

Alexandria Gazette Packet



25 CENTS

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JULY 14, 2022

'It's a Good Start' Family of Ruthanne Lodato celebrates passage of gun safety legislation.



Ruthanne Lodato was murdered Feb. 6, 2014.



Ronald Kirby was killed at his Alexandria home in 2013.



Nancy Dunning was murdered in 2003.



The family of Ruthanne Lodato attends a gathering of survivors of gun violence marking the passage of the Safer Communities Act July 11 at the White House. Shown are Carmen Lodato, Norman Lodato, Liz Dunning of the Brady Campaign, Gina Pelusi and Lucia Lodato.



Sisters Carmen Lodato, Lucia Lodato and Gina Pelusi at the ceremony marking the passage of the Safer Communities Act July 11 at the White House.

PHOTOS CONTRIBUTED

BY JEANNE THEISMANN
GAZETTE PACKET

The family of Ruthanne Lodato, a beloved music teacher who was killed in her Alexandria home Feb. 6, 2014, joined other survivors of gun violence at the White House July 11 as President Joe Biden marked the passing of a bipartisan gun safety law.

Biden signed the legislation into law on June 25, saying it would be followed by Monday's event "to mark this historic achievement" with members of Congress who voted for the bill and families who were victimized by gun tragedies.

"It was a very special moment for us to be there," said Carmen Lodato, who was a junior in college when she learned that her mother had been murdered in the family home on

Ridge Road. "My sister Gina and I have been working towards getting some sort of federal legislation passed for years so it was exciting to get a federal law passed."

Lodato was joined at the event by her sisters Lucia Lodato and Gina Pelusi and her father Norman Lodato. The family was among hundreds of attendees at the event that included families and survivors of mass shootings including the Uvalde school shooting in Texas,

the supermarket shooting in Buffalo, N.Y., and the recent Fourth of July parade shooting in Highland Park, Ill.

"Gina and I are involved with EveryTown for Gun Safety and Moms Demand Action,"

Lodato said. "We were invited by the White House and were there along with hundreds of other gun violence survivors and advocates to celebrate the passage of the bipartisan Safer Communities Act."

"There is a lot more we would have liked to see in the bill, a lot more that can be done legislatively."

— Carmen Lodato on the passage of bipartisan gun safety legislation

The murder of Ruthanne Lodato turned out to be the third in a string of random murders committed by Charles Severance, who had twice run for mayor of Alexandria. Severance was arrested in March of 2014 and ultimately convicted in the shooting deaths of Nancy Dunning in 2003, Ronald Kirby in 2013 and Lodato in 2014. He was convicted in 2016 and sentenced to life in prison.

"What happened to my mom is still such a shocking and bizarre thing to us," Lodato said. "It is not something we ever expected to happen. I can't believe mom is gone but we feel that trying to help save people's lives in the future is a good way to honor her legacy."

Prior to her death at the age of 59, Ruthanne Lodato was the director of Music Together in Alexandria. She taught music in Alexandria-area schools since 1976, including at Blessed Sacrament Early Childhood Center and Valley Drive Preschool, and was a piano teacher as well as a church organist.

"Mom started Music Together in 1997," said Lodato, who is now director of the center. "After her death we wanted to keep the center going. We have a great team of teachers who continue to spread mom's love of music."

While Lodato praised the passage of the recent gun legislation, she said that there is still more to be done.

"There is a lot more we would have liked to see in the bill, a lot more that can be done legislatively," Lodato said. "It's a good start and we were pleased to be a part of it. We will do all we can to keep people safe from gun violence."

Aged to Perfection

City celebrates 273 years.

BY JEANNE THEISMANN
GAZETTE PACKET

The City of Alexandria marked its 273rd birthday July 10 with a celebration that culminated in a

fireworks display over the Potomac River following a day of festivities at Oronoco Bay Park.

Originally scheduled to take place July 9, events were postponed due to rainy skies on Saturday that gave way to a warm and sunny day on Sunday.

"I think this is absolutely fantastic," said City Manager James Parajon, who was attending his first birthday celebration event. "It's a

beautiful night and this is a great way to celebrate our birthday with all of our great community citizens."

The celebration included a performance by DJ One Luv, a poetry SEE CITY CELEBRATES, PAGE 3

Children enjoy the City of Alexandria 273rd birthday celebration July 10 in Oronoco Bay Park.



PHOTO BY JANET BARNETT/GAZETTE PACKET

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City Celebrates 273 Years

FROM PAGE 1
 reading by Alexandria Poet Laureate Zeina Azzam and distribution of birthday cupcakes by Mayor Justin Wilson and members of City Council.
 Under the direction of James

“This is a great way to celebrate our birthday with all of our great community citizens.”

— City Manager James Parajon

Ross, the Alexandria Symphony Orchestra presented a concert that culminated with the fireworks display finale. Omitted this year was the traditional performance of Tchaikovsky’s 1812 Overture complete with cannon fire due to “the Russia-Ukraine war,” according to Ross.

Alexandria dates its founding to
 SEE CITY CELEBRATES, PAGE 4



Fireworks light up the sky over the Potomac River July 10 as the finale to the 273rd birthday celebration for the City of Alexandria.



PHOTOS BY JANET BARNETT/GAZETTE PACKET

The Kwak family – dad Jae left, daughters Emma and Ellie and wife Jenny – are joined by Katherine In and David Oh at the 273rd birthday celebration for the City of Alexandria July 10 in Oronoco Bay Park.



City Manager James Parajon, left, enjoys his first City of Alexandria birthday celebration with local officials July 10 in Oronoco Bay Park.



The Alexandria Symphony Orchestra performs July 10 at Oronoco Bay Park for the celebration of Alexandria’s 273rd birthday.



Nakia Brown, Sevahla Brown and Deborah Lee enjoy the festivities July 10 in Oronoco Bay Park.



PHOTOS BY JANET BARNETT/GAZETTE PACKET

Class of 2022 graduates of Commonwealth Academy celebrate June 10 on the steps of the George Washington Masonic National Memorial.



Commonwealth Academy senior Grace Alexander celebrates her graduation June 10 at the George Washington Masonic National Memorial.



Casey Duncan, front left, and his friends celebrate their graduation from Commonwealth Academy June 10 at the George Washington Masonic Memorial.

Class of 2022

Commonwealth Academy seniors graduate.

BY JEANNE THEISMANN
GAZETTE PACKET

The Commonwealth Academy class of 2022 celebrated June 10 at the George Washington Masonic National Memorial following two years of scaled back ceremonies due to the pandemic.

"It is wonderful to end the year this way," said teacher Carolyne Strain. "This is the first normal graduation we have had in a few years so bringing this together for these students has been wonderful."

Commonwealth Academy is a college preparatory school that focuses on students of all learning abilities in a small classroom setting.

"I had the honor of teaching this senior class for four straight years," said Molly Shipman, chair of the English Language Arts department. "To see them persevere through all of the obstacles that have been thrown at them has been incredible."

Senior Casey Duncan celebrated graduation day with his friends.

"This has been a great year," said senior Casey Duncan as he

was celebrating with friends. "Commonwealth has been especially good to me, giving me a chance to get to know these people. It has been a fantastic year full of joy and memories."

Shipman added that this class was especially inspiring.

"These students are such an amazing unit," Shipman said. "They really take care of each other and look out for each other. They are exactly the kinds of students you would hope to teach when you start your career as a teacher."

www.ca-empowers.org

City Celebrates 273 Years

FROM PAGE 3

July 13, 1749, with the start of an auction selling the first lots to the public. Earlier that year, a young George Washington acted as a surveyor in laying out the town into 84 lots along 10 streets around a central market square. Washington would go on to recruit his first soldiers in Market Square for

his first initial campaign of the French and Indian War and in 1763 he was chosen as a town trustee.

"I have a big appreciation for first responders who came out to work to tonight," added Parajon. "I can't wait to see the fireworks and get a chance to meet more of the community."



PHOTOS BY JANET BARNETT/GAZETTE PACKET

Alexandria Police Chief Don Hayes, third from left, and Fire Chief Corey Smedley, third from right, enjoy the city's 273rd birthday festivities with family members July 10 at Oronoco Bay Park.



Members of City Council hand out cupcakes to celebrate Alexandria's 273rd birthday July 10 at Oronoco Bay Park.



Sisters Stella and Kate Joo enjoy cupcakes at the Alexandria birthday celebration July 10 in Oronoco Bay Park.



PHOTO BY JANET BARNETT/GAZETTE PACKET

Lillian Patterson, left, with daughter Marilyn, celebrating her 95th birthday June 25.

A Nonagenarian Celebration

Lillian Patterson turns 95.

BY JEANNE THEISMANN
GAZETTE PACKET

She may not have seen it all, but she has seen a lot. Lillian Patterson, a fourth-generation Alexandrian, was celebrated at her home June 25 by family and friends as she turned 95 years old.

Born June 22, 1927, Patterson was the eldest of seven children born to Reverend N. Howard Stanton, a pastor at Ebenezer Baptist Church, and Esther Gray Stanton, a teacher.

“I had great parents that taught us what we should know,” Patterson said in reflecting back on her life. “Whether we did it or not is another thing.”

Patterson noted the volunteer work of her parents, which led to her own civic involvement.

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“My parents volunteered for many things, including Hopkins House, the Olympic Boys and Girls Club, School PTA, and United Way so it was natural for me to do the same thing,” Patterson said.

Patterson’s contributions to the community are many, leading her to be named a Living Legend of Alexandria in 2012.

“The activities that have kept my creative energies going are my church, Shiloh Baptist, where I am historian, and the Black History Museum where I enjoy meeting and talking with visitors from all over the world,” Patterson said. “I was on the Project Discovery advisory board for about 20 years but now I work vicariously through my grandson Marques, who is on the Project Discovery board.”

Now a widow, Patterson and her husband Edward Lloyd Patterson,

“Do the right thing whether anyone is looking or not.”
— Lillian Patterson

SEE LILLIAN PATTERSON,
PAGE 7



Public Notice

Updated weight limits on Virginia bridges and culverts

In accord with state and federal law, the Virginia Department of Transportation (VDOT) has imposed new or changed existing weight restrictions and installed new signage indicating the updated weight restrictions on the following bridges and culverts (structures) in Virginia within the last 30 days.

Jurisdiction	Fed Struc Id	Route #	Route Name	Crossing	Posted Date
KING & QUEEN	10620	628	SPRING COTTAGE RD.	MATTAPONI RIVER	6/30/2022
KING & QUEEN	10595	602	WARES CHURCH RD.	DRAGON RUN	6/30/2022
KING WILLIAM	10671	629	ACQUINTON CHURCH R	ACQUINTON CREEK	6/30/2022
KING WILLIAM	10649	600	W. RIVER RD.	AYLETT CREEK	6/30/2022
LANCASTER	10683	3	MARY BALL RD.	BELLWOOD RUN	6/30/2022
GRAYSON	8690	58	WILSON HWY	BIG WILSON CREEK	6/29/2022
WASHINGTON	18877	58	JEB STUART HWY	STRAIGHT BRANCH	6/29/2022
KING GEORGE	10576	625	PRIM RD.	MATTOX CREEK	6/29/2022
ESSEX	6156	629	BATTERY RD.	MOUNT LANDING CREEK	6/28/2022
ESSEX	6163	684	HOWERTON RD.	WHITE MARSH CREEK	6/28/2022
CAMPBELL	4347	738	ENGLISH TAVERN RD.	TRIBUTARY FLAT CREEK	6/25/2022
WASHINGTON	18878	58	JEB STUART HWY	STRAIGHT BRANCH	6/22/2022
CAROLINE	4484	632	EDGEHILL ACADEMY R	MATTA RIVER	6/22/2022
ESSEX	6152	620	CHEATWOOD MILL RD.	HOSKINS CREEK	6/22/2022
CAROLINE	4359	1	JEFF. DAVIS HWY.	STEVENS MILL RUN	6/21/2022
CAROLINE	4409	301	NBL A.P. HILL BLVD	N FORK PEUMONSEND CREEK	6/21/2022
CAROLINE	4411	301	RICHMOND TPKE	POLECAT CREEK	6/21/2022
CAROLINE	4367	17	TIDEWATER TRAIL	GOLDENVALE CREEK	6/21/2022
ARLINGTON	110	1	JEFF DAVIS HWY.SBL	110; I-395NB & I-395 EXP	6/15/2022
PRINCE EDWARD	13930	612	SANDY RIVER RD.	LITTLE SANDY RIVER	6/11/2022
LEE	10734	58	BUSINESS RTE 58	BRANCH	6/6/2022
MIDDLESEX	12085	17	NBL GEO. WASH. PWY	DRAGON RUN	6/2/2022
KING GEORGE	10566	615	BERRY WARF RD.	DEEP CREEK	6/1/2022
MATHEWS	26970	609	BETHEL BEACH RD.	GARDEN CREEK CANAL	6/1/2022

The list above is not a comprehensive list of all structures with weight restrictions in the Commonwealth, but shows only structures that have new or changed weight restrictions within the last 30 days. The list contains only basic structure identification and location information and the date the new or changed weight restriction and signage became effective.

For a full listing of all bridge and culvert weight restrictions with detailed information about specific structures, including location data and actual weight limits, visit <https://www.virginiadot.org> and navigate to Info Center/Trucking Resources. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

Notices regarding bridges and culverts with new or updated weight restrictions are published monthly by VDOT. For additional information or questions, please contact haulingpermits@vdot.virginia.gov.

The Virginia Department of Transportation is committed to ensuring that no person is excluded from participation in, be denied the benefits of, or be subjected to discrimination under any of its programs or activities on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on VDOT's Title VI Program or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Program Specialist at 804-786-2730.

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The Dangers of Invasive Plants

BY DEL. PAUL KRIZEK



This week, I received the honor of recognition by the Virginia League of Conservation Voters as a “Legislative Hero” for my record on environmental protection and climate action. I received a 100% score on their 2022 scorecard.

Perhaps one of my biggest recent pushes as an environmentalist Delegate is to raise awareness of, and curb, the proliferation of invasive plant species in Virginia. If you are unfamiliar with the concept of invasive species, perhaps you have had to battle with the notorious English Ivy in your own backyard or garden. Once introduced, this plant spreads heavily across all levels of vegetation and can quickly overwhelm and outcompete native plant species for resources. It can be costly and time-consuming to remove. Despite its aggressive and harmful nature, it is still sold and marketed as an ornamental plant across the United States, and even here in Virginia. And this is but one example.

During this past session, I introduced two bills, HB 311 and HB 314 directed at this problem. HB 311 would have encouraged state agencies to prioritize the use of native plants on state properties. This bill failed this session, but I plan to reintroduce it next year. HB 314 was signed into law, directing the Commissioner of Agriculture and Consumer Services to develop a brochure on the value of native plants and the danger of invasives and noxious weeds. Plant retailers will be able to distribute these informational brochures in their stores.

What else can we do to combat this problem? First, it is important to learn what an invasive plant species is, which ones have become endemic in our area, and how we can all work together to protect our native plant species.



English Ivy (Hedera helix) spreads heavily across all levels of vegetation and can quickly overwhelm and outcompete native plant species.

Invasive plants are species intentionally or accidentally introduced by human activity into a region where they did not evolve and cause harm to natural resources, economic activity, or humans. These species displace native plant species, reduce wildlife habitat and otherwise alter natural processes. They also impose serious costs on our economy: it is estimated that all invasive species (plants, animals, and diseases) cause \$120 billion in losses every year. Invasive plants typically exhibit the following characteristics:

- Rapid growth and maturity
- Prolific seed production
- Highly successful seed dispersal, germination, and colonization
- Rampant vegetative spread
- Ability to out-compete native species
- High cost to remove or control

The Virginia Department of Conservation and Recreation’s Division of Natural Heritage currently identifies 90 invasive plant species that threaten (or potentially threaten) our natural areas, parks, and other protected lands here in Virginia.

Not all non-native plant species are harmful. In North America, since the time of European colonization, tens of thousands of plant species have been introduced to the continent. Introduced species often do not become established outside of cultivation, and when they do, some are in fact beneficial. In fact, some are vital parts of our economy, including wheat and soybeans. Remember, Virginia’s largest industry by far is agriculture. Of the tens of thousands of plants introduced to North America, here in Virginia, 606 species have been identified as naturalized (reproducing outside of cultivation). Of these, 90 species, or 15 percent of naturalized species (3 percent of the total Virginia flora), have been assessed as invasive in natural communities.

I encourage you to visit the Virginia Department of Conservation and Recreation website (<https://www.dcr.virginia.gov/natural-heritage/invspinfo>) and learn more about invasive species present in our area, report and map sightings of invasive species you may encounter, and do your part by not purchasing and planting invasive species.

In addition, you can join groups such as the Friends of Dyke Marsh that host regular events targeting and removing invasive species. Their next events will be on July 16th and 30th, and August 13th and 27th from 9 am to 11 am. You can email info@fodm.org to sign up. On the legislative side, I intend to continue working with environmental stakeholders and my colleagues in the General Assembly to introduce and pass more legislation to promote awareness and target the spread of invasive species in Virginia, including legislation limiting sales and creating an advisory committee on noxious weeds in the Commonwealth.

For more resources on restraining invasive plants and why to plant native plants, see Plant Northern Virginia Natives at <https://www.plantnovanatives.org/>

LETTERS TO THE EDITOR

Whether Liberal Constituencies Like It or Not ...

State Sen. Scott Surovell inveighs against recent Supreme Court decisions; his critique can best be summarized by a yard sign I recently saw, “Regulate Guns -- Not Women’s Bodies.”

Whether Northern Virginia’s liberal constituencies like it or not, though, our founding documents’ framers ignored Abigail Adams’ exhortation to her husband John “to keep the interests of women in mind” www.politico.com/story/2018/03/31/this-day-in-politics-march-31-1776-491169. There was apparently insufficient support for such an initiative among the framers, all men, but they did accede to what would today be termed “gun-owners rights” in the Second Amendment, included in the Bill of Rights upon which several states conditioned their approval of the original constitution.

Sen. Surovell regards the cur-

rent Supreme Court’s “historical tradition” test as preposterous (e.g., relating to gun laws, he notes that in those days it took up to 10 seconds to put one bullet in a musket). What he fails to understand is that the Supreme Court has adopted this test because previous Supreme Courts had so abused the “substantive due process” test which the “historical tradition” test replaces (e.g., previous Supreme Courts invented the “viability standard” nowhere to be found in the Constitution’s text to create an abortion right). What ultimately brought down the “substantive due process” standard was using it to “push the envelope” of social change, rather than waiting for that social change to become so widely accepted that “substantive due process” could be employed judiciously by a unanimous court to bring the few straggler states

into line a large majority of states had embraced the notion of a particular social change maturing into a right.

The Fourteenth Amendment, ad-

opted after the American Civil War, made the rights in the U.S. Constitution binding upon the states. The Second Amendment is such a right. The U.S. Congress, not state

SEE LETTERS, PAGE 7

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Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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A Connection Newspaper

The Alexandria Gazette Packet is distributed weekly to selected homes in the City of Alexandria. Any owners or occupants of premises that do not wish to receive the paper can notify the publisher by telephone at 703-778-9426 or by email to circulation@connectionnewspapers.com, and the distributor will be notified to discontinue service.



NEWS

Lillian Patterson Turns 95

FROM PAGE 5

a music teacher and assistant principal of Parker-Gray High School, raised two daughters, Marilyn Patterson and Valerie Patterson Connors.

“My greatest accomplishment would be my two lovely daughters Marilyn and Valerie, who are gracious, considerate and productive women,” Patterson said. “They are good mothers and all-around lovely women.”

The descendent of a slave who grew up in a segregated Alexandria, Patterson said she has no great philosophy of life.

“There have been lots of ups and downs,” Patterson said. “If I had something to say to younger people -- or anyone for that matter -- it is to do the right thing whether anyone is looking or not. That’s character. Try to tell the truth so that you are believable and trusted. And do your own thinking. You define yourself, don’t let anyone do it for you.”



PHOTO BY JANET BARNETT/GAZETTE PACKET

Lillian Patterson, seated, celebrates her 95th birthday with family members June 25 at her family home.

LETTERS

FROM PAGE 6

legislatures or city councils, is entitled to define parameters for federal rights of the sort in the New York law which the Supreme Court struck down. When a state does attempt to set boundaries, the Supreme Court is prudent to set a high bar, such as the “historical tradition” test, for evaluating those state laws delimiting federal consti-

tutional rights. It will be interesting to see how strictly the Supreme Court applies such criteria to the bipartisan gun restrictions the Congress recently enacted in response to the latest spate of mass shootings.

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ENTERTAINMENT

ART CAMP 2022

Del Ray Artisans invites youth ages 8-12 to Art Camp 2022 for a week of professional art instruction! Campers will have an immersive creative journey: painting, sculpting, journaling and other artful planned activities. During nice weather, campers will even have outdoor time to get fresh air, unwind, and replenish their creative energy. All art supplies are provided. Choose July 18-22 or July 25-29; \$350/child; scholarship support available. Registration at DelRayArtisans.org/art-camp.

NOW THRU AUG. 31

Creative Summer Programs. At Del Ray Artisans Gallery in Colasanto Center, 2704 Mount Vernon Ave., Alexandria. Learn techniques in drawing, mixed media, mosaic, jewelry, watercolor, and more from local artists. Delve into creative exploration solo or with friends. Sign up for the programs that inspire you and make your own "stay-cation" art experience. Visit the website: <https://DelRayArtisans.org/programs/creative-summer/>

NOW THRU OCT. 17

Hummingbird Photo Exhibition. At the Historic House at Green Spring Gardens, Alexandria. For those who can't get enough of the beauty of hummingbirds, a group of local photographers are mounting an exhibition this summer. The title of the show is "A Bouquet of Hummingbirds," and it will feature works from more than 20 area artists and include hummingbirds from all over the Western Hemisphere. All profits from the sale of photos will be donated to the Friends of Green Spring, a non-profit organization devoted to maintaining the gardens and furthering public education and outreach.

NOW THRU SEPT. 10

Yoga Sessions. 12-2:15 p.m. Yoga at the National Museum of the United States Army hosted by Honest Soul Yoga, 1775 Liberty Drive, Fort Belvoir. Honest Soul Yoga and The Army Historical Foundation invites you to take a moment to de-stress by enjoying an afternoon of yoga at the Museum. Join trained instructors for an afternoon of flow and sound meditation. After class, grab a coffee and some healthy snacks in the Museum Café or take some time to explore the exhibits.

JULY 9-31

"Tick, Tick...Boom!" Presented by Monumental Theatre Company in Alexandria. The story follows an aspiring composer, Jon, in New York City in 1990 who worries he made the wrong career choice as he approaches his 30th birthday. Tickets will be available online at <http://www.monumentaltheatre.org/>

SATURDAY/JULY 16

Workshops on the Waterfront. 1-3 p.m. At Torpedo Factory Art Center, 105 N Union St., Alexandria. Enjoy a free workshop or live demo with a Torpedo Factory Art Center artist



The Old Town Art Walk will take place on Thursday, July 21, 2022 at various locations in Old Town Alexandria.

at the Waterfront entrance of the Art Center. There will be a different project every third Saturday of the month from April to October.

SATURDAY/JULY 16

Melt-and-Pour Soapmaking Workshop. 10:30 a.m.-12:30 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. (16-Adult) Learn the basics of making melt-and-pour soap. Instructor Judy Zatsick will demonstrate how to get creative with soap bases, natural vs. created fragrances, and colorants and additives including mica, embeds, botanicals and exfoliants. Get familiar with molds, curing and packaging ideas. Take home two bars of soap, a silicone mold, soap recipes, and the knowledge to start creating your own melt-and-pour soap! \$75 per person. Code ZRH.2MTU. Register online at www.fairfaxcounty.gov/parks/parktakes or call Green Spring Gardens at 703-642-5173.

SUNDAY/JULY 17

Taste of Art at the Torpedo Factory Art Center. 12 to 5 p.m. At the Torpedo Factory Art Center, 105 N Union St., Alexandria. Cool off inside

Torpedo Factory Art Center, then surprise your taste buds with delicious masterpieces from local food truck vendors, breweries, and culinary arts partners as we pair studio artists with culinary artistry. Plus: Celebrate National Ice Cream Day with a special Torpedo-inspired dessert inside the Art Center at the Waterfront, along with iced coffee and tasty beverages.

JULY 18-22 OR JULY 25-29

Summer Art Camp. 9 a.m. to 4 p.m. At Del Ray Artisans Gallery, 2704 Mount Vernon Ave., Alexandria. Del Ray Artisans invites young campers ages 8-12 years old to spend a week creating art with professional local artist instruction. All artist supplies are provided. Details and registration: <https://delrayartisans.org/programs/creative-summer/#event=art-camp-2022>

TUESDAYS/JULY 19, 26

Simpson Park Demonstration Garden. Tuesdays 10 a.m. - 11 a.m., Simpson Park Demonstration Garden, 420 E. Monroe Ave., Alexandria.

From The Ground Up - Garden Challenges? Simple steps to help your container garden or whole yard, whether it's adding soil amendments, the value of a soil sample, or other easy solutions. Contact mgmv.org.

THURSDAY/JULY 21

Music at the Market at Old Town North. 6-7 p.m. At Montgomery Park, 901 N Royal St., Alexandria. The Old Town North Community Partnership, with support from NOTICE, The Old Town North Alliance and local businesses and residents, present Music at the Market on the third Thursday of the month throughout the summer. Head to the Old Town North Farmer's and Artisans Market to browse, pick up a bite and picnic in the park while soaking in great live music. Rain dates are July 28 and September 8.

THURSDAY/JULY 21

Old Town Art Walk. At various locations in Old Town Alexandria. Enjoy a self-guided tour of Old Town Alexandria and explore the fine art and studio crafts found in art galleries and boutique shops on the third Thursday of each month, May to October. The stroll is a great activity after an early dinner, or before enjoying a meal at one of Old Town Alexandria's restaurants. The Old Town Art Walk is presented by the Old Town Business Association.

FRIDAY/JULY 22

Trivia Nights at Historic Sites. 7 to 9 p.m. At Lee-Fendall House Museum & Garden, 614 Oronoco St., Alexandria. Staff members at Carlyle House Historic Park and the Lee-Fendall House Museum combine their knowledge to create bi-weekly trivia nights throughout the summer in the beautiful gardens of the Lee-Fendall House. Test your knowledge on everything from pop culture to history.

THE BIRCHMERE

At 3701 Mount Vernon Ave., Alexandria. All shows are at 7:30 p.m., unless otherwise noted. Tickets available at Ticketmaster.com. Contact The Birchmere at 703-549-7500 or www.Birchmere.com.

JULY

Thu. Jul. 14: HERMAN'S HERMITS starring PETER NOONE \$49.50
 Fri. Jul. 15: Tarsha Fitzgerald Production Presents VOICES OF MOTOWN \$35.00
 Sun. Jul. 17: THE HIGH KINGS \$65.00
 Tue. Jul. 19: COLIN JAMES & TORONZO CANNON \$29.50
 Wed. Jul. 20: STEVE EARLE & THE DUKES with Special Guest The Whitmore Sisters \$65.00
 Sun. Jul. 24: CROCE PLAYS CROCE Performed by A.J. CROCE \$39.50
 Tue. Jul. 26: Herb Albert & Lani Hall \$65.00
 Thu. Jul. 28: STEPHEN KELLOGG \$35.00
 Fri. Jul. 29: ANTHONY BROWN & Group Therapy \$39.50
 Sat. Jul. 30: WHO'S BAD - The Ultimate Michael Jackson Experience \$39.50

BULLETIN BOARD

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

NATIONAL PARK SERVICE SEEKS IDEAS FOR USE OF THE FACILITIES AT DAINGERFIELD ISLAND

The National Park Service is seeking creative ideas to help re-envision the use of facilities and associated lands adjacent to the Washington Sailing Marina on Daingerfield Island. The public is invited to submit their

ideas in a Request for Expression of Interest (RFEI) starting now through September 19. Formerly known as Indigo Landing Restaurant, this facility was historically used as a full-service restaurant, bar and special event venue. The NPS is open to a wide variety of proposals and invites creative ideas to improve the experience of visitors while providing a range of services and price points. Proposals may include the use of the facilities for opportunities such as:
 Restaurant/bar services.
 Special events venue and catering services.
 Art gallery.
 Community center.

Exercise facility.
 Fairs or festivals.
 Small concerts or performances.
 Educational activities.
 Any future opportunities associated with this request for interest will not include any existing marina operations.
 Constructed in the 1980s, the facility offers 450 seats and 11,800 square feet, as well as a snack bar with 25 seats and 800 square feet. The gross square footage of the facility is approximately 13,662 square feet. The parking lot has approximately 100 spaces.
 The NPS will hold a site visit on July 27. NPS staff will accompany interested parties around the facility

and associated lands. Anyone wishing to participate in this site visit must RSVP by email to NPSNCRLeasing@nps.gov at least one business day prior to the site visit. All interested parties are invited to submit concepts no later than September 19. Submittals should be emailed to NPSNCRLeasing@nps.gov. Documents should be in an easily readable format and font.

VOLUNTEERS WANTED

ACPS- Help Provide Meals to Children. Alexandria City Public School (ACPS) will provide two days worth of breakfast and lunch meals with a snack pack free for any enrolled ACPS student on

Mondays, Wednesdays, and Fridays. Friday distribution will include a meal(s) for Saturday. Volunteers will meet at various schools to assist with packing boxes and loading buses with boxed meals. Then, volunteers will ride the bus along to distribute the meals while on site at a few ACPS mobile pop-up locations. Click on each location to sign up: Francis C. Hammond Middle School, TC Williams High School, or Jefferson Houston School. www.volunteerallexandria.org
 Alexandria Dept. of Community and Human Services-

SEE BULLETIN, PAGE 9

BULLETIN

FROM PAGE 8

Volunteer Guardian. Looking for individuals who can assure the well-being of an incapacitated Alexandrian living in an Assisted Living Facility or Nursing Facility. Volunteer Guardians are appointed by the Court to make decisions for older Alexandria residents who have lost the capacity to understand the consequences of their decisions. The volunteer will visit the resident monthly and follow the person's wishes as much as possible. www.volunteeralexandria.org

Alexandria Families for Safer Streets - Executive Assistant to AFSS Board of Directors. The agency is seeking an executive assistant to help coordinate a diverse group of tasks necessary to keep us on track and moving forward. Someone with office manager skills would be the ideal candidate. www.volunteeralexandria.org

ALIVE! Volunteers are needed to assist with multiple programs relating to their Food Program, ALIVE! House, and Alexandria Eviction Prevention Partnership Program will distribute food at Mobile Pop-ups and Truck to Trunk events, etc. <https://www.volunteeralexandria.org/ALIVE>

Assistance League of Northern Virginia is an all-volunteer non-profit organization that feeds, clothes and provides reading assistance and books to children in need. Assistance League's programs touch the lives of hundreds of children in Fairfax and Prince William Counties and the City of Alexandria. There are many volunteer opportunities for community members to contribute to helping those in need. To learn more, email info@alnv.org, or visit www.alnv.org.

Join Friends' Board. Those who care about mental health, the Alexandria community, and collaborating with fellow residents to make sure the City's most vulnerable residents have a chance to thrive, then consider joining the Board of Friends of the Alexandria Mental Health Center. The Friends Board is an all-volunteer group of residents that oversees the administration of one of Alexandria's top mental health charities. Friends has no paid staff, so Board members, working on average 10 hours per month, share the day-to-day work needed to accomplish its goals. Interested candidates should email FriendsofAMHC@gmail.com.

STEM Professionals Needed. Help assist K-12 STEM teachers as part of the American Association for the Advancement of Science's STEM Volunteer Program, stemvolunteers.org, during the 2018-19 school year. In the 2017-18 school year, there are 85 volunteers in 6 Northern Virginia school districts. Contact Don Rea at 571-551-2488, or donaldrea@aol.com.

Volunteer Adult Mentors Needed. Help assist the Department of Family Services' BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil (Ibrahim.khalil@fairfaxcounty.gov) at 703-324-4547.

Volunteer Drivers Needed. Drivers needed by the American Cancer Society to take cancer patients to treatment in Northern Virginia. To volunteer, call 1-800-227-2345 or go to cancer.org/drive.

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CALENDAR

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4	5	6	7	8	9
10	11	12	13	14	15
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Back in the Cancer Business



By KENNETH B. LOURIE

Not that as an active cancer patient still undergoing treatment you're ever out, but occasionally, there are intervals where you are less in/have less frequent cancer-centric activities. And it's important to never let these intervals pass without elevating their importance. A break/brake in any cancer-related action is welcome relief and acknowledging its occurrence is paramount. When you're living in the cancer world, you must find ways to find the most positive element of your rather negative experience. And if the most positive element of that experience is that absolutely nothing happened/is happening, don't ever take it for granted. Take it for every advantage, rationalization, and accommodation possible. Any port in a storm is how many of us cancer patients roll, and the more often the roll, the better.

And for those of you who have unfortunately been effected/associated with cancer, you know the storm of chaos and disruption that its diagnosis causes. Talk about upheaval. Your orderly world goes topsy-turvy and everything you knew/understood before the diagnosis no longer applies. There's the pre-cancer you and the post-diagnosis you. In many cases, you're different people. It's as if your brain is rewired. Moreover, assimilating a cancer diagnosis into your regular routine is hardly for the weak of mind. Unless you find a way to incorporate cancer into your life and minimize its deleterious effects, especially emotionally, the sooner some of the more debilitating physical challenges can be relegated somehow.

It's not simply taking the good with bad – or vice-versa, it's taking it all in stride and being grateful for any morsel of good news/lack of cancer activities whereby you can try to forget you have cancer and live as normal and rewarding a life as your deficits allow. It's not exactly making lemonade, but you're definitely making something. And what's that something? Peace, that's what. Acceptance and comfort. Learning to live within your cancer confines (lab work, treatment/medication, side effects, scans, miscellaneous doctor's appointments, and a pre-occupation with your own mortality) and treat it like any other day – or interval of time. It may be your life, but it doesn't have to define you.

If you have minimal cancer stuff, celebrate it. If you have maximum cancer stuff – as I do in 10 days, give in to it. There's nothing to be done about it other than adhere to the schedule. Once you have cancer and are scheduled into the various ongoing/recurring appointments/responsibilities, unless you make light of it, the weight of it will crush you. Cancer is an equal opportunity villain. It goes after everybody everywhere with seemingly no rhyme or reason or sometimes, all the reasons (family history, environmental, smoking/second-hand smoke). It's not inevitable, but it is undesirable. Avoiding it altogether would be best. If only it were that simple.

Often cancer is in control even as your doctors are treating it/you. Finding a way to balance the ebb and flow, and to not take the lows too hard and try to keep an even keel when there is some good news (it's hardly a guarantee of future results, it may even be temporary; it's a tease almost) seems the only logical pursuit. What you can't control, you need to accommodate, and in that accommodation, you must find your level, a way to remain level-headed throughout your ordeal. (And cancer is nothing if not an ordeal.) Otherwise, you'll make an excruciatingly bad situation worse, if that's even possible. And believe me, it's possible, and there's no future in that.

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

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NEWS



PHOTO CONTRIBUTED

Crafters participate in a complimentary crafting project at AR Workshop as part of the ongoing Old Town Art Walk. The next Art Walk will be held July 21 throughout Old Town.

Art Night in Old Town

Monthly event returns July 21.

The Old Town Business Association will continue its Art Night in Old Town program July 21 with a self-guided tour of art galleries and boutiques as well as colorful public art murals on local buildings.

Art Nights take place the third Thursday of each month from 5-8 p.m. from May through October. Businesses participating in the Art Nights offer exhibits, wine tastings, art classes, seminars, and DIY activities.

"The stroll is a great activity after an early dinner, or before enjoying a meal at one of Old Town's restaurants," said OTBA spokesperson Charlotte Hall.

Participating in the tour is free and open to the public. Participating merchants include: Galactic Panther – 1303 King Street; Fiscus Glassworks – 1314 King Street; Le Vint'age – 1218 King Street; American in Paris-1225 King Street; AR Workshop – 1212 King Street; Shop Made in Virginia – 1121 King Street; ESP Tea & Coffee – 1012 King Street;

"The stroll is a great activity after an early dinner, or before enjoying a meal at one of Old Town's restaurants."

— OTBA spokesperson Charlotte Hall

Print This!-1013 King Street; Turkish Coffee Lady – 1001 King Street; Wine Gallery 108 -108 North Patrick Street; KYO Gallery-111 South Patrick Street; Versailles Art Gallery – 923 King Street; Ten Thousand Villages – 915 King Street; A.Oei Studio-121 S. Royal Street; Boxwood – 128 S. Royal Street; Principle Gallery – 208 King Street; Intertribal Creatives – 106 N. Lee Street/Founders Hall; and Made in ALX – 533 Montgomery Street.

Murals are located at: fibre space (2 murals), 1319 Prince Street; Pacers, 1301 King Street; Imagine Artwear, 1124 King Street; ESP Tea & Coffee, 1012 King Street; Bellacara, 1000 King Street; Old Town Books, 130 S Royal Street; Founders Hall, 106 N. Lee Street; and The Linder Academy, 607 S Washington Street.

For more information visit www.oldtown-nbusiness.org

– JEANNE THEISMANN

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