Support Group.** 7-8 p.m. Fairfax County's Family Caregiver Telephone Support Group meets by phone on Tuesday, February 13, 7-8 p.m. This month's focus is an open discussion on caregiver stress. Share experiences, gain support and get information without having to travel. Call 703-324-5484, TTY 711 to register.

#### WEDNESDAY/AUG. 21

**Public Comment Sought.** The Office of Intermodal Planning and Investment, the Virginia Department of Transportation, and the Department of Rail and Public Transportation, under the leadership of the Commonwealth Transportation Board (CTB), are developing a plan to study Virginia's 179 miles of the Interstate 95 corridor between the Woodrow Wilson Bridge in Alexandria, Virginia and the North Carolina border. The first comment period will end Aug. 21, 2019. Additional comment opportunities will be available throughout the study period. For more information about the study, or to view meeting materials and access the online engagement tool, visit [VA95Corridor.org](http://VA95Corridor.org).

#### SATURDAY/AUG. 24

**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 appointment, 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

The issues are quite complex and I would not presume to be able to discuss them in detail. However, one thing I know is that the issues are quite controversial in some respects and can adversely impact property values throughout the county.

This year is an election year and it appears about half the members of the current School Board will not be members after the elections in November. As such, it would be grossly inappropriate for these lame duck School Board members to participate in a radical modification of this policy on their way out the door and leave it to a newly constituted board to implement a policy they had no role in establishing. To the contrary, the proposed changes should be an election year issue to be debated by candidates for board positions, including by incumbents who wish to remain on the School Board and should not be voted upon or implemented until a new board is constituted on Jan. 1, 2020.

Our Mount Vernon representative on the School Board is Karen Corbett Sanders. She currently also presides as chairman of the School Board. Presumably, in that role, Ms. Corbett Sanders can influence the agenda of the School Board including the timing of consideration of various issues. I am unaware of any emergency requiring amendment of Policy No. 8130.6 prior to the election and constitution of a new board. As such, Ms. Corbett Sanders should represent her constituents, who as chairman are everybody in the county, and postpone any vote concerning proposed changes to Policy No. 8130.6 to 2020.

**H. Jay Spiegel**  
Mount Vernon

should.

#### SATURDAY/SEPT. 7

##### 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 appointment, 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.

#### SUNDAY/SEPT. 8

##### Low Cost Rabies Vaccine Clinic.

Noon-2 p.m. at Mount Vernon Governmental Center, 2511 Parkers Lane, Alexandria. Cost is \$15 per pet, cash and check only. Dogs, cats, and ferrets may be vaccinated at the clinic. Dogs must be on leashes; cats and ferrets must be in carriers. All pets will receive a 1-year rabies vaccination. To obtain a 3-year vaccine, bring pet's rabies certificate (not tag) showing the current rabies vaccination expiration date. 2019 county dog licenses will be sold for an additional \$10 per license. Visit [www.fairfaxcounty.gov/animalshelter/communityassistance/rabiesclinics](http://www.fairfaxcounty.gov/animalshelter/communityassistance/rabiesclinics) for more.

#### THROUGH SEPT. 8

##### Metro Station Closures.

Through Sunday, Sept. 8, 2019, the six Blue and Yellow line stations south of Ronald Reagan Washington National Airport (Braddock Road, King Street, Eisenhower Ave., Huntington, Van Dorn Street and Franconia-Springfield) will be closed for full platform reconstruction and major station improvements. Read more at [www.wmata.com/service/rail/PlatformProject/](http://www.wmata.com/service/rail/PlatformProject/).

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## "Come On Down!"



By KENNETH B. LOURIE

Except I was not sitting in the audience for "The Price Is Right" when I heard my name called.

Nor was I needing to guess the cost of my infusion with my treatment that day contingent on my guess not exceeding the "actual retail price." And neither were there any of "Barker's Beauties" to wave their hands and showcase what items I would be attempting to price right.

No. There were only multiple oncology nurses standing in front of the Infusion Center's entry door calling out the names of the next patients lucky enough to begin their treatment.

It wasn't exactly "Plinko," but once inside the Center, the fun, such as it is, really begins.

At least that's the way the activity appeared to me. The preceding day was July 4, and the Center was closed forcing those Thursday patients to be rescheduled to either Wednesday or Friday. As a result, the waiting area was particularly full with patients, along with their family and friends – all of whom are encouraged to attend.

In the midst of this crowd, I sat and waited. We hadn't exactly been assigned numbers, but we were assigned oncology nurses and therefore could only enter the Infusion Center with their assistance.

Then, with all of us "waiters" looking at the entry door, waiting for an oncology nurse to walk through and call our name, the door lock clicked open and out walked two oncology nurses. As soon as they cleared the door and entered the waiting area, they called out their respective patient's names (unfortunately not mine).

Upon hearing their names, the two patients and nearly half a dozen of their supporters got up and moved eagerly toward the entry door. It reminded me of the beginning of "The Price Is Right" when four audience members' names are called in quick succession and implored to "Come On Down!" by George Gray (Johnny Olson, the original announcer, retired years ago) and officially become one of that day's contestants.

However, once inside the Infusion Center, it's dead serious.

Your life is at stake, maybe even at risk, depending upon your cancer/treatment, and at this point, you're not playing any more games (although occasionally, you may be guessing the price of things and wondering how it all gets calculated). So, you slide into your Barcalounger, hold out your arm to have your bar-coded wristband scanned and prepare for your hopefully, life-saving infusion – don't smoke 'em, even if you got 'em.

It's rare that you'll see your oncologist in the Center.

Typically, they'll be seeing patients in examining rooms, performing surgery or rounding in local hospitals. But they're always a phone call away should the nurses need any additional instructions or clarification.

Generally speaking, once inside the Center, all goes as anticipated for us patients: you're in, you're treated, you're out. And when you're out, new patients names are called and on and on it goes, just like "The Price Is Right," except the program doesn't end in an hour.

And just like "The Price Is Right," where there are no shortage of audience members wanting to participate, at the Infusion Center, likewise, there seems not to be a shortage of patients wanting to be treated either. (Granted it's not exactly the same thing, but you get my drift, I'm sure.)

Cancer is not fun, nor funny, and an Infusion Center is not filled with anticipation of cash awards and magnificent trips. There is however, lots of empathy and understanding - from your support system and from staff as well.

But it's the last place you want to be, unlike "The Price Is Right."

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

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## ENTERTAINMENT

### Theismann's

FROM PAGE 8

ence," he said. For instance, "Tuna poke bowl is not something you might have thought of as a staple at Theismann's."

Perhaps most notably, the restaurant will close for only about four days during the entire renovation process, Shaw said. With the months-long Metro closure, this summer seemed like the best time to take the plunge, he added, with the goal of being Alexandria's go-to hub for Washington sports teams.

"We wanted to refocus the restaurant on great food, Joe Theismann, and the next 34 years," he said.

Hope Nelson owns and operates the Kitchen Recessionista blog, located at [www.kitchenrecessionista.com](http://www.kitchenrecessionista.com). Email her at [hope@kitchenrecessionista.com](mailto:hope@kitchenrecessionista.com).

### CALENDAR

FROM PAGE 15

[www.fairfaxcounty.gov/parks/performance/mt-vernon-nights](http://www.fairfaxcounty.gov/parks/performance/mt-vernon-nights) for more.

#### AUG. 2-SEPT. 1

**Art Exhibit: Fresh Meat.** Gallery hours at Del Ray Artisans Gallery, 2704 Mount Vernon Ave. "Fresh Meat" features artwork by Del Ray Artisans' newest members from 2018-2019. "Fresh Meat" highlights new faces and new techniques. Opening Reception: Friday, Aug. 2, 7-9 p.m. Register in advance for a special acrylics painting workshop on Saturday, Aug. 10. Visit [DelRayArtisans.org/event/fresh-meat](http://DelRayArtisans.org/event/fresh-meat) for more.

#### SATURDAY/AUG. 3

**Friendship Firehouse Festival.** 9 a.m.-2 p.m. at Friendship Firehouse Museum, 107 S. Alfred St. The annual Friendship Firehouse Festival is a popular family event presented by the Friendship Veterans Fire Engine Association (FVFEA). The festival features antique fire apparatus, craft booths, and displays by community organizations. Festival participants can visit the Friendship Firehouse Museum where the 1858 hose reel carriage, voted the favorite Virginia Association of Museums Top 10 Endangered Artifact, is on display. Children can explore please-touch artifacts, will receive free fire helmets and are treated to supervised visits inside City fire trucks. Free. Food and beverages available for purchase. Visit [AlexandriaVA.gov](http://AlexandriaVA.gov) or call 703-746-3891.

**Writer's Workshop for Adults.** 9:30 a.m.-4 p.m. at the Durant Center, 1605 Cameron St. Alexandria author Sheila Moses leads a workshop for writers interested in the young-adult genre. She will provide tips on telling a good story and insight into working with a publisher to bring the story to market. Limited to 20 people. A bag lunch is recommended. Advanced reservations are required. Cost is \$75 and due by July 29. Call 703-746-5565 or visit [alexandriava.gov/Arts](http://alexandriava.gov/Arts) and scroll to Durant.

**Used Book Sale.** 10 a.m.-4 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane. Selection of over 20,000 gently used books. Unless specially priced, \$1 for hard backs, 50 cents for large paperbacks, and 25 cents for mass market paperbacks. Visit [www.fairfaxcounty.gov/library/branches/friends-of-sherwood-regional](http://www.fairfaxcounty.gov/library/branches/friends-of-sherwood-regional).

**Jones Point Meetup.** 11 a.m.-noon at Jones Point Park, Jones Point Drive. Join a national park ranger to explore the long history of this little piece of land and see the last remaining inland lighthouse on the Potomac River. Free. Call 703-235-1530 or visit [www.nps.gov/gwmp/planyourvisit/jonespoint.htm](http://www.nps.gov/gwmp/planyourvisit/jonespoint.htm) for more.

**The Drew-Smith School Reunion and Picnic.** Noon-5 p.m. at Martin Luther King, Jr. Park, 8115 Fordson Road, Gum Springs. Tickets must be reserved and picked up before the event. Contact: Carolyn Quander at 703-772-9440 or [cquander@outlook.com](mailto:cquander@outlook.com); and Sharon "Shubby" Suggs at 703-371-3388 or [SuggsSharon3@gmail.com](mailto:SuggsSharon3@gmail.com).

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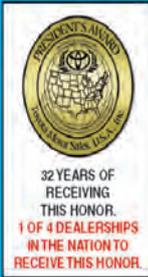
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**BRAKE SPECIAL**  
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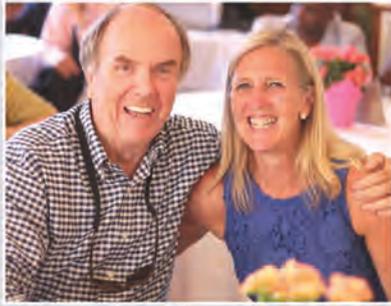
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**4296 Neitzey Pl**  
**\$1,994,000**

Truly spectacular estate in premier setting near the river in prestigious Oxford on the Potomac. Custom home capitalizes on its location with soaring high ceilings, glass walls and multi-level decks designed to capture sweeping views of the river & adjoining

wooded areas. Special features include: multi-story entry foyer, grand room sizes, elegant interior finishes, elevator, truly breathtaking master suite with dramatic river views, and his & hers private baths. Nothing was spared in creating this unique, one of a kind masterpiece!

**OPEN SUNDAY 1-4PM!**



**9303 Reef Ct**  
**\$699,000**

Exceptionally attractive opportunity! Spacious colonial with New Orleans flair on gorgeous half acre lot on quiet cul-de-sac just steps from the Mt. Vernon Yacht Club. Special features

include: main level master bedroom, upgraded Kitchen and baths, and oversize two car garage plus detached garage! Multi-level deck overlooks expansive half acre grounds!

**OPEN SUNDAY 1-4PM!**



**4401 Ferry Landing Rd**

Most house for the \$ in fabulous Yacht Haven Estates! Classic Mid-Century charm. Features: open floor plan, large room sizes and expansive walls of glass to bring the natural beauty of the

grounds to every corner of the home. Exceptionally spacious with two full finished levels, 4 BR's, 3 Full BA's, 2 FP's, all glass thermal replacement windows, gorgeous .5 acre lot, walk to river and MV Yacht Club

**COMING SOON!**



**3717 Carriage House Ct**  
**\$950,000**

Riverwood gem with all the updates and improvements you're looking for. Classic colonial façade enhanced with custom brick work and trim. Floor plan enhanced by 2 sunrooms creating open and bright interior.

Special features include: 3 finished levels, updated kitchen and baths, sun room additions, freshly refinished hardwoods, large deck overlooking serene back yard with ponds, basement with fireplace and custom bar, oversize 2 car garage. Great opportunity to be in one of the area's premier neighborhoods for under \$1 Mil!

**RIVERWOOD GEM!**



**3249 Woodland Ln**  
**\$1,060,000**

Stunning opportunity! Custom home by Wakefield Homes, the area's leading luxury home builder. No expense was spared in this estate caliber property which was built with numerous upgrades and expanded floor plan. Special features include: stunning bright and open floor plan,

2 story entry foyer and family room, Chef's kitchen open to family room, huge master suite, gorgeous hardwood floors, finished lower level w/ full walk out, side load 2 car garage. Gorgeous setting on half acre lot in neighborhood with community access to Little Hunting Creek. Same home build today would cost thousands more!

**STUNNING SETTING!**



**4710 Dolphin Ln**  
**\$629,500**

Exceptional opportunity near river just steps from marina and club house in prestigious Yacht Haven Estates! Imposing home in commanding setting on elevated grounds overlooking neighborhood with some views of water. huge room sizes and very few steps offer great potential for creating

your own estate with close to one level living. Features include 5 bedrooms/4 full baths and amazing oversize two car garage. Rare opportunity to acquire property with true nautical estate vibe in premier setting for remarkably reasonable price!

**SOLD!**



**3808 Colonial Ave**  
**\$849,500**

Updated colonial in prime location on quaint street near Mt. Vernon Estate! Fabulous home features bright, open floor plan and many updated items commonly found in \$1 Mil+ homes! Special features

include: high ceilings, open kitchen-family room, stunning master suite, finished lower level, and side load 2 car garage. Large deck overlooks back yard and private conservation land. Gorgeous setting!

**SOLD!**



**9316 Heather Glen Dr**  
**\$775,000**

Fully renovated and expanded. Idyllic pool scene emphasized by walls of glass allowing views of the pool and tranquil back yard scene from many rooms! Special features include: 3 finished

levels, updated kitchen and baths, 4 bedrooms on upper level, incredible pool scene, and 2 car garage. Your own private oasis in Mt. Vernon!

**SOLD!**



**9505 Lynnhall Pl**  
**\$1,250,000**

Just completed: Top to bottom renovation maintains the stunning Antebellum character and charm! Potomac River views, expansive verandas & half acre lot give this home a

classic Tidewater Virginia feel. Brand new kitchen, baths, fixtures, flooring, the list goes on and on! Great opportunity for virtually new home in desirable Oxford neighborhood!

**SOLD!**



**9348 Mount Vernon Cir**

Opportunity is knocking at Mt. Vernon on the Potomac - the area's premier waterfront community! Amazing price below tax assessment provides opportunity to put your personal stamp on this solid brick colonial! Huge potential with many features to work with including: recently installed "Andersen" windows,

three finished levels, four large bedrooms, family room off kitchen, custom built ins throughout and oversize 2 car garage. Gorgeous private yard enhanced by custom pool with massive pool deck backing to private woodland. Bring your boat too!

**SOLD!**



**3601 Riverwood Rd**  
**\$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!

**SOLD!**

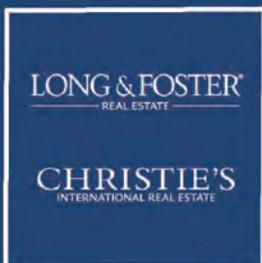


**4706 Tarpon Ln**  
**\$715,000**

One Story luxury-expanded & updated Ranch just steps to Mount Vernon Yacht Club. Prime location on 1/2 Acre Lot Just steps from river. spectacular property, bright, White custom Kitchen, updated

baths, main level master suite, newly finished lower level with direct walkout, 2 Fireplaces, oversized 2 Car Garage, spectacular grounds with large brick patio!

**SOLD!**



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