Alexandria bazette Packet

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25 Cents



Residents of ARHA's Ruby Tucker Center celebrate National Night Out Aug. 1 on Tancil Court.



Clifford Street residents (clockwise from left) Max Wolson, Sarah Friedman, Earline Williams, Emily Allen, Lorraine Oliver and Lorrussia Brockett celebrate National Night Out Aug. 1.

Annual event builds community National Night Out Annual event builds community connection with law enforcement.

By Jeanne Theismann GAZETTE PACKET

eighborhoods across the city gathered Aug. 1 to celebrate National Night Out with festivities ranging from cookouts to children's games as part of the annual campaign to promote neighborhood camaraderie and enhance the relationship between residents and law enforcement.

"National Night Out makes a difference because it brings neighbors, law enforcement, and other concerned folks together," said Sheriff Sean Casey. "We're always going to be stronger against crime when we work together."

National Night Out, traditionally held on the first Tuesday in August, was first celebrated in 1984 with 2.5 million neighbors across 400 communities in 23 states taking part. The initial years were marked by the simple gesture of sitting on a front porch with lights on.

The annual event has grown beyond front porch vigils with more than 35 million residents across the country participating in block parties, festivals, parades and cookouts.

"This is an opportunity for the community to come together, voice concerns and just enjoy each other," said Kimberly Artis, Coordinator for the ARHA Ruby Tucker Center.

In addition to Sheriff Casey, Police Chief Don Hayes, Fire Chief Corey Smedley and other emergency personnel visited neighborhoods across the city.



Firefighters Barrett Payne and Khalei Gaines-Kelly with National Night Out attendees Aug. 1 at Pat Miller Neighborhood Square in Del Ray.

"National Night Out is important for all of public safety," Chief Smedley said during a stop at Charles Houston Recreation Center. "The goal is to engage the community, understand what their needs are and concerns so that we are meeting those expectations."

Added Chief Hayes: "National Night Out is very important to us because it gives us a chance to get out in the community, which embraces us, has cookouts for us. We get to



City Manager Jim Parajon and Police Chief Don Hayes, second and third from right, gather with attendees at the Auburn Village National Night Out celebration Aug. 1.

ship all year long. National Night Out is like partment, the sheriff's department, even the a kickoff for the rest of the year.'

The National Night Out tradition has taken place in Alexandria for many years with new neighborhoods added each year.

"We are hosting our very first National Night Out and it has been amazing," said Tess Snyder, president of the Auburn Village Unit Owners Association. "Many neighbors

meet people and we continue that relation- have been here, people from the police de-City Manager stopped by. It's always good to meet people face to face, especially in this day and age."

> City Manager Jim Parajon attended the Auburn Village event, calling the evening "very helpful."

> > See National Night Out. Page 4







BEST WASHINGTONIAN 2023 Janet Caterson Price Alexandria Real Estate Specialist | NVAR Lifetime Top Producer 703.622.5984 | janet@janetpricehomes.com | janetpricehomes.com 109 S Pitt Street, Alexandria, VA 22314 | Equal Housing Opportunity



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City crews work July 31 to clear downed trees on the 300 block of Queen Street.

Storm Cleanup Continues

Severe storms leave thousands in the dark; no injuries reported.

> By Jeanne Theismann GAZETTE PACKET

thunderstorms moved iolent through the area Saturday, leaving more than 17,000 Alexandrians without power as wind gusts as high as 80 miles per hour moved through the region downing trees and power lines across the city.

Power was fully restored by Monday evening while cleanup crews continue to clear downed trees and debris. Throughout the DC region, more than 200,000 homes were without power over the weekend.

"As of yesterday [Monday] afternoon, all Alexandrians now have their lights back on," said Mayor Justin Wilson in a city update. "Saturday's storm wreaked havoc on our community as it toppled numerous trees, which took power lines down with them. Dominion Virginia Power crews worked throughout our City to restore power to those who had been impacted."

Cooling centers were open around the city over the weekend during regular hours, including many libraries and Charles Houston and Chinquapin Park rec centers.

No injuries were reported and no major roadways are closed at this time.

The Department of Transportation and Environmental Services is asking residents to set their large collections of debris on the curbside in front of their homes and leave clearance above and around their piles of debris.

www.ConnectionNewspapers.com



Photo by Janet Barnett/Gazette Packe A downed tree next to a house on Janneys Lane.

Do not place debris in one pile. Place tree yard waste is available at alexandriava.gov/ limbs and other larger pieces of yard waste next to trash cans and without blocking vehicles or pedestrians. Place smaller pieces in paper bags or containers with City-issued 'Yard Waste' stickers so crews can identify it.

The city anticipates two weeks of collection days to clear residential debris. More information on how to properly prepare

YardWaste.

There are different requirements for disposal of debris such as shingles, gutters and metal flashing that came off buildings during the storm. Visit alexandriava.gov/RefuseCollection for guidance on how to handle larger pieces of debris.

To report debris, down traffic signals,

"Saturday's storm wreaked havoc on our community." - Mayor Justin Wilson



Photo by Janet Barnett/Gazette Packet Debris from the July 29 storm on Ashby Street awaits pickup by city crews.



Downed tree limbs on North Royal Street.

flooding, or other non-emergency situations, call 703-746-4444. If you have an emergency, call 911.

Alternatively, the City recommends using the Alex311 Website, Alex311 Mobile App, and @AlexandriaVA311 on Twitter and Facebook for faster reporting and quick assistance during weather-related emergencies. www.alexandriava.gov

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Children check out the interior of an Armored Personnel Carrier during the Vassar Road National Night Out celebration Aug. 1.

National Night Out

From Page 1

"National Night Out is the perfect time for our community to come together," Parajon said. "It's a chance for us to get to know some of the new residents and just chat and find out a little bit more about what's going on in parts of the community that we don't spend as much time in."

Mayor Justin Wilson and members of City Council also made the rounds and spent time getting to know residents.

"National Night Out brings communities together," said Amira Reiff at the Vassar Road celebration. "City services come and we get a chance to thank them in person for all of the ways they help us as a community. We offer them refreshments while we get a chance to spend time with our neighbors."

Added Sheriff Casey: "We appreciate every chance we get throughout the year to strengthen our relationships with our neighbors, and for our deputies who work in the detention center, having these connections out in the community is especially meaningful."

> Photos by Janet Barnett/ Gazette Packet

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Fire Chief Corey Smedley, right, gets a hot dog during National Night Out Aug. 1 at Charles Houston Recreation Center.



Officer Benny Evans, right, visits with attendees during National Night Out Aug. 1 at Charles Houston Recreation Center.



Sheriff Sean Casey, right, visits with attendees during National Night Out Aug. 1 at. Pat Miller Neighborhood Square.

"National Night Out makes a difference because it brings neighbors, law enforcement, and other concerned folks together." — Sheriff Sean Casey



Twins Tina and Trina with mom Jeanne Peake enjoy National Night Out Aug. 1 at Charles Houston Recreation Center. www.ConnectionNewspapers.com



Marion Brunken, Executive Director of Volunteer Alexandria, and Jenn Ayers, Executive Director of ALIVE!, celebrate reaching the goal of collecting more than 33,500 pounds of canned goods and cooking oil during the month of July

ALIVE! and Volunteer Alexandria Celebrate Results of First City Wide Food Drive

33,511 lbs of food collected during July; more needed.

uring July 2023, Volunteer Alexandria partnered with ALIVE! For a city-wide food drive. With 38 different collection locations throughout the city, the drive was able to collect more than 33,500 pounds over the course of the month. All of the items collected were donated to ALIVE!'s food program to directly benefit members of the Alexandria community in need of food assistance.

"We ... exceeded our goal by over 3,000 pounds for our first community food drive and thank everyone who was able to help in some way. It was an easy decision to host it again in 2024," said Marion Brunken, Executive Director, Volunteer Alexandria.

Many local organizations hosted a food drive collection box and encouraged their patrons to donate items.

Lisa Groover with McEnearney Associates stated, "I was honored to host a food drive in Old Town Village for Volunteer Alexandria in support of ALIVE! Living in a neighborhood that truly values the concept of "Neighbors Helping Neighbors," and working for a company that is committed to supporting the community we call home means the world to me."

Without the support of local businesses like McEnearney Associates and Ting Inwww.ConnectionNewspapers.com ternet, the food drive would not have been nearly as successful as it was.

"At Ting, we firmly believe in the power of giving back. We're thrilled to support this year's food drive. It's been truly remarkable to see the community come together to stock the warehouse with food, "says Nicole Mc-Nally, Ting Internet.

The food collected through this food drive will support thousands of families in our local community and ensure that ALIVE! has the resources to continue being a safety net for neighbors in need. VolALX mobilized volunteers to assist with this initiative and is extremely grateful for everyone who gave their time to make this a success.

"Thank you, Volunteer Alexandria, for hosting this food drive for us and the community," Jenn Ayers, ALIVE! Executive Director, "Donations like the ones we've received go a long way to keeping our costs down and provide a healthy variety of food to people who need help."

Though the food drive was a success, the need for food assistance doesn't end. ALIVE! Provides basic groceries to roughly 12,000 to 15,000 people each month and seeks contributions throughout the year to help fight poverty and hunger throughout the City of Alexandria.

Food donations are welcome at the ALIVE! Food Warehouse (801 South Payne St) Mondays, Tuesdays, Wednesdays, Fridays 9 am – 4 pm; Thursdays 9 am – 7 pm; Saturdays 9 am – 12 pm

https://www.alive-inc.org/

https://www.volunteeralexandria.org/



MORE THAN 40 BOUTIQUES



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Sports

Aces Close Out Season With 7-3 Loss

Bethesda Big Train regains Cal Ripken League title.

By Peter Rainey Special to the Gazette Packet

he Alexandria Aces concluded a historic season July 29 with a 7-3 loss to the Bethesda Big Train in the Cal Ripken League Championship Series. The Big Train clinched their sixth league title in seven years with the win. The Aces entered the 2023 postseason as the league's top seed, finishing the regular season with a record of 30 wins and six losses, the all-time best win percentage in Cal Ripken League history.

"Pretty fantastic year; obviously it didn't end in a way you want to play where you're winning a championship, but you know a lot to hold your head high about," said Aces head coach Chris Berset. "At the end of the day, hat tip to Bethesda ... they earned every bit of that championship."

The Cal Ripken Summer Collegiate Baseball League is a summer wooden-bat league composed of college athletes from around the country who descend upon the DMV to compete in the eight-team league from the start of June through July. The league's goal is to allow these athletes additional competitive reps in the college offseason, with a focus on player development-out-of-towners reside at the homes of volunteer host families throughout the summer. The Aces competed hard and developed terrific team chemistry during their short, two-month sprint of a season in Alexandria under Berset.

Aces' Matt Ossenfort, a Vanderbilt commit from Sioux Falls, S.D., offered some comment.

"I am very grateful for Coach Berset; he helped me out a lot, helped me take that step from high school to college, and I'll be forever grateful for him," said Ossenfort, who is now set to begin his freshman season in Nashville with his Aces teammate, RJ Hamilton, at Vanderbilt.

"[Vanderbilt] is gonna get some dogs coming in," said Hamilton, referring to himself and Ossenfort. "Some dogs that're hungry, that're ready to go back to Omaha and win it this year." The NCAA Division I Men's College World Series is held in Omaha, Neb.. Vanderbilt baseball last won the National Championship in 2019.

The Aces' regular season shattered already high expectations coming off of a championship victory last year; a 30-6 mark in regular season play set a league record 83.3 percentage. The Aces clinched the league's number one seed with a week of the regular season left to play, holding a 26-3 record at the time. A 17-game winning streak spanning from June 16 to July 13 also set a new league record.

"Just a credit to [the players] to come in day in day out . . . lot[s] to be excited about for their futures," Berset said. "Along in their journey, I hope they learn something from here, from Alexandria, that they can take 6 ♦ Alexandria Gazette Packet ♦ August 3-9, 2023



Alexandria Aces players Thomas Lamar (Pitcher, Lehigh University) and Jonah Oster (Infielder, Campbell University) get the out at home to stop Bethesda Big Train's runner from scoring during the championship game July 29. The Aces lost to Bethesda 7-3.



Alexandria Aces' Tim Nicholson (Catcher, George Washington University) catches a strike.

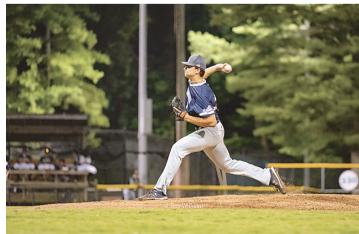


The 2023 Alexandria Aces pose for a team photo July 29.

Photos by Tess Wilhelm

"Despite the tough ending to the season the Aces and the Alexandria community can hold their heads high for the many accomplishments the Aces had." - Alexandria Aces owner Frank Fannon





Alexandria Aces' Cameron Keshock (Pitcher, Auburn Universi-

ty) pitches during the July 29 championship game.

Alexandria Aces' Alex Wade (Outfielder, Auburn University) up to bat

their journeys in baseball."

Team owner Frank Fannon is proud of the team's accomplishments.

"Despite the tough ending to the season the Aces and the Alexandria community can hold their heads high for the many accomplishments the Aces had," Fannon said. "We set a Cal Ripken collegiate baseball league

for the regular season at .833 percent with a regular season record of 30-6. We also had a 17-game winning streak that shattered the long-standing league record of 12."

The players have now left Alexandria and returned to their home states across the country.

"With the expanded seating at the sta-

to their schools and continue to progress in record with the highest winning percentage dium the Aces set an attendance record in 2023," Fannon added. "We look forward to Coach Berset recruiting another great team over the winter and the 2024 Alexandria Aces will report to Alexandria on June 1, 2024, for another promising season of Aces baseball. A special thanks to all the fans, sponsors and volunteers for making the 2023 season one to remember."

www.ConnectionNewspapers.com

Tax Preparer Pleads Guilty to \$1.4M Fraud Scheme

n Alexandria man pleaded guilty today to defrauding the U.S. government of approximately \$1.4 million in tax revenue by preparing false tax returns on behalf of his unsuspecting clients.

According to court documents, between 2016 and 2020, Lawrence Appiah-Osei, 58, ran a tax preparation business called New Look Enterprise out of his home in Alexandria. From at least 2017 through 2020, Appiah-Osei executed a scheme to fraudulently inflate the tax refunds of his clients. To do so, Appiah-Osei falsely claimed that his clients operated businesses that lost thousands of dollars each year. These fraudulent losses drove down the clients' taxable income and increased the clients' tax refunds. The Internal Revenue Service-Criminal Investigation (IRS-CI) estimates the Appiah-Osei's actions resulted in a tax loss of ap-

proximately \$1.4 million to the federal government. Appiah-Osei is scheduled to be sentenced on Nov. 3. He faces a maximum penalty of six years in prison. Actual sentences for federal crimes are typically less than the maximum penalties. A federal district court judge will determine any sentence after taking into account the U.S. Sentencing Guidelines and other statutory factors.

Correction

In the July 27 edition of The Gazette Packet, the description of Goodwin House Alexandria was misstated in the Caregiving Corner column on Robotic Pets. Goodwin House Alexandra is a continuing care retirement community.

BULLETIN BOARD

VOLUNTEERS WANTED

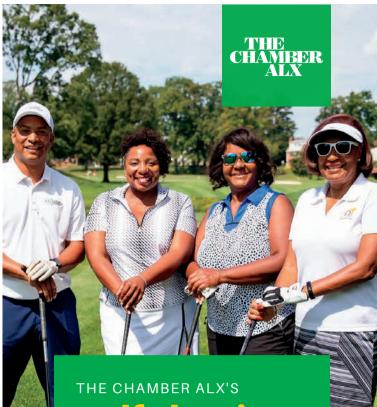
- Alexandria Families for Safer Streets -Executive Assistant to AFSS Board of Directors. The agency is seeking an executive assistant to help coordinate a diverse group of tasks necessary to keep us on track and moving forward. Someone with office manager skills would be the ideal candidate. www.volunteeralexandria.org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

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

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.

SEE BULLETIN, PAGE 8



golf classic

PRESENTED BY MGM NATIONAL HARBOR JOIN US ON SEPTEMBER 18 FOR AN EXCITING DAY OF NETWORKING AND PLAY AT SPRINGFIELD GOLF & COUNTRY CLUB

TICKETS AT THECHAMBERALX.COM



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Local Student Chosen To **Attend American Legion Auxiliary Girls Nation**

ara Fenimore of Alexandria is one of 94 high school seniors selected to attend American Legion Auxiliary (ALA) Girls Nation July 22-29 in Washington, D.C. The weeklong program, founded in 1947, has provided exceptional civic education to thousands of students, teaching them about how the federal government works.

Fenimore is one of two participants who will represent Washington D.C. as a "senator" at ALA Girls Nation. Two delegates from each ALA Girls State program are chosen to represent their state after participating in an ALA state-level program held across the country. At ALA Girls Nation, senators will participate in mock Senate sessions complete with caucuses and debating bills that range from personal to political interests

Other activities on the agenda include a visit to Arlington National Cemetery where they will place a wreath at the Tomb of the Unknown Soldier, a visit to Capitol Hill to meet with real-life U.S. senators from their state, and a tour of D.C. monuments.

Fenimore, a rising senior at St. John's College High School in Washington D.C., was active in many ways during her week at ALA Washington D.C. Girls State. She also participates in many activities in her school and community. Some of her activities include Cadet Colonel in Cadet Corps Leadership Program, Color Guard Commander, student government, Best Buddies, soccer, and rugby.

Students leave the program with increased confidence and leadership skills for college and in their future career paths. Some participants of the program go on to have careers in public service at the local, state, and national levels. No matter what their future holds, all leave with a better understanding of civic responsibilities.

The American Legion Auxiliary (ALA) is a community of volunteers serving veterans, military, and their families. Members also support the mission of The American Legion in improving the quality of life for veterans. To learn more and to volunteer, join, and donate, visit www.ALAforVeterans.org.

BULLETIN BOARD

From Page 7

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.

ALIVE! offers numerous programs that aid low-income families in Alexandria that rely on volunteers: monthly food distributions, furniture, houseware and emergency food deliveries, and community food drives. Individuals, families and groups are encouraged to participate. Students can earn community service hours by participating. Visit www.alive-inc.org/ volunteer.htm or contact the Volunteer

Coordinator at volunteers@alive-inc.org. 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.

RSVP, a volunteer network for seniors seeking service opportunities in and around

Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.

Mentors Wanted. Two creative programs that help transform the lives of Alexandria's preteens are seeking volunteer mentors. SOHO, which stands for "Space of Her Own," and "Space of His Own," serves vulnerable fifth graders in Alexandria. The programs pair men and women with youth in need of positive adult role models, to help support and guide youth in making healthy choices and succeeding in school and in life. Visit www.spaceofherown.org and www.spaceofhisown.org. For more information on how to become a SOHO mentor, contact Sarah Maroney at sarah.maroney@alexandriava.gov or phone at 703-746-4687.

Farmer's Market Volunteers Needed. To volunteer for the Farmer's Markets, email Brian Morreale, brianmorreale@gmail.com

SUPPORT GROUPS

Postpartum Support Virginia sponsors a free, bi-monthly support group for women suffering depression and/or anxiety during pregnancy or in the first year following childbirth. Meets on the 2nd and 4th Wednesdays of each month at Inova Alexandria Hospital, Health Education Center. rooms 1-2, 4320 Seminary Road. Contact co-moderator Susan Dovle at suzidovle@ gmail.com or 571-403-0673.

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ENTERTAINMENT

4 Dates to Circle in August

By Hope Nelson Gazette Packet

ake heart - there's still plenty of time left to enjoy summer! Here are four of the city's best food and drink events for August.

Alexandria Summer Restaurant Week, Aug. 18-27

It's a highlight of the summer for local foodies: Restaurant Week returns! Nearly 70 restaurants around town will offer up special tasting menus and deals for lunch and dinner ranging

from \$25 to \$45 per person. Visit alexandriarestaurantweek.com to peruse the participating eateries and scope out their menus in advance. (And don't forget to make a reservation!) https://visitalexandria.com/restaurants/restaurant-week/

Bands and Brews Bar Crawl, Aug. 19

Del Ray's Bands and Brews Bar Crawl is back for a third year. More than 15 restaurants are taking part in making the crawl a success, featuring live music at each venue, food and drink specials, raffles, a photo booth and more. Not in the mood to stroll

Calendar

NOW THRU AUGUST 31

Creative Summer Programs. At Del Ray Artisans, 2704 Mount Vernon Ave., Alexandria. Creative Summer Programs is a series of workshops exploring the arts. Learn techniques in drawing, mixed media, mosaic, jewelry, watercolor, and more from local artists. Delve into creative exploration solo or with friends. For children and/or adults, free and paid programs are offered. Sign up for what inspires you! Visit the website: DelRayArtisans.org/ creative-summer

WEDNESDAYS THROUGH SATURDAYS

Tours Aboard Tall Ship Providence and Sen. John Warner Maritime Heritage Center. 10 a.m. to 5 p.m. At Alexandria's Waterfront Park, 1A Prince Street, Alexandria. Guests of all ages are recruited into the Continental Navy aboard Tall Ship Providence with legendary Captain John Paul Jones. Recruits are assigned jobs on the ship, learn where they will work and live, how to load a cannon, etc... Tours conclude in the Naval History Theatre with a film about the ship. The Heritage center is a floating museum on the Alexandria waterfront. Visit https://tallshipprovidence.org/

JULY 25-SEPT. 17

Captured: Plants and Places. 1-4 p.m. At Green Spring Gardens Center, 4603 Green Spring Road, Alexandria. Step into the world www.ConnectionNewspapers.com



A sample of the alphabetical list of restaurant week participants. Alexandria Summer Restaurant Week is Aug. 18-27

APPETITE the avenue? Not to worry; trolley service is available. 12:30-6 p.m. Advance tickets \$15; \$25 at the door. Check in begins at 12:30 at Northside 10 (10 E. Glebe Road), Lena's Wood-fired Pizza and Tap (401 E. Braddock Road) and Pat Miller Square (2312 Mount Vernon Ave.). https://www.visitdelrav.com/events/ bandsandbrews/

Around the World Cultural Food Festival, Aug. 26

Take a tour of global cuisine without ever picking up your passport. Pile your plate high with samplings from a variety of countries, including China, Jamaica, Ecuador, Nepal, Turkey and more, and be sure to save room for a dessert from one of the more than half-dozen sweets vendors. Looking for a gift for that special someone? A plethora of arts and crafts shops will also be on hand to help you out. 11 a.m.-7 p.m. Oronoco Bay Park, 100 Madison St. https://aroundtheworldfestival.com/

Dog Days of Summer at Lost Boy Cider, Aug. 26

What could possibly make a day at the cidery even sweeter? Adopting a dog, of course! Lost Boy Cider has teamed up with the Animal Welfare League of Alexandria to help facilitate just that. Adoptable pups will be on hand for meet-and-greets, and local vendors will also be on site to provide all the accoutrements. Already have a pup and aren't looking to take on another? Bring your favorite Fido along and let him do some shopping (and splashing on the splash pad). 317 Hooffs Run Drive. 1-6 p.m. https://www.lostboycider.com/event/ dog-days-of-summer/

Hope Nelson is the author of "Classic Restaurants of Alexandria" and owns the Kitchen Recessionista blog, located at www. kitchenrecessionista.com. Email her any time at hope@kitchenrecessionista.com.



Take a tour aboard the Tall Ship Providence and Sen. John Warner Maritime Heritage Center in Alexandria's Waterfront Park.

of plants across the region and in still life at a season-spanning photography exhibit July 25 to Sept. 17 at Green Spring Gardens Horticultural Center. The lyrical collection "Captured: Plants and Places" features botanical imagery drawn from the Washington area to Maine, including studio photos, intimate outdoor vignettes and idscape scenes. The photogra phers' varying visions and styles in color and black-and-white invite viewers to explore the wonder of wild and horticultural lands. An opening reception with the artists is July 30 from 1 p.m. to 4 p.m. in the Atrium at Green Springs Gardens Horticultural Center.

JULY 27 TO SEPT. 3

Obscura: Tinam Valk Exhibit. At the Athenaeum, Alexandria. Reception on Sunday, Aug. 13 from 4-6 p.m. Tinam Valk's work explores the ambiguity of subjects such as oceans, rivers, landscapes, sometimes a combination of land and water. and figures or animals depicted within a land and water environograph 60 to 100 years old in combination with sketches and memory and made-up environments, serve as a source for much of this work.

AUG. 4-26

The "Treasures of the DMV" exhibit. At Del Ray Artisans Gallery,



The Treasures of the DMV exhibit will be shown Aug. 4-26, 2023 at Del Ray Artisans Gallery in Alexandria.

at Sherwood Regional Library,

2501 Sherwood Hall Lane. Se-

children's books, fiction, history,

cooking, crafts, sports, religion,

Unless specially priced, \$1 for

and 25 cents for mass market

paperbacks. Visit https://www.

hard backs and large paperbacks,

fairfaxcounty.gov/library/branch-

es/friends-of-sherwood-regional.

biography, home and garden,

travel, CDs, DVDs, and more

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2704 Mount Vernon Ave., Alexandria. Features art that celebrates the wonders of DC, Maryland, and Virginia. Come see famous and overlooked regional gems from the perspective of local artists. Opening Reception: Frida August 4, 7-9pm. Open Thursdays 12-6pm, Fridays 12-9pm, Saturdays & Sundays 12-6pm (Closed on August 27). DelRayArtisans. org/exhibits

AUG. 5, 2023

Used Book Sale: 10 a.m. – 4 p.m. See Calendar, Page 11 Alexandria Gazette Packet 🗞 August 3-9, 2023 🗞 9



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The Friendship Firehouse Festival returns Aug. 5 from 9 a.m.-2 p.m. on the 100 block of South Alfred Street.

Friendship Firehouse Festival Returns Aug. 5

he Friendship Firehouse Festival returns to the 100 block of South Alfred Street Aug. 5 from 9 a.m. – 2 p.m. in celebration of Friendship's 249th year.

The free festival provides an opportunity to learn about fire safety today, and yesterday, and see Alexandria Fire Department equipment up close. There will be booths by the Alexandria Police Department and Sheriff's Office, music performances, displays by community organizations, vendor booths, and food and beverage sales.

Join in water play and please-touch arti-

Calendar

From Page 9

SATURDAY/AUG. 5

Open House at Woodlawn. 11 a.m. to 4 p.m. Featuring free self-guided tours of the Woodlawn mansion, arts and crafts tables, lawn games, and more! Bring your family to learn about this unique local historic site and enjoy our outdoor space. Visitors are encouraged to bring a blanket and enjoy a

encouraged to bring a blanket and enjoy a picnic on the lawn. Drinks and snacks will be available for sale.

SUNDAY/AUG. 6

Running Strong Powwow. 10 a.m. to 4 p.m. At Waterfront Park, 1 Prince Street, Alexandria. Come join the 2nd Annual Running Strong Powwow to celebrate Native American cultures with others and create long-lasting memories with one another. Be a part of the growing awareness of Native American Communities, History, and Culture of the region. Be a part of remembering how Native American People, Communities, Contributions, History, and Land will always be the heritage of the United States of America.

TUESDAY/AUG. 8

August Networking Breakfast. 8:30-9:30 a.m. Share your brand across Northern Virginia from your home or office. Join the Northern Virginia Black Chamber of Commerce for this virtual installment of its Networking Breakfast Series. Develop new prospects and share a 60-second commer-WWW.CONNECTIONNEWSPAPERS.COM fact activities. Children will receive free toy Friendship firefighting helmets. This family event is presented by the Friendship Veterans Fire Engine Association and the Office of Historic Alexandria.

The Friendship Fire Company, established in 1774, was the first fire company in Alexandria. Today the Friendship Firehouse, built in 1855, is a museum open to the public. Friendship's restored 1858 hose-reel carriage will be on exhibit.

For more information see https://www. alexandriava.gov/FriendshipFirehouse and www.friendshipfireco.org

cial with all the attendees. Each attendee will get to address the group and share their business. Virtual - Zoom Link Available After Registration. Go to https://web. alexchamber.com/

TUESDAYS, AUGUST 9, 16, 23, 30

Simpson Park Demonstration Garden: Tuesdays@10. 10:00 a.m. – 11:00 a.m., Simpson Park Demonstration Garden, 420 E. Monroe Ave., Alexandria. When Mother Nature can't do it all....Simpson gardeners step in to offer a helping hand. Free. Contact mgnv.org for more information.

MOUNT VERNON NIGHTS

Fridays at 7:30 p.m. at Grist Mill Park, 4710 Mount Vernon Memorial Highway, Alexandria

AUGUST

4 Kadencia Orchestra (Bomba, Plena, Salsa) 11 Collaboration featuring Lori Williams (Jazz) 18 Crack The Sky (Rock) 25 Deanna Bogart (Blues, R&B)

FRANCONIA NIGHTS CONCERTS

Wednesday evenings from 7:30-8:30 p.m. At Leonadus K. Plenty Amphitheater, 6601 Telegraph Road, Alexandria. AUGUST

2 Pablo Perez El Alcalde de la Salsa (Salsa) 9 Alexandria Harmonizers (Chorus) 16 The Nighthawks (Blues) 23 Dave Kline Band (World Jazz Fusion) **BUSINESS DIRECTORY** WWW.CONNECTIONNEWSPAPERS.COM

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"Triple Dog Dare"



By KENNETH B. LOURIE

As a long-surviving, hopefully evolving cancer patient, (14 years and counting; you bet I count), over whatever time it takes the patient to integrate his or her cancer and all its related tentacles into their life/routine/goals and objectives, eventually you reach an accommodation. In so doing, you no longer plan for it; rather, you plan around it. At some indeterminant length of time, you decide, almost consciously, that you are going to live what's left of your life and consider less and less the consequences and impairments/challenges of your disease.

Cancer, however, often has something to say about your best laid plans. One's schedule, particularly months ahead, especially if airline tickets, hotel accommodations and the like are required (to make the best of your bad situation), are subject to change and not by your own choosing. One blip in your lab work, physical examination/video appointment, an irregularity in one of your recurring scans (PET, CT, MRI and/or body/bone) or just feeling lousy, can play havoc with your commitments. Commitments which are not so easily – or inexpensively, changed. A re-test in any of your regular diagnostic requirements has a cascade effect down your scheduling line. What dates were once windows of opportunity can quickly become impossible/unrealistic doors slamming shut.

As such, during conversations with my oncologist about more than my papillary thyroid cancer, he often asks about any future plans. This is asked in the context of, and in relation to, a scheduled scan whose results might be disappointing, shall we say – and downright life-changing shall we never say, especially if known before one's departure – thereby ruining any positive vibe. Sensitive and considerate of the razor's edge on which I and many cancer patients live, my oncologist will typically ask if I want to schedule the scan after I return from wherever I'm going, just in case.

To that hopefully-not-premature end, I elected during this most recent cycle to keep my scheduled scan in place before I left town on vacation. Given that the usual and customary turnaround in which the results are emailed to me, it's very likely I'll know the details before I leave town. And though keeping this scan appointment was absolutely my decision ("it was my idea, but I don't think much of it," to invoke a Moe Howard quote from a long-ago Three Stooges episode when the boys grabbed off a doorstep what they thought was an abandoned baby), I do have some anxiety about it.

On the one hand, am I being arrogant and inconsiderate of my fellow vacationers – potentially concerning my last-minute news which might not be for the best? Or am I trying to control my cancer with a sort of false bravado-type confidence in my results thinking that if I remain positive about the possible negative, I will win the day (quarter, actually) and not "earthquake" our vacation plans? I sure hope it's the former and not the latter so I can go on pretending the latter won't soon be happening.

But that's exactly what a cancer diagnosis does to your life. Topsy-turvy, up and down, in and out, all-around; "here, there, and everywhere" (our wedding song, by the way) and who knows what, are your daily (not really minute by minute) emotions. It's sort of like having an upset stomach but your brain is what's upset. And unfortunately, rest or a bromo seltzer won't change how you feel or even offer any relief from you pre-existing condition. Cancer is the big dog, and it absolutely doesn't want to get off the porch. But if you don't make friends (sort of) with your cancer and don't learn to expect the unexpected and work that unpredictability into your life's equation, then your future will be one gigantic hassle. Finding a path forward where you can live with it, maybe even live because of it, is the key. However, it's nearly impossible to make light of such a heavy load. There are so many reminders, both internally and externally that trigger your "canceritis" that finding some kind of mechanism to get you through the day is paramount. Otherwise, vou'll become a very dull boy. And whatever fight you have in you; finding something funny, something positive, something to be grateful for; are all methods to the madness that a cancer diagnosis creates.

I've found that planning a future – even one with all the inherent risks I've described, is an attempt at normalizing an abnormality (cancer, especially "terminal" cancer, certainly qualifies). It may sound simple but as one of my best friends, Lynne, said to me at the beginning of what has become a 14+ year journey: "Being diagnosed with cancer will be the toughest thing you've ever had to do." As a former cancer patient herself, I took her words to heart. When you're right, you're right; and Lynne was right.

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

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OPEN SAT 8/5, 2-4PM

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DC/Kingman Park | \$799,000

Originally built in 1930, this sensational home has been completely transformed including a custom kitchen renovation, gorgeous walnut wood floors, a spectacular upper level bathroom a fully finished lower level, and a fenced-in rear parking pad. 545 23rd PI NE **Michael Makris 703.402.0629** www.TheMakrisGroup.com



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