

# Mount Vernon Gazette

MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER

OCTOBER 1, 2020

## NEWCOMERS & COMMUNITY GUIDE

2020-2021

On July 4, the neighborhood celebrations bring out the guinea pigs and the red, white and blue.

PHOTO BY MIKE SALMON/THE CONNECTION

McEneaney Associates has always had one motto in mind... not to be the biggest, but the best. This year marks our 40th year in Alexandria, and we are celebrating our investment in helping to build our town into the thriving community it is today. To learn more about our Associates and our firm, visit [www.WeAreAlexandria.com](http://www.WeAreAlexandria.com)

#WeAreAlexandria



OPEN SUN 10/4, 2-4PM

**Belle Haven | \$1,595,000**

Classic brick Colonial on a genteel cul-de-sac! 5-6 bedrooms, 5.5 baths, and a stellar kitchen on four finished, above grade levels! Great room, formal dining room, private screened porch, walk-out lower level, and terraced flat back yard! 6210 Randall Court  
**Janet Caterson Price 703.622.5984**  
[www.JanetPriceHomes.com](http://www.JanetPriceHomes.com)



**Old Town | \$1,295,000**

Beautiful Yates Gardens home is move-in ready and features a stunning new kitchen, open main level with sunroom addition, wood-burning fireplace, and access to lovely back yard. 4 bedrooms up plus laundry. Versatile lower level with bedroom suite & family room.  
**Lauren Bishop 202.361.5079**  
[www.LaurenBishopHomes.com](http://www.LaurenBishopHomes.com)



OPEN SUN 10/4, 2-4PM

**Old Town | \$2,100,000**

Striking 4-bedroom, 3.5-bath, brick Federal home offering gracious rooms with tall ceilings, time-honored floors and exquisite woodwork. Open-air sleeping balcony embraces the deep side & rear gardens. Quiet library refuge & brick floored kitchen. 221 N Royal St.  
**Ann Duff 703.965.8700**  
[www.AnnDuff.com](http://www.AnnDuff.com)



VIRTUAL OPEN SAT 10/3, 1PM

**Seminary Heights | \$849,900**

4-bedroom, 2.5-bath, detached Cape Cod. Charming screened porch off of living room. Main level office with built-ins. Fully finished lower level with bedroom, full bath and rec room. Large, private yard. Located in the MacArthur school pyramid. 2016 Scroggins Road  
**Jen Walker 703.675.1566**  
[www.JenWalker.com](http://www.JenWalker.com)



**Belle View | \$400,000**

Move-in ready and rarely available 3-level townhome with 2 bedrooms and 1 bath! Remodeled kitchen: including stainless appliances & granite countertops. Renovated bathroom. Parquet floors on 2 levels, tiled kitchen, bath and basement. Plus, new HVAC!  
**Kathleen Dobbyn 703.946.2238**  
[www.DobbynTeam.com](http://www.DobbynTeam.com)



OPEN SAT 10/3 & SUN 10/4, 1-3PM

**Alexandria City | \$375,000**

Just over one mile walk to King Street Metro, this fabulous 3-bedroom, 2-bath condo with patio has updated kitchen, renovated master bath, open living and dining space. Permit parking and in-unit washer and dryer. 207 Skyhill Road #2  
**Sarah Bobbin 571.225.8716**  
[www.SophisticatedLivingNOVADC.com](http://www.SophisticatedLivingNOVADC.com)



OPEN SUN 10/4, 2-4PM

**Old Town  
 \$1,649,000**

Built in 1849, this plaqued 4-bedroom, 4.5-bath home offers High ceilings, spacious rooms, hardwood floors, beautiful moldings, & 3 fireplaces. Gourmet kitchen. Spacious master bedroom with sitting area and elegant bath. Lower level family room and private patio.  
 206 N Royal Street

**Sally Z. Harper 703.517.2849**  
[www.sallyzharper.com](http://www.sallyzharper.com)

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# Accessory Dwelling Units

WITH GUEST SPEAKERS

**Ileana Schinder**  
 Architect & Designer

**Sam Shelby**  
 Urban Planner, Alexandria City  
 Department of Planning & Zoning

WEDNESDAY, OCTOBER 7<sup>TH</sup> | 4 PM

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# NEWCOMERS & COMMUNITY GUIDE

## Welcome We're lucky to call Fairfax County home.

BY CHAIRMAN JEFF MCKAY

**W**elcome to Fairfax County. You are moving here under unusual and unprecedented times. These last few months however, have reminded me why I'm proud to lead Fairfax County as Chairman of the Board of Supervisors and why I have been proud and so fortunate to be able to call it home for all of my life.

In Fairfax County, we take COVID-19 seriously. The impacts of the virus have been far reaching. It has caused difficulty and anxiety for so many, including for my family and me. Our response to this virus has been data driven and responsive as we have learned more about COVID-19. Our low community transmission rates and stable percent positivity rates reflect that.

From the beginning, my Northern Virginia regional colleagues and I worked together



**Jeff McKay, chairman of the Fairfax County Board of Supervisors, lives in Lee District with his wife Crystal and his daughter Leann and his son Aidan.**

parts of Virginia.

Despite all the uncertainty around us, we

are lucky to live in Fairfax County. We have 23,000 acres of parkland, which includes 427 public parks and 325 miles of trails, to enjoy when you want to be outside safely. One of my favorite escapes has been Huntley Meadows Park in my neighborhood. It makes me thankful for our continued investment in our greenspaces and efforts to protect the environment.

In addition, the community rose to help and continues to inspire me. There are so many people in Fairfax vulnerable to this virus who still cannot leave their homes. So simple acts mean a lot, even if it is just picking up your neighbor's groceries or talking to a friend when they need support. Fairfax County's Neighbor to Neighbor program is one project in that spirit. The program joins neighbors together as volunteer groups and connects them with their older neighbors who need a hand. It is truly a grassroots initiative with volunteers involved across the

County. Navigating this pandemic has not been a straight path forward. We have had to pivot to save lives. And our work won't stop when there's a vaccine. Over time, in Fairfax County we have made significant investments in our infrastructure that have well positioned us to respond. Our sophisticated Health Department, first responders, and County frontline workers are all dedicated to our community. Their work has been exceptional and remind us why a responsive, well run government is essential in times like these. As we navigate a world beyond COVID-19, we will continue to fight for what's important: investing in people, programs, education, and creating a Fairfax that works for everyone, just as we have always done. Our community will make it through this together. Fairfax County is a great place to live and work and I hope that you quickly feel at home.

County.

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## About the Mount Vernon Gazette in 2020

**T**his year, 2020 in the time of the pandemic, has been brutal for so many. As of Friday, Sept. 25, 7,580 Alexandria residents have tested positive for Covid-19 and 138 have died.

More than 21,000 residents of Fairfax County have tested positive for COVID-19, and more than 600 people here have died.

As of Sunday, Sept. 27, the Virginia Department of Health reported that 3,159 people have died in Virginia due to Covid-19 and 146,144 have tested positive for the illness.

Life is vastly different than it was pre-pandemic. Most students have not been face-to-face with their teachers or classmates since March. Lucky families are merely juggling homeschooling and home child care with telecommuting and meetings via Zoom.

Less fortunate parents have jobs that cannot be accomplished remotely, and they must find a way to have their children cared for at home while they go to work, risking infection. Even less fortunate people have lost their jobs.

Families of all stripes are facing food insecurity and demand at food pantries has skyrocketed.

Thousands of families could be facing eviction.

Small businesses and their employees hope that Congress will deliver more help. The Paycheck Protection Program was designed at the beginning of the crisis to pay employees for two months. Employees now face unemployment; businesses face closure and/or bankruptcy. Customers are unlikely to return to retail businesses, restaurants and other public places in sufficient numbers for revenues to rebound until after the pandemic is under control.

Local newspapers, including the Gazette Packet, are facing an existential threat from the combination of nationwide downturn in newspaper advertising that has been worsening over several years, compounded by

**Mount Vernon Gazette SENIOR LIVING**

**Prosecutor Delivers Blow**  
Commonwealth Attorney says 84 additional positions are needed; 137 if the office is to prosecute traffic cases too.

**Total Per Capita Comparison**  
Total Per Capita Investments for CWA Offices

**Record Turnout in Early Voting in Virginia**

milestones and events in the community and people's lives. It is still our mission to cover the normal news of the local communities.

We want to know if someone in your family or your community published a book, started a business, became an Eagle Scout, raised money for a good cause, accomplished some feat like running a marathon, supporting a cause or having art included in an art show. We publish photos and notes about personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries.

Tell us: how are you surviving in the pandemic?

We also publish notes about news and events from local businesses. Notes about openings, new employees and anniversaries are welcome.

For many months, there were no calendar listings in our papers. Everything was cancelled. Now there is a return of some outdoor events, and many virtual events. If you are planning an event, we appreciate getting notice at least two weeks ahead of the event, and we encourage photos.

Your community Connection newspaper, the Alexandria Gazette Packet or Mount Vernon Gazette, is published by the independent, locally owned Local Media Connection LLC, serving the suburbs of Metropolitan Washington in Northern Virginia and Potomac, Md. The Alexandria Gazette Packet, our flagship paper, is one of the oldest continuously publishing papers in the country, beginning publication in 1784.

### CONTACT

For advertising and marketing information, see [www.connectionnewspapers.com/advertising](http://www.connectionnewspapers.com/advertising) email [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com) or call 703-778-9431.

Send news to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com)

Follow Us On Facebook: [www.facebook.com/](http://www.facebook.com/)

## Keep in Touch

- ❖ ONLINE: [www.connectionnewspapers.com](http://www.connectionnewspapers.com)
- ❖ Digital replica editions of the week's papers are available at [www.ConnectionNewspapers.com/PDFs](http://www.ConnectionNewspapers.com/PDFs)
- ❖ Past issues of the Connection back to 2008 are available at <http://connectionarchives.com/PDF/>
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- ❖ Events to list in the calendar, [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/)

ConnectionNewspapers

On Twitter

Connection Newspapers: [@FollowFairfax](http://www.twitter.com/FollowFairfax)  
Alexandria Gazette Packet: [@AlexGazette](http://www.twitter.com/AlexGazette)  
Mount Vernon Gazette: [@MtVernonGazette](http://www.twitter.com/MtVernonGazette)  
Arlington Connection: [@ArlConnection](http://www.twitter.com/ArlConnection)  
Burke Connection: [@BurkeCon](http://www.twitter.com/BurkeConnection)  
Fairfax Station-Clifton-Lorton Connection: [@LFSCConnection](http://www.twitter.com/LFSCConnection)

MARY KIMM

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

# NEWCOMERS & COMMUNITY GUIDE



PHOTOS CONTRIBUTED

Groundbreaking for the 33-acre North Hill development which will include 216 affordable apartments; 63 affordable senior independent living apartments; 175 market rate townhouses; and a 12-acre public park.

## Welcome to the Mount Vernon District

Keep in touch with **TEAM MVD (Mount Vernon District)** to be in the know.

BY DAN STORCK

MOUNT VERNON DISTRICT SUPERVISOR

**W**elcome to the Mount Vernon District! It has been a challenging, but also exciting year so far in Mount Vernon.

We have seen great examples of friends and neighbors coming together to protect and help each other during the COVID-19 pandemic.

Recently, we celebrated groundbreakings for two new developments – The Arden and the Residences at North Hill – that make significant contributions to affordable and workforce housing on the Richmond Highway Corridor.

Planning continues for the revitalization of the Richmond Highway corridor with a Bus Rapid Transit (BRT) system and future urban living with ecologically sensitive, walkable, livable neighborhoods. A focus on community development, preservation of existing community character, urban design and a variety of transportation modes will bring new residents, businesses and partnerships to the corridor. In Mount Vernon where our history and heritage are very important to us, careful planning for redevelopment is central to ensuring all who live here will continue to do so.

Even if you are new to the area, you likely know that Fairfax County has one of the best school systems in the country, but for us it goes beyond that. Life-long learning is important to many of our residents and I am proud to say we are bringing more opportunities through our future partnerships at Original Mount Vernon High School (OM-VHS) with the Northern Virginia Community College (NVCC) and Fairfax County Public Schools (FCPS).

Many of us knew this and others are just learning in these COVID-times, the area abounds with parks and recreational opportunities. Put on your walking shoes and head to River Farm or Huntley Meadows (OK, not technically in the District, but very close). Spend the day paddling on one of the many rivers and creeks at Dyke Marsh Wildlife Preserve or Belle Haven Park. Ride some of the best bike trails in Northern Vir-



Supervisor Dan Storck speaks to the audience at a town meeting.



Woodlawn Fire Station groundbreaking. The 15,000 square-foot station is scheduled to open in spring 2022. It will be a two-level freestanding building that will be in operation 24 hours a day, seven days a week, housing up to 16 Fire and Rescue Department staff. The station will be outfitted with four single drive-through bays for emergency vehicles.

ginia on the Mount Vernon Memorial Trail and at Fort Hunt Park or use the many trails along our roadways for your daily commute. To find your adventure, checkout our parks page on the Mount Vernon District webpage: [www.fairfaxcounty.gov/mountvernon/](http://www.fairfaxcounty.gov/mountvernon/).

If sightseeing and history are your interests, visit George Washington's Mount Vernon Estate, the Woodlawn Plantation or the

Grist Mill, to name a few. If arts and culture inspire your creative spirit, spend a day at the Workhouse Arts Center. Shopping at Farmers Markets, listening to free summer concerts and strolling along the river are all part of the experience in our corner of the County.

My number one priority is always you, and our office is here to help. I strive to en-

gage deeply and frequently with the people of Mount Vernon. TEAM MVD provides timely constituent service as we continue to build the ideal community in which to live and thrive. We are here to answer your questions and will respond within two business days. Email us at [MTVernon@FairfaxCounty.gov](mailto:MTVernon@FairfaxCounty.gov), call 703-780-7518 or stop by our office at 2511 Parkers Lane, Mount Vernon.

I also have extended office hours on Thursdays and the second Saturday of each month, walk-ins and appointments are always welcomed.

You have chosen a great place to live, educate your children, grow your career and engage with your neighbors. Welcome to the Mount Vernon District, where history, heritage, outdoor living, educational opportunities and public safety come together to support our exciting future! Visit our website ([www.fairfaxcounty.gov/mountvernon](http://www.fairfaxcounty.gov/mountvernon)) to sign up for our newsletter, follow us on Facebook and Twitter and learn about the myriad of District projects, important topics, area activities and upcoming events in your new community. More information about the Mount Vernon District can be found here: <https://www.fairfaxcounty.gov/mountvernon/about-us>

### Supervisor Storck Second Saturday Office Hours for Oct. 10, 2020

Mount Vernon District office 2511 Parkers Lane, Mount Vernon, VA 9 a.m. - 3 p.m.

Supervisor Storck is available for phone and video calls, as well as in-person meetings with proper social distancing, during his regular October Second Saturday office hours on Oct. 10. Contact [mtvernon@fairfaxcounty.gov](mailto:mtvernon@fairfaxcounty.gov) or 703-780-7518 for more details and to schedule a meeting.

## NEWCOMERS & COMMUNITY GUIDE

# Mount Vernon Lee Chamber of Commerce Builds Community

BY HOLLY HICKS DOUGHERTY  
EXECUTIVE DIRECTOR

**W**elcome to your new home in this community. Since 1954, Mount Vernon Lee Chamber of Commerce has championed local businesses and worked to build and strengthen the community. We welcome you and hope that you will use local businesses.

The local business community consists of small retailers, family-owned and operated service providers, and large national chains. A directory of businesses connected to the community is found on the Chamber website <https://mountvernonleechamber.org>.

Representing local businesses, the Chamber's Board of Directors has as its priorities encouraging economic growth, advocating for business needs, and helping businesses develop trusting relationships and increased visibility.

From I-95 and east, Fairfax County has seen significant economic growth in the past twenty years. Some development resulted from the growth at Fort Belvoir, which is now the largest employer in Fairfax County.

Other growth will come from zoning changes now in place including the Embark Comprehensive Plan Amendment, Opportunity Zones, Richmond Highway widening, a new Bus Rapid Transit System, and the Economic Incentive Program for tax abatement on new development. Projects in the development pipeline may also be found on the Chamber website <https://mountvernonleechamber.org/economic-de>



**Holly Hicks Dougherty**

velopment.

The Chamber has worked with elected officials and community stakeholders to help mold these initiatives in a way that will benefit the community while preserving neighborhoods and businesses.

As legislative issues rise, the Chamber carefully considers the impact and reaches out to our elected officials to communicate the needs and concerns of local businesses. Sharing important information on resources and new guidelines during Covid has been a Chamber priority. These resources may be found at <https://cca.mountvernonleechamber.org/covid-19.aspx> The many Chamber member programs have at their core the objective of helping business owners and leaders get to know each other, develop trusting relationships, do business with each other, and work together to build the community.

This community is a place rich in history and natural beauty with close proximity to our nation's capital and national defense installations. It is a place where you can live, work, play, worship and feel a sense of community.

Everything you need can be found here including unique retail, award-winning dining, and top local businesses ready to provide professional services. Enjoy what is here and then give back to the community by supporting local businesses.



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[rex.reiley@rmxtalk.com](mailto:rex.reiley@rmxtalk.com)

**UNDER CONTRACT**



**Alex/Mt. Vernon Grove** \$659,900  
4207 Robertson Blvd.

Welcome to this large beautiful 2 story split situated on an expansive, flat, .34 acre lot w/a fenced bkyd, & 1 car side entry garage. A major renovation in 2015 to include: new roof, kitchen opened up to living & dining rooms w/granite counters & center isle, SS appliances, cherry cabinets & oak floors to match the rest of the finished hdwds, painted interior w/crown molding, 6 panel doors throughout. A/C replaced in 2019. Large 19x12 deck off the dining area, also installed in 2015. 2 wood burning FPLS inspected & improved as necessary. All 3 baths remodeled as well. This is a tremendous buy & ideally situated in Mt. Vernon. 5 mins to Ft. Belvoir (S), 17-18 mins to S. Alexandria (N), 27 mins to National Airport (N) & 28-30 mins to the Pentagon (N). Nothing like it on the market!!

**SOLD**



**Ft. Hunt/Hollin Hall** \$649,500  
1905 Clayton Place

Beautiful contemporary home with open floor plan in sought after Hollin Hall community zoned for Waynewood Elementary. 1600 sq.ft. One level living w/ 3 bedrooms, 2 baths. Renovated kitchen and baths. Wall of windows in back overlooking private backyard. Sits on a quiet cul de sac with lovely landscaping. Blocks to George Washington Parkway and Potomac River. Neighborhood shopping center. Fabulous location.

**SOLD**



**Alex/Olde Mill Condominiums** \$249,000  
5704 Shadwell Court #95

Cozy 2 bedroom 2 bath condo, 3 miles from Fort Belvoir. 25 minutes to DC on GW Parkway. Top level unit with cathedral ceiling, wood burning fireplace, attic storage, and private balcony overlooking woodlands. Master bedroom has large walk-in closet. Both bathrooms have been recently updated. Separate laundry room off kitchen! Enjoy walks through Jackson Abbott Wetland Refuge, with tennis courts and playground. Minutes to Ft. Belvoir (S).



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

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## MOUNT VERNON DISTRICT

### Meet Your MVD TEAM!

Our office is here for you! Did you know you can contact us with any County concerns or issues, and we can connect you with the answers? Here are just a few ways we can help:

- Connecting you with County services.
- Sharing information about issues in our community.
- Communicating meetings and events happening near you.
- Answering questions about voting, property, roads, taxes, public safety, health & human services, solid waste, recycling and more!
- Bilingual staff in Spanish and Greek.



There are many ways to  
**CONNECT WITH TEAM MVD!**

**Stop by:** Mount Vernon Governmental Center  
2511 Parkers Lane, Mount Vernon, VA 22306

**Keep informed! Sign up for the Mount Vernon Advisor and follow us on social media!**

**Visit:** <http://www.fairfaxcounty.gov/mountvernon/>  
**Call:** 703-780-7518 (TTY 711)  
**Email:** [mtvernon@fairfaxcounty.gov](mailto:mtvernon@fairfaxcounty.gov)

**Office Hours:**  
Monday - Friday: 8:30 a.m. - 5 p.m.  
Thursday: 5 p.m. - 7:30 p.m.  
Second Saturday Each Month:  
MV District Office: 9 a.m. - 3 p.m.  
Walk-ins and by appointment





**TOUR de MOUNT VERNON 2020**  
Saturday, October 3  
8:30 a.m. start at Workhouse Arts Center  
Rain or Shine  
JOIN the RIDE - EXPLORE your COMMUNITY

## High School CAREER FORUM

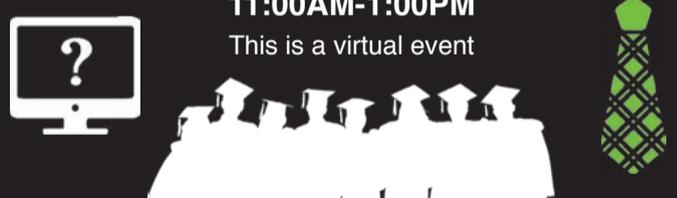
## FORT HUNT

Black Cultural Alliance Alumni



### Saturday October 17

**11:00AM-1:00PM**  
This is a virtual event



The Fort Hunt High School Black Cultural Alliance Alumni (FHHS BCAA) is excited to host the 5th Annual High School Career Forum. The High School Career Forum is an event for high school students to learn about different career opportunities available to them after high school. A panel will share the career decisions they made, what their careers entail (education/training) and how it has impacted their lives, their life choices and experiences.

Register for the FHHS BCAA High School Career Forum at [fhhsbcaa@gmail.com](mailto:fhhsbcaa@gmail.com) by Thur. Oct 15. Please give your first and last name, grade and contact information (email & ph #). Registration is required to receive log in information for this virtual event.

**Another Mount Vernon Gazette Community Partner**

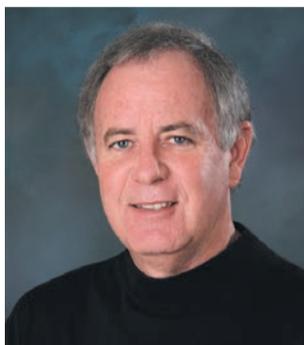
# Rex Reiley



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Rex is one of Re/Max's top producers in Virginia and the Central Atlantic Region, and he can use his vast experience and extensive networking in the **Mt. Vernon/Alexandria** area to help you buy or sell a home. Rex and his team are available to assist you in your home purchase and sale. Rex's business is built on **referrals**, and repeatedly his clients pay their highest compliment by sending friends and family to him when they are in the market to buy or sell a home.

**Mt. Vernon is Rex's hometown.** He moved here in 1960 when his father, an Air Force pilot, was stationed at the Pentagon. Rex also became a pilot, graduating from the Air Force Academy and flying for 20 years with the Air Force and Eastern Airlines.

Rex returned to his roots in Mt. Vernon where he and his wife, Doris, raised their four children, and where Rex embarked on a second career in Real Estate.

**[www.RexReiley.com](http://www.RexReiley.com)**

**1300 Lafayette Dr. #200  
Alexandria, VA 22308**

*(next to the Hollin Hall shopping center)*

**703-768-7730**

## NEWCOMERS & COMMUNITY GUIDE

### Getting Involved Locally

Any quest to talk about the issues in Northern Virginia right now seems to lead to talk about the pandemic, and the economic crisis that follows in its wake. Hunger, food insecurity, need for donated food has grown dramatically in the area. More families teeter on the edge of homelessness.

Here are many organizations that have worked locally to fill the gaps in the pandemic. Also included on this list are some environmental groups, some ways to help animals and more.

Please email me if we have left something out or gotten something wrong. [mkimm@connectionnews-papers.com](mailto:mkimm@connectionnews-papers.com)

❖ Alice's Kids (@alicewillhelp) [aliceskids.org](http://aliceskids.org) P.O. Box 60, Mount Vernon, VA 22121 When a child is raised in poverty they suffer both publicly and privately. When there is no food in the refrigerator, no electricity or heat, these are hardships that they can keep hidden from their peers. But, when that same child can't afford to pay for the band field trip, a pair of glasses, a chorus outfit or a new pair of shoes, these are indignities that are evident to their classmates. Alice's Kids pays for these relatively inexpensive items in the hopes of preserving the dignity of the child. It helps children from all over the Mount Vernon area through small acts of kindness. Alice's Kids [aliceskids.org](http://aliceskids.org) 703.746.8108 [contact@aliceskids.org](mailto:contact@aliceskids.org)

❖ Assistance League of Northern Virginia is an all-volunteer nonprofit organization that feeds, clothes and educates children in need. As a result of closures relating to the coronavirus, Assistance League of Northern Virginia has reshaped its Weekend Food For Kids program to assist the struggling families of the students

#### 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.

#### FRIDAY/OCT. 2

Virtual 2020 Raise the Region Fund-raiser. 7-8 p.m. Virtual event. The Community Foundation for Northern Virginia will host its 2020 Raise the Region, a virtual event that will be live-streamed, and allow you the opportunity to participate from the comfort of your home. The theme this year is Building a Community that Works for Everyone, and the event will highlight a record-level of giving from the Community Foundation throughout the region. Visit [www.cfnova.org/RaiseTheRegion](http://www.cfnova.org/RaiseTheRegion).

we serve. Since April, Assistance League has provided 1031 grocery store gift cards, valued at more than \$20,000, for four of the Title I schools that we serve in Fairfax and Prince William Counties and the City of Alexandria. To learn more about volunteer and sponsorship opportunities, contact [info@alnv.org](mailto:info@alnv.org) or visit [www.alnv.org](http://www.alnv.org)

❖ Boys and Girls Clubs of Greater Washington Fairfax Area operates clubs in two of the neediest areas of the county, Culmore, Mount Vernon/ Route 1 corridor, and Chantilly, focusing on character and academic success. <https://www.bgcgw.org/club-page/fairfax-county-region-our-impact/>

❖ Britepaths' mission is to provide our Fairfax County area neighbors in need with short-term safety-net services and empower them to work toward long-term self-sufficiency. Britepaths serves more than 7,000 households in Fairfax County, households who live at or below 200 percent of the federal poverty level.

(Brightpaths will launch the 2020 Holiday Program in October. Questions? Contact Vanessa De La Rosa at [vdelarosa@britepaths.org](mailto:vdelarosa@britepaths.org) or 703.273.8829 x888

[britepaths.org/sites/default/files/BritepathsProgramsAndServicesJan2020.pdf](http://britepaths.org/sites/default/files/BritepathsProgramsAndServicesJan2020.pdf)

❖ Centreville Immigration Forum, a safe, organized center where residents and contractors can negotiate work arrangements with day laborers. Centreville Square Shopping Center, 5944 Centreville Crest Ln, Centreville, VA 20121. Phone: (703) 543-6272 website: [www.centrevilleimmigrationforum.org](http://www.centrevilleimmigrationforum.org) and email [contact@theCIFva.org](mailto:contact@theCIFva.org)

❖ Closet Of The Greater Herndon Area is a nonprofit thrift shop

in downtown Herndon. The Closet recently awarded over \$20,000 in grants to seven local non-profit organizations: Cornerstones, Fellowship Square, Herndon-Reston FISH, Meridians Recovery, Mobile Hope of Loudoun, South Lakes High School PTSA Food Pantry, and Herndon Woman's Club in support of Wreaths Across America. The Closet is a source of low-cost clothing and household necessities and also gives away clothing at no cost to truly needy individuals. 845 Station Street Herndon, VA 20170 (703) 437-7652. Email [TheClosetInc@verizon.net](mailto:TheClosetInc@verizon.net) Web: [theclosetofgreaterherndon.org/](http://theclosetofgreaterherndon.org/)

❖ Comfort for America's Uninformed Services (CAUSE) ensures that recuperating service members have opportunities for recreation and social interaction and receive concrete signs of appreciation for all that they have done. Mailing address: 4201 Wilson Blvd., #110-284, Arlington, VA 22203, CFC #33011, Phone 703-591-4965, [cause-usa.org](http://cause-usa.org)

❖ Committee for Helping Others (CHO), Vienna, organized in 1969 by a group of churches and individuals in the Dunn Loring, Merrifield, Oakton, Vienna community to provide simple, loving charity to those in need. We spent \$63,000 from April through July of this year for rent, utilities, and medical bills, most of it (over \$50,000) has been for rent. This is in addition to the \$200,000 in CARES funds that helped residents affected by the coronavirus with rent, mortgage, gas, electric bills, and food. All in addition to usual programs. 703-281-7614, [www.cho-va.com](http://www.cho-va.com)

❖ Community Foundation of Northern Virginia [www.cfnova.org](http://www.cfnova.org) The Community Foundation for Northern Virginia works to re-

SEE WHERE TO GIVE. PAGE 7

Workhouse Arts Center  
Fort Belvoir  
National Museum of the US Army  
Pohick Bay Regional Park - Rest Stop  
Mason Neck State Park  
Gunston Hall

#### WATERSHED CLEANUPS

Do your part to help the environment. Volunteer for a "Watershed Cleanup Days" event at a park or recreation center near you this fall. These community service events are great for individuals, families, service groups and students. Work outdoors helping to clear Earth's arteries by removing tires, bottles, cans and other debris dumped in local waterways. All ages are welcome to take part. Cleanups are

SEE BULLETIN, PAGE 9

## NEWCOMERS & COMMUNITY GUIDE

# Where to Give Locally To Help With Pandemic Hunger and Beyond

FROM PAGE 6

spond to critical need and seed innovation in our region. Your gift helps us make grants in our focus areas of interest while also bringing a spotlight on the benefits of community philanthropists. The 2020 Raise the Region, Build a Community that Works for Everyone event is free to attend and will air live from 7 – 8 pm on Oct. 2. It will include online auction, and opportunities to engage and have some fun, all while supporting a great cause. [www.cfnova.org/for-donors/donate-now](http://www.cfnova.org/for-donors/donate-now)

❖ Cornerstones, 11150 Sunset Hills Road, Suite 210, Reston, serving Reston and Herndon. 571-323-9555, [www.cornerstonesva.org](http://www.cornerstonesva.org).

For nearly 50 years, Cornerstones has been helping neighbors in need. The service area of Cornerstones has grown to include most of northwestern Fairfax County, helping people build more stable lives by connecting them to vital resources that solve their needs for housing, childcare, food or financial assistance. Programs and services include the Embry Rucker Community Shelter, Emergency Food Pantry, Hypothermia Prevention Program, Gifts for Kids and annual Coat Drive. [www.cornerstonesva.org](http://www.cornerstonesva.org).

Contact Nate King, Donations and Drives Coordinator, at 571-323-9569.

❖ Ecumenical Community Helping Others (ECHO), 703-569-9160. Open to receive donations at 7205 Old Keene Mill Road, Springfield. Provides food and financial assistance to those in short-term emergencies, and provides clothing and household goods to low income families. From March through August, ECHO has helped 1,012 families with 25,628 bags of food. Financial donations have helped ECHO provide fresh food coupons, rent, utility and medical bill payments. Over 900 backpacks filled with school supplies have been distributed to school-age children. Donations of fall and winter children's clothing have provided families with needed apparel.

But requests for assistance continue at the highest levels ECHO has ever experienced. [www.echo-inc.org](http://www.echo-inc.org).

❖ FACETS helps parents, their children and individuals who suffer the effects of poverty in the Fairfax area, a partner in efforts to end homelessness in Fairfax County. FACETS is always in need of donations and volunteers, and offers a variety of one-time and ongoing opportunities.

During the pandemic, FACETS has taken a leadership role, remaining on the frontlines

SEE WHERE TO GIVE, PAGE 15

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[SunriseOldTown.com/Vernon](http://SunriseOldTown.com/Vernon)



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All our team members are following COVID-19 infection control protocols, including wearing a mask. Number of visitors allowed inside is limited, to maintain appropriate social distancing.

A woman with curly hair, wearing a blue top and large hoop earrings, is smiling and holding a small object in her hands. The background is a bright blue sky. A large yellow banner with the word "Checking" in white and "It's better here." in pink is overlaid on the image.

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## Working to Save River Farm

BY DELEGATE  
PAUL KRIZEK  
AND SENATOR  
ADAM EBBIN



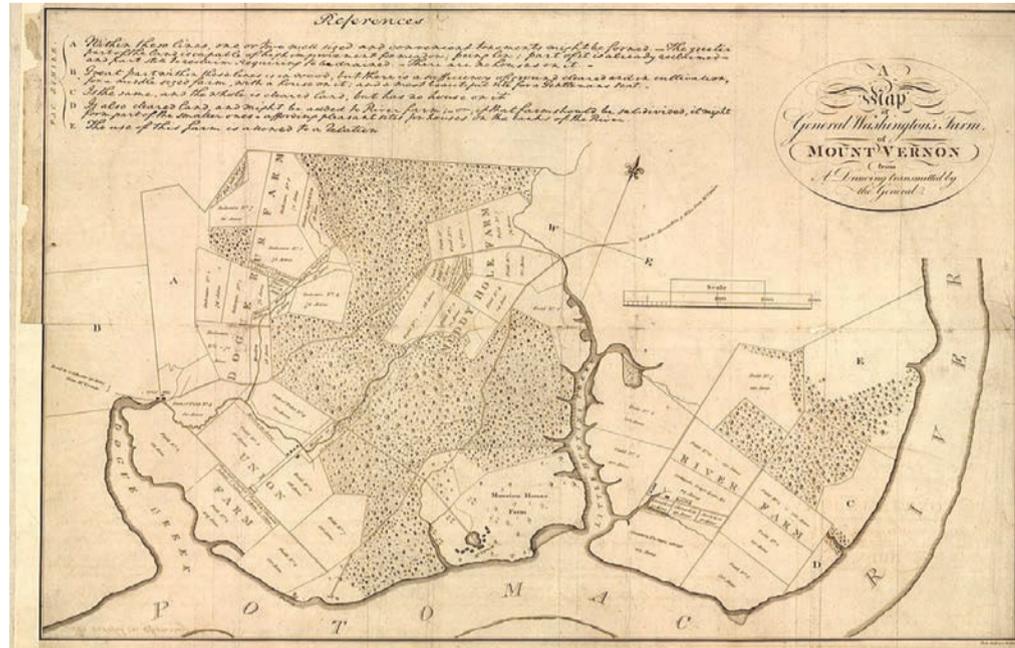
Krizek



Ebbin

As you may have heard around the community, and in this newspaper last week, the American Horticultural Society (AHS) has announced that it is putting its headquarters, historic River Farm, the 27-acre property which represents the northernmost of George Washington's five farms, up for sale on the open real estate market. Since this announcement became public we, the State Delegate and State Senator who represent the community surrounding it, have heard from many worried constituents. We have heard from constituents with concerns about losing this beautiful and historic property, on the bank of the Potomac River, to development during our recent tele-town halls, via email, Twitter, Facebook messages, phone calls, and petitions. River Farm has operated as a public space and events venue for our community for decades, and we are dedicated to ensuring that this invaluable resource remains open for public enjoyment.

The American Horticultural Society first acquired the River Farm property in the early 1970s when Enid Annenburg Haupt, an AHS board member, donated the necessary funds. This acquisition followed an attempt by the Soviet Embassy to buy the property as a retreat during the Cold War. Since then, generations of Mount Vernon residents and visitors alike have had the opportunity to experience the splendor of the estate and its beautiful gardens, including the immense Osage orange tree, perhaps the largest specimen in the United States and a gift to George Washington from Thomas Jefferson. Also on the property are the White House gates, first installed at the White House in 1819, during the reconstruction of the struc-



Map showing River Farm (bottom right) as part of George Washington's Mount Vernon estate.

ture after it burned during the War of 1812, and used for more than 120 years at the Executive Mansion's northeast entrance.

We are working with Mount Vernon Supervisor Dan Storck, and Senator Scott Surovell, along with representatives from Congressman Beyer, Senator Kaine, and Senator Warner's offices, as well as our three major park entities: the National Park Service (NPS), the Northern Virginia Regional Park Authority, and the Fairfax County Park Authority, to come up with a plan to preserve this important cultural landmark.

We heard from the American Horticultural Society after their board meeting last week. The AHS board reaffirmed their desire to sell the property, ideally in the next six months or so. However, their leadership expressed their willingness to discuss placing the property into public ownership so that River Farm can remain accessible to the public for generations to come. After writing to AHS interim Executive Director Bob Brackman on this matter, we were heartened to receive a response stating "there is probably not a better way [to fulfill our mission] than to have a buyer who wants

to keep River Farm available for the public's use." A price has not yet been set for the River Farm property, but given that the property was valued at nearly \$17 million in 2019, we will need to obtain substantial funds to acquire the property for the public, and hopefully under the stewardship of a park authority.

We have joined a smaller fundraising group that will focus our energy on raising the necessary funds to purchase River Farm. We have many avenues to try to obtain this funding, including applying for grants, soliciting funds from conservation organizations and private donations, as well as from government sources. While we have many leads this will be an arduous endeavor and we welcome ideas from the community.

Over 800 community members have already signed our petition to preserve River Farm. Please sign our petition: <https://bit.ly/3mI-4zyz>, to ensure that the buyer of River Farm will preserve this natural refuge as open space available for public use.

It is our continued honor to represent Mount Vernon residents in the Virginia General Assembly.

### VIEWPOINTS VIEWPOINTS BY MIKE SALMON/THE GAZETTE

## What do you like best about living in Mount Vernon?



"I'm a paddleboarder so I love the river, I love the trail too."  
– Christine Hancock, executive assistant



"Small town feel with still being close to the city."  
– Hal Nesbitt, 14-year resident, IT Professional



"It's the most beautiful neighborhood I've ever worked in."  
– Jim Nicopoulos, Primo Restaurant owner



"All the parks."  
– Sally Watkins, 15 year resident, Real Estate Appraiser

### Let Us Know Your View

Connection Newspapers welcomes views on any public issue. Letters must be signed. Include home address and home and business numbers; we will only print your name and town name. Letters are routinely edited for length, libel, grammar, good taste, civility and factual errors.

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# BULLETIN

FROM PAGE 6

currently scheduled:  
 Sunday, Oct. 4, 2020: Huntley Meadows Park;  
 Saturday, Oct. 17, 2020: Ellanor C. Lawrence Park;  
 Saturday, Oct. 24, 2020: Lake Fairfax Park;  
 Saturday, Nov. 7, 2020: Cub Run RECenter, Hidden Pond Nature Center, Providence RECenter and Riverbend Park.  
 Visit the website <https://www.fairfax-county.gov/parks/volunteer>

## NIGHTMARE ALLEY AT WORKHOUSE ARTS CENTER

The Workhouse Arts Center announces that "Nightmare Alley" Haunted Drive-Thru is coming to Lorton for this year's Halloween season. "Nightmare Alley" is the first immersive, completely contactless drive-thru Halloween experience in the region. Zombies, swamp creatures, creepy clowns, and scary dolls are among 13 different scary scenes taking up residence on the Workhouse campus during the month of October. These new campus inhabitants will scare and entertain visitors experiencing the attraction from the safety of their cars.

Tickets are on sale now. There will be 13 nights of fright, starting on Friday, Oct. 2 through Sat. October 31. Fridays and Saturdays will run from 7-11 p.m. each weekend in October, and the three Sundays in the middle of the month (October 11, 18, and the 25) will run from 7-10 p.m.

The Workhouse is holding auditions for scare actors and is accepting volunteers to assist in this year's event. (Students wishing to volunteer are eligible to receive service hours.) For sponsorship opportunities, contact: [elenaromanova@workhousearts.org](mailto:elenaromanova@workhousearts.org)

## VOLUNTEERS NEEDED

Assistance League of Northern Virginia, a volunteer nonprofit, invites community members to join the organization to participate in its Reading Express program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at [gronbiz@aol.com](mailto:gronbiz@aol.com) or Program Coordinator Lynn Barron at [lynnieb517@verizon.net](mailto:lynnieb517@verizon.net).

United Community (formerly UCM), 7511 Fordson Road, Alexandria, seeks volunteers for Food Pantry assistance, Early Learning Center teacher aides, basic needs counselors, youth tutors and mentors, office administration/data entry, and community outreach. Flexible hours and schedules. Opportunities for all ages to serve, including community service hours. More info at [ucmagency.org/volunteer-opportunities](http://ucmagency.org/volunteer-opportunities) or email [volunteer@ucmagency.org](mailto:volunteer@ucmagency.org).

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

Volunteer Fairfax makes it easy for individuals and families, youth and seniors, corporate groups and civic clubs to volunteer. Fulfill hours, give back, or pay it forward through a variety service options. Visit [www.volunteerfairfax.org](http://www.volunteerfairfax.org) or call 703-246-3460.



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# NEWCOMERS & COMMUNITY GUIDE



Grace Banahene sells baked goods.



Vendors set up tents and tables every Wednesday by 8 a.m.



Iman Al-Sharkawi and her father sell organic herbs.

PHOTOS BY GLENDA BOOTH

## Farmers Market Vendors Become Familiar 'Locals'

BY GLENDA C. BOOTH  
MOUNT VERNON GAZETTE

**T**hey get up before dawn every Wednesday from May to December and load up tables, tents and boxes, crates and coolers filled with meats, baked goods, fruits, vegetables, plants and other wares. Then they slog to Mount Vernon's Sherwood Regional Library parking lot and by 8 a.m. are ready to greet their 500 to 600 customers at the Mount Vernon Farmers' Market.

These dedicated vendors come from Virginia towns like Hague, Orange and Broad Run and have won over many loyal customers who regularly shop for food and homemade specialties, like chocolate-raspberry "cigars," M&M cookies and whoopie pies.

Vendors from Laurel Grove Farms from Westmoreland County, Virginia, Threeway Farms from Warsaw, Virginia, and Twin Springs Fruit Farm from Adams County, Pennsylvania, wow their patrons with fresh fruits and vegetables like apples, peaches, broccoli, squash, potatoes, greens, radishes, carrots, peppers and melons, some so bountiful they seem to almost fall off the tables. Other vendors' tables are crammed with seafood, breads, pastries, pies, ice cream, herbs, spices, teas, honey, jams, salsas and flowers.

### Tight Eggs

At Valentine's Country Bakery and Meats



Fall squash are plentiful and popular.

stand, the multi-generational Miller family sells chicken, turkey, beef, pork and lamb products, and at times, rabbits and pheasants raised on their Madison County, Virginia, farm. Their free-range chickens eat insects and their pigs wallow in the woods. "Our animals have been raised to be happy and healthy, the way God intended," Valentine says.

Customers nab products like ham biscuits, pork chops, tenderloin roasts, country-cured hams, smoked and cured bacon, spareribs, sausages, dog bones, and even chicken feet, most kept frozen in big coolers. In their home-based bakery, Valentine's wife, Darletta, and daughter, Veronica, produce pies, breads, snickerdoodle cookies, coconut macaroons and more.

Marvin Turner raves about the Millers' fresh eggs: "You know how to tell if an egg is



Fall brings several types of sweet potatoes.

fresh? It stays tight when you fry it. If it's not fresh, it runs all over the place. The Millers' eggs are tight."

### Organic Herbs and More

Sabry Al-Sharkawi and his daughter, Iman, offer around 60 organic herbs, spices and teas. Since 1985, Sabry has grown herbs and flowering plants organically in Broad Run, Virginia. Today, they make and sell 20 teas like Jasmine, Paradise Black, Fiji Green, Imperial Spice and Relaxing Tea. Roger Miller, a devotee, loves the Red Fruit Cocktail Tea with elderberries, which he says is "especially refreshing served chilled on a hot day."

This fall the Al-Sharkawis are also selling fig trees, winter pansies, perennial violas and other plants.

### Fresh Seafood

Greeting fans from her red tent, Karen Arnest is always chipper even though she rose at 3:30 a.m. and drove two hours north from Hague on Virginia's Northern Neck. She lays out a glistening spread of just-caught scallops, rockfish, mackerel, soft-shell crabs, hand-picked crabmeat and homemade crab cakes.

"Can I clean the crabs for you?" she offers and in a 20-second flash, snips the softshells and hands them back to a grateful customer. Arnest Seafood is also a family affair. Her father and husband fish in the Potomac and Rappahannock Rivers and the Chesapeake Bay. "My brothers-in-law crab," she says.

### Yummy Pastries

For 30 years, Grace Banahene has had a Herndon bakery, Grace's Pastries, where her four sons help. Faithful customers make a beeline for her sweet and savory breads, turnovers, scones, croissants, strudels, cakes, meat pies and vegetable-topped focaccia. Originally from Ghana, Grace learned to bake growing up. She works most nights until 11 or midnight and loads her van before the next morning's market.

It's a symbiotic relationship. Customers love the vendors and vendors love the customers.

For Fairfax County farmers' markets and covid-19 protocols, visit <https://www.fairfaxcounty.gov/parks/farmersmarkets>.



Karen Arnest sells fresh seafood.



Several vendors sell both ripe and green tomatoes.



For Shannon Martin and his father-in-law, Valentine Miller, farming is a family affair.

## NEWCOMERS & COMMUNITY GUIDE

# New and Improved Is the Outlook for Parts of Mount Vernon

Everything from new apartments to the Embark Richmond Highway and Bus Rapid Transit are planned.

By Mike Salmon  
The Connection

Things are moving along in Mount Vernon despite the setbacks everyone has experienced in 2020 from the coronavirus and the economic crisis that persists. Many things are on hold, but there are a few things going on in this district.

Transportation is a big factor anywhere in Northern Virginia, and Supervisor Dan Storck (D-Mount Vernon) has put some of his energy behind a project called “Embark Richmond Highway.” This project is looking at multimodal improvements for the roadway, including bicycle/pedestrian facilities and transit. Major elements of Embark Richmond Highway include widening the road, which is being done by the Virginia Department of Transportation, and a Bus Rapid Transit system with distinct stations located throughout the corridor. Construction on several parts of this plan are expected to begin in 2023. Core to the plan is creating walkable communities.

In the Huntington Metro area, a groundbreaking ceremony was held earlier this summer at the North Gateway/Huntington residential projects, in proximity to the station; walking or a short bus ride are both options. This new multifamily property will feature 126 units of affordable housing one block from the Huntington Metro. More residential units are going in as part of the “North Hill Development.” near Lockheed Boulevard and Richmond Highway. A groundbreaking ceremony was held this summer for a mixed-use development project that will include affordable housing and townhouses.

In the southern part of the Mount Vernon District is Laurel Hill, a mixed-use development on land that was once a Federal facility to house prisoners, more familiarly known as the Lorton Prison. Notorious criminals were held at the Workhouse like Watergate mastermind G. Gordon Liddy along with local celebrities like Chuck Brown and Petey Greene. Some of our nation’s most remarkable performers like Frank Sinatra, Ella Fitzgerald, and Duke Ellington performed on the site, according to Fairfax County.

A few of the old prison buildings have been made into condomini-

ums, and in another part, there is an art facility called the Workhouse Arts Center, which is a number of studios and art rooms in old buildings that were built under President Theodore Roosevelt’s tenure. The arts center is in buildings known as the historic Lorton Workhouse prison that once held the suffragists led by Lucy Burns. The Lucy Burns Museum tells the suffragist story.

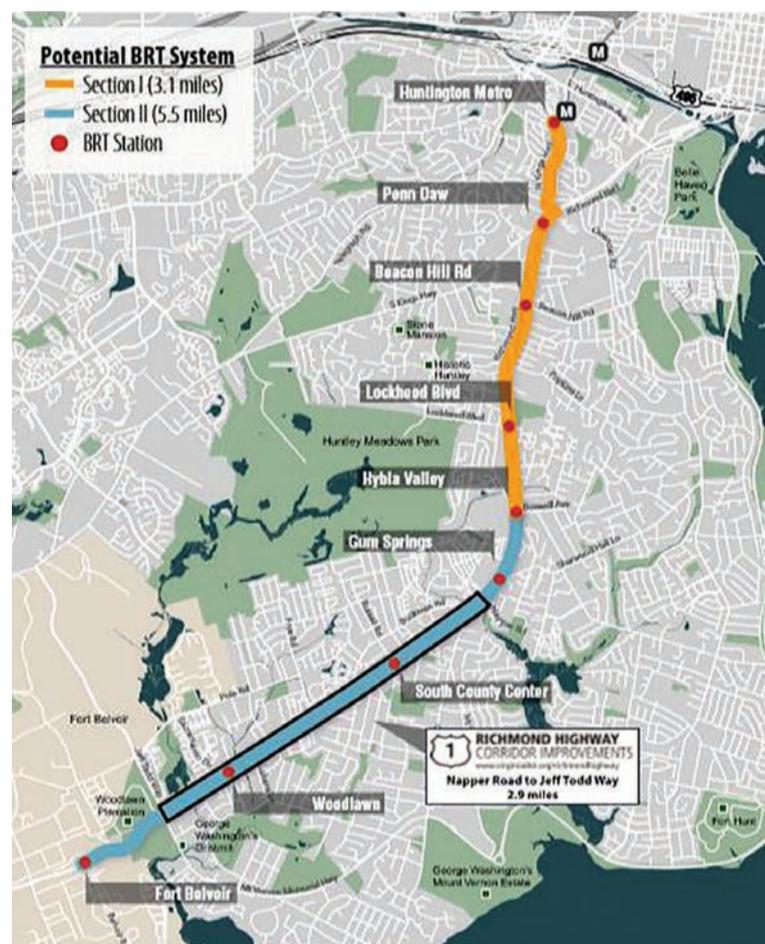
There is a photo op area where museum visitors can put on a sash like the sashes worn by the suffrag-



Off the shore in Mount Vernon, Joe Wright scans the river bank for trash within sight of the Mount Vernon Estate.



Sashes and backdrops are available for the selfies at the Workhouse Museum in Lorton.



A typical station in the corridor will look like this.

ists, and take a selfie in front of an old picture. The museum opened in January, and there was a gala planned for the grand opening in May, but the gala was cancelled due to the pandemic.

There was a lot of land associated with the Lorton Reformatory, and part of it was made into a county golf course called the Laurel Hill Golf Club. This is an 18-hole course, and has facilities that are rented for weddings and celebrations.

The Mount Vernon District includes a U.S. Army installation called Fort Belvoir, which is bisected by Richmond Highway. At one time, Fort Belvoir was home to the

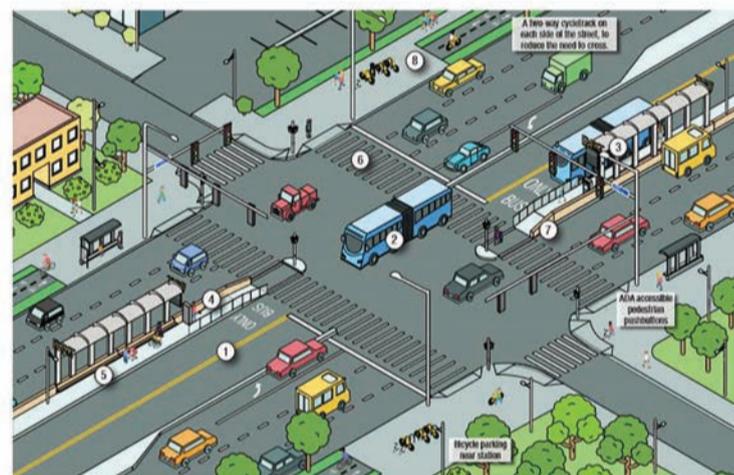
Army Corps of Engineers, and it was powered by a nuclear reactor, shut down years ago. The reactor itself remained. All the radioactive materials were removed and safety features were put in the facility to ensure it was intact. Recently a contract was signed for the rest of the building to be removed, which will occur in the next few years.

The entire Mount Vernon District borders the Potomac River, and this is a source of entertainment and physical activity for many. There are several marinas that offer sailing lessons and house the boats of residents.

A familiar face that appears in the midst of all this activity is Fort

While the Richmond Highway BRT system has not yet been designed, the system may include the common BRT elements shown on the graphic below.

- |  |  |
|--|--|
| 1 Exclusive BRT transitway                       | 5 Near-level boarding platforms              |
| 2 Articulated (longer) buses                     | 6 High visibility, wide crosswalks           |
| 3 Real-time bus tracking and arrival information | 7 ADA accessible boarding                    |
| 4 Off-board fare collection                      | 8 Enhanced bicycling and walking connections |



This graphic is provided for illustrative purposes only and does not represent a proposed station design.

The BRT corridor is planned between Fort Belvoir and the Huntington Metro Station.



A U.S. Post Office is one of the tenants in Belle View Shopping Center.

Hunt resident Joe Wright, aka the “SUP Garbage Man.” Wright rides around on his Stand-Up Paddle-

board and fishes trash out of the river, and the marinas along the Mount Vernon shoreline.

## ENTERTAINMENT

# 9 Spots for Outdoor Dining in Alexandria

BY HOPE NELSON

Over the past six months, restaurants across Alexandria have had to get creative in the face of unprecedented challenges. As the COVID-19 pandemic took hold, outdoor dining options have become more important than ever, while some eateries are old pros on the topic, some have had to switch up their plans – and fast. Here are nine restaurants who are getting it right.

### Augie's, 1106 King St.

Mussels a million ways. A hefty menu of beers to choose from. Add in the top sports matchups of the day and what do you have? The side patio at Augie's.

The staff has plenty of practice catering to outdoor diners; the patio opened well before the restaurant inside made its debut. Have a seat, lift a glass and breathe in the fall air.

### Caphe Banh Mi, 407 Cameron St.

Situated as it is on Cameron Street, Caphe Banh Mi's outdoor tables are perfectly positioned to watch the world go by. Order up a piping-hot bowl of pho, a noodle or rice dish, or a banh mi sandwich and take in the socially distanced landscape around you.

### Chadwicks, 203 Strand St.

The all-American restaurant on The Strand has spread its wings from its normal



There's a veritable socially distant party going on in this block.

outdoor table format. As well as keeping several tables close to the front door, Chadwicks has also expanded its reach to the sidewalk across the street, adding several more tables with plenty of distance.

From burgers to weekend brunch, Chadwicks' menu is extensive and caters to nearly every palate.

### Front Porch, 2000 Mount Vernon Ave.

The outdoor beer garden that's been a longtime extension of Evening Star Café has now taken center stage in this age of pandemic. Its footprint has extended to the "back yard," as well, and its menu, too, has expanded to accommodate those who are popping in for more than just a quick sip.

### The Garden, 1503 Mount Vernon Ave.

On the edge of Del Ray, The Garden is an oasis in the middle of crazy times. Make a reservation for a table and enjoy the wide-open space to sip on a beer or two, have a taco, sausage or salad, and take a deep breath. (And you don't want to miss the beignets that appear like magic on weekend mornings.)

### 100 block of King Street

Looking for an outdoor spot in the middle of all the action? The city government didn't close the 100 block of King Street off to car traffic for nothing. There's a veritable socially distant party going on in that block, which encapsulates Mia's, the Fish Market, Landini

Brothers, the Wharf, two ice cream shops and more.

### Lost Dog Café, 808 N. Henry St.

One of the city's hidden gems, Lost Dog Café's patio is in a tucked-away spot adjacent to the restaurant, off the beaten path and away from most foot and all car traffic. From the patio, order up more than a dozen beers on draft, and pair your brew with a pizza, sandwich, salad or pasta dish. You'll certainly want an order of "dog collars" – onion rings – to share at the table as well, so go ahead and put it on the list.

### Taverna Cretekou, 818 King St.

To sit on the back patio of Taverna Cretekou is to transport yourself to a little spot along the Mediterranean. As music plays softly and waitstaff bustles about, take a deep breath in and relax. A glass of Greek wine, a plate of hummus and pita bread to start the proceedings ... the world is your oyster.

### Yunnan by Potomac, 814 N. Fairfax St.

Yunnan by Potomac offers a wide array of noodle and mixian dishes from the Yunnan province of China. Pull up a chair in the restaurant's new outdoor dining space in front of the building and let the menu take you to another land.

Hope Nelson is the author of "Classic Restaurants of Alexandria" and owns the Kitchen Recessionista blog, located at [www.kitchenrecessionista.com](http://www.kitchenrecessionista.com). Email her any time at [hope@kitchenrecessionista.com](mailto:hope@kitchenrecessionista.com).



Chadwicks



Augie's



The Backyard compliments the Front Porch for outdoor dining at the Evening Star Cafe.

## CALENDAR

### NOW THRU NOV. 1

Art by Mail II. The "Art by Mail II" The exhibit features the artwork of Del Ray Artisans members. You'll find one-of-a-kind, small format, original paintings in watercolor, oil, and acrylic; mixed media art and artful cards; plus, small 3D works. Enjoy browsing the collection.

Artwork will be mailed directly from the artist within 10 days of purchase. Purchases are mailed directly to you. Enjoy the exhibit at [www.DelRayArtisans.org/art-bymail](http://www.DelRayArtisans.org/art-bymail).

### NOW THRU OCT. 14

Weekly Free Outdoor Yoga Class. 6-7 p.m. At Del Ray Psych & Wellness Parking Lot, 1900 Mt. Vernon Ave., Alexandria. Maureen Clyne, an affiliated agent with Coldwell Banker Residential Brokerage in the Alexandria office, will be leading free outdoor yoga classes in the Del Ray neighborhood of Alexandria. This community event, Harvest Moon Yoga 2020, is suitable for all levels and open to the public. The class is taught by Clyne, a senior yoga instructor, and is sponsored by Del

Ray Psych & Wellness. Contact: Maureen Clyne: 703-967-8884.

### OCT. 1-31

Autumn's Palette. 10 a.m. to 6 p.m. At Gallery Underground, 2120 Crystal Drive, Arlington.

Gallery Underground presents Autumn's Palette: Art for the Season, an all-member show featuring painting, ceramics, mixed media, glass, wood and metal work. Visit the website: <https://www.galleryunderground.org>

### OCT. 2-31

Mini World Exhibit. At Del Ray Artisans gallery in the Colasanto Center, 2704 Mount Vernon Ave., Alexandria. The "Living in a Mini World" exhibit at Del Ray Artisans gallery features art smaller than a magazine. Paintings, 3d works, lots of different jewelry. Visit <http://www.delrayartisans.org/event/mini-world/> Gallery hours are Thursday & Friday 12-6 p.m., Saturday 12-4 p.m. The gallery is free, open to the public, and accessible.

### SATURDAY/OCT. 3

Live From Athenaeum. 7:30 p.m. Via Zoom. Jane Franklin Dance presents a performance streamed live from The Athenaeum, home to Northern Virginia Fine Arts Association. Enjoy a Zoom performance event that is filled with interactive moments and real time performance, all from the ease of your own living room. Free with \$10 suggested donation. Visit the website: <https://www.janefranklin.com/live>

SEE CALENDAR, PAGE 13

# CALENDAR

FROM PAGE 12

## THURSDAY/OCT. 8

Signature Virtual Masterclass: Words, Words, Words -- Creating a character through text with Natascia Diaz. 7 p.m. Natascia Diaz (Signature's Passion, The Threepenny Opera, West Side Story) is an expert when it comes to analyzing and using the text to understand and create different well-rounded characters, within the specific style needs of each new show. Join her for an interactive session with a script to experience a taste of the tablework process together, how it begins to connect us with the text, and feel how a show first comes to life... before we even get out of our chairs. This is a discussion-based masterclass that is appropriate for general audiences and students. At Signature Theatre, 4200 Campbell Ave., Arlington. Visit [www.sigtheatre.org](http://www.sigtheatre.org)

## ALEXANDRIA DRIVE-IN THEATRE

The Alexandria Drive-In Theatre, presented by Alexandria based businesses ALX Community and The Garden, is now opened. The six-part movie series will run on Saturdays through October 3 and will feature a popular collection of movie classics and family favorites. The drive-in theatre will be located in the Eisenhower section of Alexandria in the parking lot connected to commercial space owned by real estate developer and event partner Stonebridge. The lot can accommodate up to 215 cars per screening. Alexandria Drive-In Movie Line Up:

Saturday, Oct. 3, 2020 -- "Mamma Mia"  
Website: [www.AlexandriaDriveIn.com](http://www.AlexandriaDriveIn.com). Cost: \$30 per car/per screening. No refunds. 100% ticket costs go to two local Alexandria-based charities.

## THE BIRCHMERE

The Birchmere in Alexandria is reopening with

limited capacity. During the public health emergency, there will be a \$25 food and beverage minimum and a \$5 Covid fee. There will be no bar service and no gathering in the stage or bar areas. Customers will be escorted to their seats, and those without reserved seats will be seated by staff to ensure social distancing.

## Schedule of Shows:

Friday, Oct. 2 -- For the Love of Linda  
Saturday, Oct. 3 -- The Prince Tribute Experience  
Sunday, Oct. 4 -- Django a Gogo  
Tuesday/Wednesday, Oct. 6-7 -- Raul Malo  
Friday, Oct. 9 -- Start Making Sense -- A Tribute to Talking Heads  
Saturday, Oct. 10 -- John Kadlecik -- Solo Acousti'Lectric  
Sunday, Oct. 11: Eclipse - The Ultimate Journey Tribute  
Friday, Oct. 16 -- Double Vision -- The Foreigner Experience  
Saturday, Oct. 17 -- Huggy Lowdown with Chris Paul & Friends  
Mon/Tue, Oct. 19-20: Samantha Fish (10/19 is Sold Out! Second Night Added!)  
Thursday, Oct. 22-23: Drew Lynch (Two Nights!)  
Saturday, Oct. 24: Free Flowing Musical Experience  
Sunday, Oct. 25: Tom Paxton & John McCutcheon  
Mon/Tue, Oct. 26-27: The Allman Betts Band  
Wednesday/Oct. 28 -- The Wild Feathers  
Fri/Sat, Oct. 30-31: Marty Stuart -Solo- (Two Nights!)  
The venue is located at 3701 Mount Vernon Avenue, Alexandria. All shows at 7:30 p.m. in the Music Hall. Visit the Birchmere's website: <http://www.birchmere.com/>  
Coming to The Birchmere in September & October.



**WELCOME TO THE NEIGHBORHOOD**

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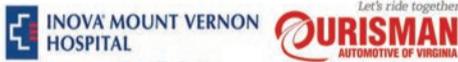
203 Strand Street Alexandria, VA  
[www.chadwicksrestaurants.com](http://www.chadwicksrestaurants.com)  
703.836.4442



# Thank you!

To our doctors, nurses, EMTs and all the heroes in the medical profession. Thank you to our frontline businesses working long hours stocking shelves, cashiering, bagging and cleaning. Thank you to our government officials and leaders who are making decisions to keep us safe. We appreciate all of you!

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**Here's how you can help support small businesses during the Covid-19 outbreak**

### GIVE THE GIFT OF BUSINESS

Buy a gift card to use at a later date and shop locally online when possible.



### KEEP YOUR SUBSCRIPTION

To the gym, exercise class, painting class, music and dance lessons, etc. Many small businesses rely on your support to keep their doors open and pay their bills. Your support can save that business.



### BUY NOW, PICK UP LATER

Planning to make a purchase? Call the business to see if you can make the purchase but pick it up later.



### ORDER FOOD-TO-GO OR HAVE IT DELIVERED

Local restaurants are open and ready to provide their delicious food. Order and pay online. Consider adding a generous tip.



**Wondering what local businesses are open?**

**Visit [MountVernonLeeChamber.org](http://MountVernonLeeChamber.org)**

LOCAL BUSINESS INFORMATION: [mountvernonleechamber.org/business-resources-for-coronavirus/](http://mountvernonleechamber.org/business-resources-for-coronavirus/)  
FAIRFAX COUNTY INFORMATION: [www.fairfaxcounty.gov/covid19/information-businesses-impacted-coronavirus/](http://www.fairfaxcounty.gov/covid19/information-businesses-impacted-coronavirus/)  
VIRGINIA INFORMATION: [www.virginia.gov/coronavirus-updates/](http://www.virginia.gov/coronavirus-updates/)

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# NEWCOMERS & COMMUNITY GUIDE



PHOTO CONTRIBUTED

The George Washington Masonic National Memorial, lit up in June to celebrate the 2020 graduating class of T.C. Williams High School, can be seen for miles across the region and is one of Alexandria's most iconic landmarks.



PHOTO BY JANET BARNETT/GAZETTE PACKET

Outdoor parks like Founders Park have become a popular refuge during the pandemic.

## Alexandria: Great Place to Visit

### City of Alexandria adapts in changing times.

BY JEANNE THEISMANN  
GAZETTE PACKET

**A**lexandria has for centuries been known primarily as the hometown of George Washington, attracting history aficionados from across the globe to its cobblestone streets and lively waterfront.

But even as the pandemic has diminished the usual three million yearly visitors, local residents have risen to the challenge in working together to keep neighbors safe and neighborhoods thriving.

"Alexandria is a little big city with a hometown feel," said retired Alexandria police sergeant Stafford Farmer-Lee. "We have an extremely diverse population, diverse businesses and historic landmarks within the city. The people are friendly, city staff are attentive and we are always moving forward in a progressive environment."

In addition to George Washington and Robert E. Lee, the city also claims Jim Morrison, Mama Cass Elliot, Willard Scott, Chip Esten and House of Cards creator Beau Willimon as hometown notables.

Alexandria has some darker history too. The Freedom House Museum (now closed due to Covid) on Duke Street was once part of the headquarters for the largest domestic slave trading firm in the United States, Franklin and Armfield. Enslaved people were brought from the Chesapeake Bay area. Families were separated and individuals were sold, brutally forced to the slave markets in Natchez, Mississippi and New Orleans either by foot or ship.

History buffs will know that U.S. president Gerald Ford was a longtime resident and that U-2 pilot Francis Gary Powers lived here after he was released from a Soviet



BY JEANNE THEISMANN/GAZETTE PACKET

The Captain Rocky Versace Plaza and Vietnam Veterans Memorial honors the service and sacrifice of the 68 men from Alexandria who either died in Vietnam and the surrounding area or remain missing in action. The plaza is located in front of the Mount Vernon Recreation Center in Del Ray.

prison in 1962.

And Earl Lloyd, who grew up in a segregated Alexandria, was the first African American to break the color barrier in the NBA in 1950.

But even sports buffs likely are not aware that it was in Alexandria where NFL Hall of Famer Joe Namath made his pro football debut on Aug. 7, 1965. Namath and the New York Jets took on the Houston Oilers in a preseason game at what was then George Washington High School.

Namath had just signed the richest contract in pro football history and as the Alexandria Gazette reported at the time, "the eyes of the sports world will be focused on Alexandria to see just how he fares against the play-for-pay boys."

At 15.4 square miles and with a population of just over 150,000, pre-pandemic Alexandria hosted nationally recognized events such as the Scottish Walk Weekend and Del Ray's Art on the Avenue. But off the beaten paths of King Street and Mount Ver-



PHOTO BY JA'MON JACKSON FOR CITY OF ALEXANDRIA

Artist Olalekan Jeyifous standing with Wrought, Knit, Labors, Legacies, a public art exhibit on display at the Alexandria waterfront.

non Avenue are attractions such as the Tomb of the Unknown Revolutionary War Soldier and the National Inventors Hall of Fame.

Another Alexandria landmark is the Captain Rocky Versace Plaza and Vietnam Veterans Memorial. Located in front of the Mount Vernon Recreation Center, the plaza honors the 68 Alexandrians who lost their lives in the Vietnam War.

In the West End are the Fort Ward Museum and Historic Site and the Winkler Botanic Reserve, a tranquil nature sanctuary tucked in the shadows of the BRAC center and Interstate 395. One of the city's most obvious landmarks is also one of its best kept secrets. Located on 36 acres overlooking Old Town, the George Washington National Masonic Memorial was built in the 1920s as a memorial and museum highlighting the contributions of Freemasons to the United States. The structure also serves as a research center, library, community center and performing arts center and offers one of the best panoramic views of the city.

Tucked away on a side street in Old Town is the less obvious "Spite House." At just 7-feet wide, it is one of the tiniest historic homes in the nation. Built in 1830, the private residence was constructed by John Hollensbury using the existing brick walls of the adjacent homes to prevent horse-drawn wagon traffic from using the alleyway.

King Street in Old Town and Mount Vernon Avenue in Del Ray serve as the shopping and dining hubs of the city. Both are lined with locally owned boutiques and restaurants that are open and adapting to COVID-19 guidelines.

The Birchmere in Arlandria has reopened for live performances while a wide variety of virtual classes are available for children and adults at The Little Theatre of Alexandria on Wolfe Street, where Dermot Mulroney and Academy Award winner Marcia Gay Harden honed their craft.

Even as the pandemic has changed the landscape of the city, there really is no place like Alexandria to call home.

# NEWCOMERS GUIDE

## Where to Give for Local impact

FROM PAGE 7

and expanding emergency services and basic needs programming. Our COVID-19 response efforts are focused on the following areas: Shelter, Food, Medical Outreach, Emergency Financial Assistance, Infection Prevention & Education, Prioritizing High-Risk Clients, Coordinating Services. Questions about volunteering, please contact Suzanne Hough, SHough@facetscares.org. Other info call 703-865-4251 or facets@facetscares.org. www.facetscares.org. 10640 Page Ave., Suite 300, Fairfax VA 22030

❖ Fairfax City Area FISH (For Immediate Sympathetic Help) FISH provides funds and volunteers to serve the needy and elderly in the greater Fairfax City area of Fairfax County. FISH responds to requests for life's necessities: food, clothing, financial assistance for delinquent rent, mortgage, utility bills, gasoline, and prescriptions. 703-222-0880 fairfaxfish.org/

❖ Food for Others Located at 2938 Prosperity Ave., Fairfax, VA 22031, 703-207-9173. 2938 Prosperity Ave. info@foodforothers.org. Food for Others distributes

food to more than 2,600 local families in need each week. Food for Others saw the demand for food quadruple almost overnight back in March when schools and workplaces closed unexpectedly. We are drastically increasing the amount of food we're providing to families by adding six new Community Partners and nine new mobile pantry sites. Read more at www.foodforothers.org

❖ Friends of the Fairfax County Animal Shelter. Each year, nearly 5,000 pets, including cats, dogs, small mammals, reptiles and livestock, come to the Fairfax County Animal Shelter. Friends of the Fairfax County Animal Shelter funds important needs throughout the Shelter such as behavioral training and dental or medical care beyond what the shelter's budget can provide. generalinfo@ffcas.org 571-212-9858 www.ffcas.org/

❖ Friends of Guest House Northern Virginia offers structure, supervision, support and assistance to female ex-offenders who want to improve their lives and break the

SEE WHERE TO GIVE, PAGE 16

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Thursday - Lasagna Night  
Friday - Fish Fry  
Saturday & Sunday - Full Brunch Buffet with Omelette Station

734 North St. Asaph Street, Alexandria, VA 22314

**Royal Restaurant** 703-548-1616  
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2020 WALK TO END ALZHEIMER'S  
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October 10 Washington, D.C.

Additional Walks available.  
Find one near you at [alz.org/walk](http://alz.org/walk)

Edward Jones  
CVS Health

# Fairfax County Covid Cases

As of Saturday, Sept. 26, the Virginia Department of Health and Fairfax County Department of Health reported that 20,687 Fairfax County residents have tested positive for Covid-19 and more than 586 have died. More than 3,144 people have died in Virginia due to Covid-19 and 145,408 have tested positive for the illness.

See <https://www.vdh.virginia.gov/coronavirus/coronavirus/covid-19-in-virginia-cases/>

## By Race

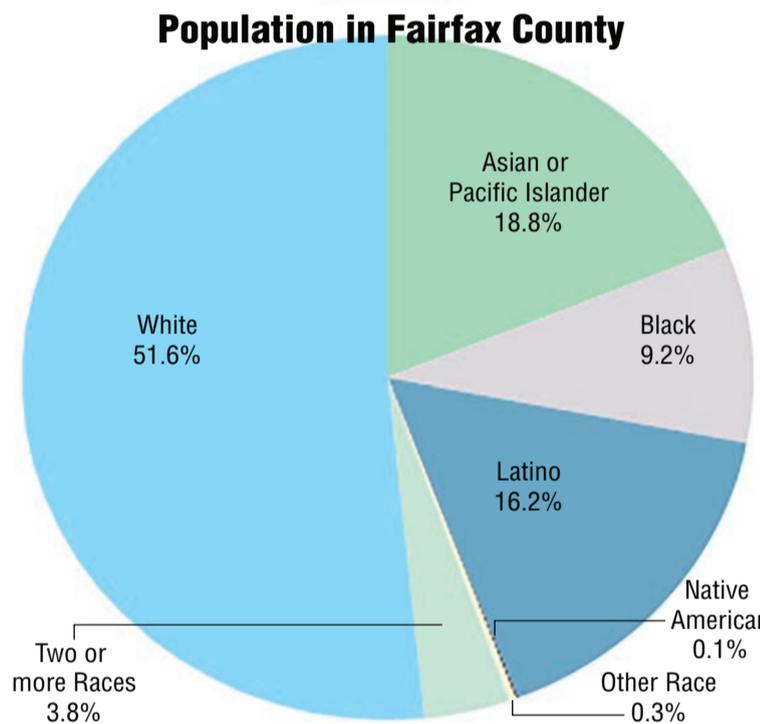
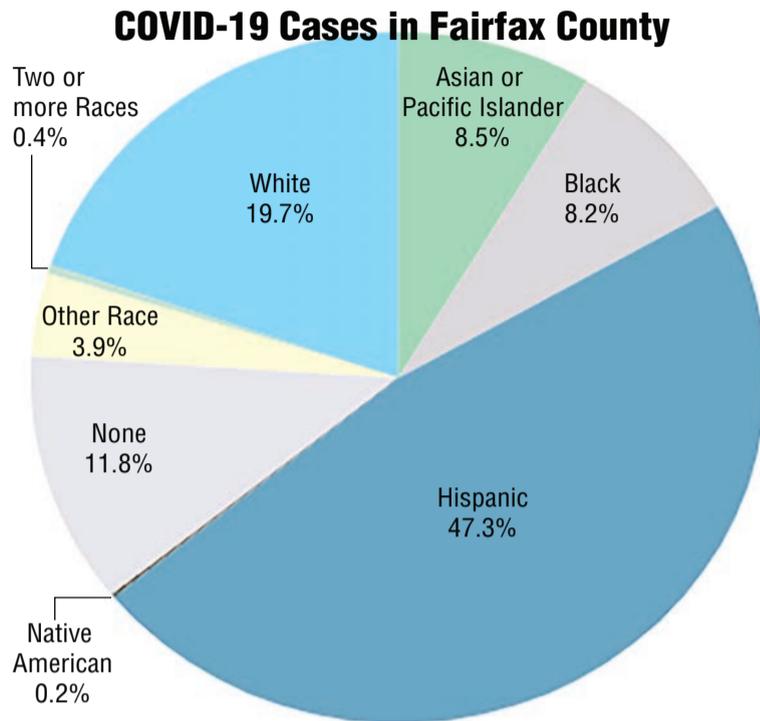
The Fairfax County Department of Health reports that 47.4 percent of Covid-19 cases have affected Latino residents even though they make up 16.2 percent of the county population. Black residents account for 9.2 percent of the population and 8.2 percent of cases reported in the county. Asian residents make up 18.8 percent of the population but only 8.6 percent of cases while white residents make up 51.6 percent of the county and account for 19.6 percent of cases.

Approximately 11.8 percent (2460 cases) of race and ethnicity data is missing, according to the Department of Health. "As a result, caution should be used when interpreting these results."

## By Age

Because different age groups are made up of different numbers of residents in Fairfax Health District, the Fairfax County Department of Health presents the total deceased case count per 100,000 residents. This number takes the total count of deceased cases in an age group, divides it by the total population in that age group and multiplies it by 100,000. By doing this, the Department of Health can compare the number of fatalities between age groups while considering the age group structure of Fairfax Health District. The Fairfax Health District includes the City of Fairfax and the City of Falls Church.

More than 499 people 65-and-older have died in the Fairfax County Health District, and they represent a case count of



334.1 fatalities per 100,000 people. More than 75 people 51-64 years of age have died and they represent a case count of 31.8 fatalities per 100,000, and people 18-49 account for 27 deaths and a case count of 5.2 per 100,000 people. No deaths have occurred in youth up to 18 as of Sept. 26, 2020.

In terms of the number of cases per 100,000 people, youth up to 18 have a case count of 722.3 per 100,000 people, people 18-49 have a case count of 2,324.4 per 100,000, people 50-64 have a case count of 1,815.7 per 100,000 people and senior citizens 65 years and older have a case count of 1,714.1 per 100,000 people.

## By Zip Code

The Fairfax Health District also reports cases by zip code in terms of cases per 100,000 people. The breakdown:

Zip Code	20170 (3,387.8)	22031 (2,064.1)	22180 (1,396.3)	22032 (912.3)
22306 (4,086.5)	22042 (3,265.1)	20151 (1,913.5)	22030 (1,378.3)	22039 (887.6)
22150 (3,903.3)	22312 (3,233.8)	22079 (1,865.3)	22033 (1,294.7)	22181 (860.3)
22311 (3,878.1)	22027 (3,090.6)	22046 (1,706.2)	22307 (1,283.8)	20124 (827.9)
22041 (3,619.3)	22003 (3,052.3)	20190 (1,705.7)	22152 (1,260.9)	22060 (799.7)
	22309 (3,034.3)	20191 (1,668.5)	22153 (1,201.9)	22066 (795.6)
	22304 (2,634.3)	22310 (1,627.9)	20171 (1,102.7)	22101 (769.6)
	22302 (2,420.4)	22043 (1,555.4)	22315 (1,068.6)	22124 (746.1)
	22303 (2,396.6)	20121 (1,439.9)	22308 (957.8)	20194 (600.1)
	22044 (2,377.2)	22015 (1,436.1)	22102 (946.1)	22035 (0)
	22151 (2,234.2)	20120 (1,432.6)	22182 (913)	22185 (0)

## Where to Give for Local impact

FROM PAGE 15

Friends of Guest House offers the only program for women of its kind in Northern Virginia. One East Luray Ave., Alexandria, VA 22301-2025, 703-549-8072, info@friendsofguesthouse.org, friendsofguesthouse.org/

Habitat for Humanity of Northern Virginia transforms the lives of lower-income families in need by providing affordable homeownership opportunities in Alexandria, Arlington, Fairfax and Falls Church. Learn more at [www.habitatnova.org](http://www.habitatnova.org).

Herndon-Reston FISH (Friendly Instant Sympathetic Help), 336 Victory Drive, Herndon, 703-391-0105 herndon-restonfish.org Herndon-Reston FISH has assisted local residents in short-term crises by since 1969. 703-437-0600.

Homestretch, to empower homeless parents with children to attain permanent housing and self-sufficiency by giving them the skills, knowledge and hope they need to become productive participants in the community. Since 1990 Homestretch has helped over 2,000 families achieve permanent housing and self-sufficiency. 303 South Maple Ave, Suite 400, Falls Church, VA 22046 Phone: 703-237-2035 homestretchva.org

Just Neighbors provides immigration legal services to low-income immigrants in Washington D.C., Maryland and Virginia, especially those who are most vulnerable. 7630 Little River Turnpike, Suite #900, Annandale/ justneighbors.org

LINK, serving Herndon, Chantilly, Loudoun and more. holiday@linkagainsthunger.org. 703-437-1776 [www.linkagainsthunger.org](http://www.linkagainsthunger.org).

Lorton Community Action Center (LCAC) seeks to provide low-income individuals, senior citizens, and families residing in Fort Belvoir, Lorton, Newington and other portions of southeast Fairfax County with access to basic needs and the opportunity to empower themselves through LCAC's self-sufficiency programs. <https://lortonaction.org>

Lost Dog & Cat Rescue Foundation helps homeless

pets find their way into loving homes through rescue and adoption. We offer same-day adoptions and two-week trial periods. All pets are spayed or neutered prior to adoption. [lostdogrescue.org](http://lostdogrescue.org)

Mount Vernon At Home, 703-303-4060, [www.mountvernonathome.org](http://www.mountvernonathome.org). Mount Vernon At Home membership helps connect senior members of our community, neighbors helping neighbors with volunteer support. Mount Vernon at Home has stepped up its efforts to help members stay safe, secure, and connected during the pandemic crisis. More grocery shopping and errand services to members; online activities and support for members to access these new technologies; members check in with members by phone regularly; weekly email newsletters with helpful, important and enjoyable items to keep members connected during this time.

NAMI Northern Virginia (National Alliance on Mental Illness) works to raise awareness and provide education, advocacy, and support programs for people living with mental illness, families, students, educators, law enforcement, and the public throughout our neighborhoods. Many excellent programs. NAMI Northern Virginia serves Fairfax, Falls Church, Arlington, Alexandria, and Loudoun [www.nami-northernvirginia.org/](http://www.nami-northernvirginia.org/) HelpLine: 571-458.7310, Email: info@nami-nova.org

National Capital Food Bank, 6833 Hill Park Drive, Lorton, serving all of Northern Virginia, (571) 482-4770. We work with 450+ nonprofit partners across the region, partners who distribute an average of 88,000 meals daily. Together, we provide more than 30 million meals every year. [www.capitalareafoodbank.org](http://www.capitalareafoodbank.org)

Neighborhood Health, 6677 Richmond Highway, Alexandria, VA 22306. The organization partners with its patients to treat the whole person through medical, behavioral health and dental programs. 10 clinics throughout Arlington and Fairfax counties. Participating with all insurance including commercial, Medicare, and Medicaid, 703-535-5568, [www.neighborhoodhealthva.org](http://www.neighborhoodhealthva.org)

# CHAMBER RESTAURANT OF THE WEEK

## Chamber Restaurant of the Week: Roy Rogers Restaurants

**B**urgers, fried chicken, and roast beef are all available at Roy Rogers Restaurants where real food with the best ingredients is served in a comfortable, enjoyable setting. That's the Roy Rogers tradition.

The local Roy Rogers Restaurants are located in Manchester Lakes shopping center, Belle View shopping center, and on Richmond Highway at the corner of Jeff Todd Way. The restaurant at Richmond Highway and Jeff Todd Way has outdoor seating.

The Belle View location is still closed and being rebuilt after the devastating shopping center fire in October 2019.

The dining rooms are open for customers with appropriate social distancing and their delicious menu is also available by ordering online for carryout.

Franconia resident Jason Hunt and his family own and operate the local Roy Rogers Restaurants. They welcome regular customers as well as those trying the menu for the first time.

"Many of our customers return over and over to the restaurant," says Hunt, "because they know they will receive great food each time they order."

"We ensure CDC guidelines on cleanliness are strictly followed in each restaurant," Hunt said. "Our customers expect and receive friendly service and quality food."

There is a breakfast menu served from 7 a.m. to 10:30 a.m. with breakfast sandwiches, biscuit and gravy and chipped beef platters, pancakes, scrambled eggs, and those famous biscuits and breakfast fries. The lunch and dinner menu begins at 10:30 a.m. and goes until closing at 9 p.m. and includes a variety of burgers, roast beef sandwiches, and fried chicken or chicken sandwiches.

Roy Rogers also has a full menu of side items with fresh garden salads, fruit cups, fries from real potatoes, cole slaw, mac and cheese, and baked beans. And don't forget dessert. Hot fudge brownie sundaes and strawberry shortcakes are two favorites, and all the ice cream is hand dipped to order.

A children's menu is available at <https://www.royrogersrestaurants.com/menu/kids> with nutritional information. Roy Rogers works to make delicious meals for children that are also nourishing.

Support a local restaurant that employs local people and supports the community. Online orders may be placed by visiting <https://royrogersrestaurants.olo.com/> and typing in your address to find the closest Roy Rogers restaurant. You can also find Roy Rogers on DoorDash for delivery.



Jason Hunt and his daughter Delia welcome customers to the Manchester Lakes Roy Rogers Restaurant.



The Roy Rogers Restaurant at Richmond Highway and Jeff Todd Way has outdoor seating.

**Roy Rogers Restaurant**  
7013-F Manchester Boulevard  
Franconia, VA 22310  
703-719-5980

**Roy Rogers Restaurant**  
8860 Richmond Highway  
Alexandria, VA 22309  
703-799-0170  
Order online at <https://royrogersrestaurants.olo.com/>  
Open Everyday 7 a.m. to 9 p.m.

Roy Rogers Restaurants are the "Restaurant of the Week" from Mount Vernon Lee Chamber of Commerce. Restaurants are an industry deeply affected by the Covid-19 pandemic. Support local restaurants and help retain local jobs and the variety of wonderful eateries in our community.

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### Announcements

### Legals

**PUBLIC NOTICE**  
AT&T proposes to modify an existing facility (new tip heights 90.3') on building at 6040 Richmond Hwy, Alexandria, VA (20201725). Interested parties may contact Scott Horn (856-809-1202) (1012 Industrial Dr., West Berlin, NJ 08091) with comments regarding potential effects on historic properties.

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### Announcements

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



By KENNETH B. LOURIE

Two-plus weeks into my thyroid cancer treatment, all is as I anticipated. I'm still not in a comfort zone, routine wise, nor side-effect wise, I am feeling some predicted discomfort. I won't self-indulge and list the difficulties that I'm having. I will say that even though I'm extremely thankful not to have experienced any of the more severe side effects (blood clots, arrhythmia), I have felt something. The 'something' I've felt has been made more complicated due to the synthroid pill I take daily, since I had my thyroid surgically removed in late January, 2020. The proper dosage, prescribed to replace the function of the thyroid is not easy to determine. As such, I'm not exactly feeling myself. I'm not sure who it is I'm feeling (as Groucho said because he could never get that close), but it's not who I've come to feel.

The complication I refer to is the effect on my thyroid replacement medication (synthroid) by my thyroid cancer pills. What happens, I'm told, is that the synthroid's effectiveness is partially mitigated by the cancer medication and as a result, I need regular lab work to monitor the situation and maintain proper thyroid replacement. If my thyroid hormone is too low, I'll feel tired and unmotivated. And since a side effect of the thyroid cancer medication is among others, fatigue, I am tired for two reasons: the cancer drug itself and the effect the same cancer drug has on the synthroid pill, which has everything to do with my energy level.

Now, not only am I a two-for-the-price-of-one cancer patient (non small cell lung cancer and thyroid cancer), I am also a thyroid cancer patient being treated for cancer and for the replacement of the thyroid. As a result, in addition to juggling two cancers, I am also juggling one cancer with two semi competing side effects: feeling tired due to low thyroid hormone and feeling tired as a side effect of the thyroid cancer treatment. I imagine one or the other would be manageable but simultaneously, not so much. (I guess it's another BOGO-type situation).

Granted, it's a living and it sure beats the alternative. Still, I was hoping one set of side effects would be enough rather than having to consider a second set (side effects of the side effects, if you will). My concern is compounded by something my oncologist was wary of doing years ago: Treating the side effects, in addition to treating the cancer. Moreover, he said that often it's the side effects that become so debilitating and harmful that the actual cancer treatment itself has to be stopped. And though your quality of life might improve - with the reduction/elimination of the side effects, the cancer is now left untreated and cancer left untreated generally speaking, doesn't usually mind it's own business, if you know what I mean? In either scenario, you're unlikely to be smelling any roses.

And not 'smelling any roses' is what I'm most worried about. Stopping treatment for the thyroid cancer would be bad enough, but what about my previous pre-existing stage IV, non small cell lung cancer diagnosed Feb. 2009? I'm currently not receiving any treatment for that as we defer to the thyroid cancer. If I have to stop the thyroid cancer treatment because of the side effects, will I then re-start the lung cancer treatment for which I had very minor side effects. Is treating the back-up (so to speak) cancer better than not treating the new primary: thyroid cancer? As you can possibly tell, I am potentially between a rock and a very hard place.

Nevertheless, as my oncologist emailed me a month or so ago when we received the results of my third tumor biopsy (which was taken from a tumor inside my lung rather than outside from a lymph node), "Thyroid cancer is better than lung cancer." And though I certainly liked the sound of that when I first read it, the present complications were not yet a part of the discussion. But that's what being a cancer patient is all about: an evolving existence of good, bad and indifferent information with nary a guarantee in sight.

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

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## NEWCOMERS & COMMUNITY GUIDE

# FCPS Offers Free Meals to All Children 18 and Under

Fairfax County Public Schools (FCPS) Office of Food and Nutrition Services is offering healthy meals at locations throughout Fairfax County this school year under the USDA Summer Food Service Program and the At-Risk Afterschool Meals component of the Child and Adult Care Food Program. The same meals will be available at no separate charge to all participants at each site.

The goal is to provide every student in FCPS daily access to healthy meals during this pandemic.

Meals are prepared fresh daily with high quality ingredients by a team of trained food service professionals. Our grab and go meals are tasty, well-balanced, and contain protein, whole grains, fruits and/or vegetables, and low-fat or fat-free milk. The meals are planned by registered dietitian nutritionists.

FCPS sites, locations, bus routes, and curbside service are available Monday-Friday only.

Meals will be served at some school sites and on bus routes throughout the county. Read Sept. 15 Update on Grab and Go Meals Breakfast and lunch will be available to pick up at the same time.

Meals for Saturdays and Sundays will be distributed at all sites and on bus routes every Friday.

Afternoon snacks and supper meals will be distributed at certain sites (new as of 9/28/20)

Fairfax Meal Kits are available at certain sites.

Through Dec. 31, 2020 the grab and go meals will be provided at no cost for students at several sites throughout the county. FCPS students are welcome to come to any of the sites to pick up meals during these time periods. All FCPS students (regardless of age) are eligible for free grab and go meals, as well as other county children that are eighteen (18) years and under. Adults picking up meals for children should let staff know how many children's meals they need. Adults may pay \$2 for the meals as well.

As a reminder, it is important to follow social distancing guidelines. Be sure to stand a minimum of 6 feet apart from others and practice regular hand washing, including prior to leaving a residence to pick-up meals, upon returning home, and before consuming food.

### School Buses Deliver Meals

Fairfax County Public Schools (FCPS) buses are delivering grab and go meals along some bus routes. School buses will stop at designated intersections to deliver these meals.

All FCPS students (regardless of age) are eligible for free grab and go breakfast and lunch, as well as other county children, under the age of 18. Adults picking up meals for children should let staff know how many children meals they need. Adults may pay \$2 for the meals as well.

The service will be available Monday - Friday only. New for this fall: meals for Satur-

days and Sundays will be distributed at all sites and on all bus routes each Friday.

See <https://www.fcps.edu/return-school/food/bus> for routes and more information.

### Grab & Go with Curbside Service

Meals are available for pick up between 8:00 a.m. - 12:30 p.m.

Beginning Sept. 28, certain sites (marked below) will be providing afternoon snacks and supper meals at the same time as the breakfast and lunch distribution.

Curbside meal pick-up stations are generally located in the bus lanes at the schools or in the kiss and ride area. Look for the canopy tent along with Food and Nutrition Services staff, who will deliver meals directly to vehicles.

Walk-ups are still welcome at all sites. Walkers are asked to use school sidewalks to safely navigate their walk to the pick-up stations.

See <https://www.fcps.edu/return-school/food> for locations and more information.

Annandale Terrace ES, 7604 Herald St., Annandale

Bailey's Primary ES, 6111 Knollwood Dr., Falls Church

Afternoon snack and supper meals available, beginning Sept. 28.

Braddock ES, 7825 Heritage Dr., Annandale  
Afternoon snack and supper meals available, beginning Sept. 28.

Bren Mar Park ES, 6344 Beryl Rd., Alexandria  
Brookfield ES, 4200 Lees Corner Rd., Chantilly  
Afternoon snack and supper meals available, beginning Sept. 28.

Bucknell ES, 6925 University Dr., Alexandria  
Burke School, 9645 Burke Lake Rd., Burke  
Afternoon snack and supper meals available, beginning Sept. 28.

Cameron ES, 3434 Campbell Drive, Alexandria  
Centre Ridge ES, 14400 New Braddock Rd., Centreville

Afternoon snack and supper meals available, beginning Sept. 28.

Coates ES, 2480 River Burch Road, Herndon  
Crestwood ES, 6010 Hanover Ave., Springfield  
Afternoon snack and supper meals available, beginning Sept. 28.

Cunningham Park ES, 1001 Park Street, Vienna  
Daniels Run ES, 3705 Old Lee Hwy, Fairfax  
Dogwood ES, 12300 Glade Dr., Reston

Afternoon snack and supper meals available, beginning Sept. 28.

Edison HS, 5801 Franconia Rd, Alexandria  
Falls Church HS, 7521 Jaguar Trail, Falls Church  
Forest Edge ES, 1501 Becontree Ln, Reston  
Fort Belvoir Upper ES, 5980 Meeres Rd., Fort Belvoir

Afternoon snack and supper meals available, beginning Sept.28.

Garfield ES, 7101 Old Keene Mill Rd., Springfield  
Glen Forest ES, 5829 Glen Forest Dr., Falls Church

Graham Road Community Center, 3036 Graham Rd., Falls Church

Afternoon snack and supper meals available, beginning Sept. 28.

Herndon ES, 630 Dranesville Rd., Herndon  
Hollin Meadows ES, 2310 Nordok Place, Alexandria

Hunters Woods ES, 2401 Colts Neck Road, Reston

Hutchison ES, 13209 Parcher Ave., Herndon  
Afternoon snack and supper meals available, beginning Sept. 28.

Hybla Valley ES, 3415 Lockheed Blvd., Alexandria

Afternoon snack and supper meals available, beginning Sept. 28.

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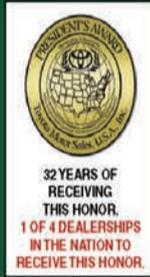
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