



PHOTOS BY VERNON MILES/GAZETTE PACKET

Recipients and guests of the Alexandria Chamber of Commerce's 2017 Public Safety Valor Awards.

Valor Awards Tales of police and firefighter heroism.

BY VERNON MILES
GAZETTE PACKET

In a critical situation, a few seconds can make the difference between life and death. A wrong decision or a moment of hesitation can turn a "shots fired" call into a homicide case. The wrong step can mean someone on the edge of a building plummets to their death. On April 26, the Alexandria Chamber of Commerce's Public Safety Valor Awards honored those who made the quick decisions in emergency situations; fighting to save the lives of others, sometimes at the risk of their own.



Alexandria Firefighter-Medic Kaandra Wilson was on her way back home from on a trans-Pacific flight when an emergency struck. A 70-year-old man who spoke only Mandarin was traveling with his son and had trouble walking to the bathroom. His blood pressure cup indicated that the pressure was 90/50 and starting to fall. Flight attendants asked if anyone was available with medical experience. After no one else came forward, Wilson rushed forward to help the man. His heart had stopped. Kaanda and another passenger began doing CPR and established a relay team to keep the CPR going for over three hours until the plane landed. However, once paramedics came on board the man was pronounced dead.

For her efforts, Wilson was presented with a lifesaving award.



Deputies Valarie Wright and Charlie Winstead were working security at the opening night of the Landmark Mall carnival on March 25 when a scuffle broke out. The argument grew more heated and a 15-year-old boy was stabbed in the lower chest. The deputies secured the victim and tries to keep the crowd away. However, those the boy had been arguing with and others in the crowd had gathered around were preventing the ambulance from reaching the victim. Deputy Fire Marshal Joe Zarkauskas



Private security contractor Marcus Johnson (center) Mayor Allison Silberberg (left) and Alexandria Chamber of Commerce Chairman Dak Hardwick (right). Johnson witnessed a police officer being assaulted and stepped in to pull the suspect away from the officer. Though injured in the struggle, Johnson was able to help the officer restrain the suspect until more police arrived.

arrived and worked to keep the crowd away from the critically injured boy. Winstead put the boy into his cruiser and transported the victim to the medics, who took him to the hospital where he was ultimately saved.

Wright, Winstead, and Zarkauskas were awarded bronze medals.



At the 11th floor of an apartment complex on May 17

SEE TALES, PAGE 3

Overtaxed or Underinvested?

Mayor against City Council on tax rate increase.

BY VERNON MILES
GAZETTE PACKET

Taxes were already going to go up 2.7 cents in the initial proposed budget, but throughout the add/delete process that number has been steadily rising. Add/deletes are the City Council members' opportunity to propose changes to the budget. There have been virtually no deletes and very few revenue generating additions, but the new expenditures have

built up. Now, the initial 2.7 cent increase has risen to 5.7 cents.

The initial 2.7 cent tax rate had mostly gone to cover an increased contribution to the Metro and to cover the rising costs of Alexandria City Public Schools.

According to Budget Director Morgan Rountt, the two biggest changes made to the budget were \$4.3 million for affordable housing and up to \$15.6 million as contingency funding for eventual city and schools investment. Rountt explained that the funding would be put in a contingency line for investments between FY 2018 and FY 2027. Rountt explained that contingency reserves would require further City Council action to be utilized.

SEE OVERTAXED, PAGE 5

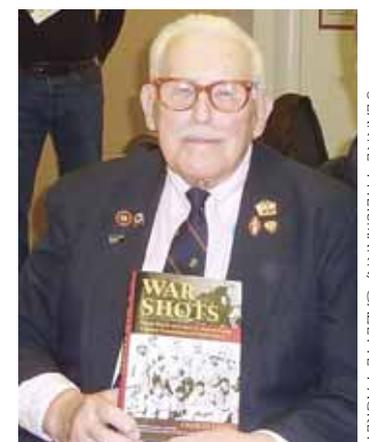
Eyewitness to History

WWII combat photographer Norm Hatch dies at 96.

BY JEANNE THEISMANN
GAZETTE PACKET

The morning of Feb. 19, 1945, was quiet. Too quiet, thought Marine Staff Sergeant Norm Hatch as he made his way through the volcanic ash on the shores of the remote Japanese island of Iwo Jima.

"I said right away 'Something doesn't smell right,'" recalled Hatch, a seasoned combat photographer who had faced the same



JEANNE THEISMANN/GAZETTE PACKET

Norm Hatch was the subject of the book "War Shots" by combat historian Charles Jones.

SEE EYEWITNESS, PAGE 9

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PHOTOS BY VERNON MILES/GAZETTE PACKET

From left: Mayor Allison Silberberg, Fire Chief Robert Dube, Fire Marshal Andrea Buchanan, Sergeant Jesse Meekins, Officer Matthew Parker, and Police Chief Michael Brown.

From left: Mayor Allison Silberberg, Deputy Valarie Wright, Sheriff Dana Lawhorne, Deputy Charlie Winstead, Fire Chief Robert Dube, Deputy Fire Marshal Joe Zarkauskas, and Alexandria Chamber of Commerce Chairman Dak Hardwick.

Tales of Police and Firefighter Heroism

FROM PAGE 1

in the mid-afternoon, a man had decided to kill himself. He'd called his family members and had said his goodbyes. As his girlfriend notified the police, he was getting ready to jump. When Sergeant Michael Nugent arrived, the man had begun to climb over the railing and was staring at the ground. More police arrived, but the victim would not leave the balcony to answer the door. Officer Joel Hughes was able to breach the door and rushed to the balcony. Hughes grabbed the subject and kept him from falling. While the victim struggled with Hughes, Officers Hayden Johnson, Patrick Kunz, and Officer Stephen Riley IV were able to pull the man back onto the balcony. The victim was taken to Inova Alexandria Hospital where he received treatment.

Hughes and Johnson were both presented with Certificates of Valor while Kunz and Riley were given Lifesaving Awards.



By the time Officer Daniel Watts arrived at the apartment complex, the 37-year-old victim was not breathing. Watts was responding to a call of a possible drug overdose on May 26, and Watts found the man unresponsive with a blue pallor to his skin. Watts immediately began to perform CPR and was able to re-establish a pulse. The victim was revived and taken to a local hospital.

Watts was presented with a Lifesaving Award.



By the edge of the Potomac River, a brawl had broken out. Officers Steven Matthews and Matthew Wilson were working in the Canal Center Plaza on July 19 and observed two men fighting. The officers ran the 200 yards to reach the fighting men, but by the time they arrived both had tumbled into the river. One went unconscious, but the second man continued to assault him. While Wilson took the assailant into custody, Matthews rescued the unconscious victim from the water. The officers pulled both to the shore and the victim was trans-



Mayor Allison Silberberg with Firefighter/Medic Kaandra Wilson



Mayor Allison Silberberg and Officer Joel Hughes



Mayor Allison Silberberg and Officer Daniel Watts



Mayor Allison Silberberg and Officer Steven Matthews

ferred to the medics for assistance.

Matthews and Wilson were presented with Certificates of Valor.



A 22-year old woman had chosen the overpass above Holmes Run Creek as her suicide destination. On Aug. 29, Officer Johnny Larios was on patrol when he observed her standing outside the railing and leaning forward. Larios approached her and tried to speak to her, but she did not want to speak to him and stepped closer to the edge of the overpass. While speaking to her, Larios saw Officer Yuri Mikhin approaching from behind. Larios continued to distract her while Mikhin grabbed her under her arm and began to pull her towards safety. She struggled, but Mikhin, Larios, and Officer Daniel Reeve were able to pull her to safety and get her to the local hospital for counseling.

Mikhin, Larios and Reeve were presented with Lifesaving Awards.



After getting into an argument with her girlfriend, a woman sent her girlfriend a series of suicidal statements and started to make her way towards the Potomac River. The victim's girlfriend notified the police, who were able to track the victim's phone to Old Town near the waterfront. When police finally found the victim on a concrete barrier in Waterfront Park, she leapt into the river and tried to submerge herself. Other units started to arrive and both D.C. Police Harbor Patrol and Fairfax County Fire Department's Water Rescue Units were called to the scene, but Fire Marshal Andrea Buchanan realized neither would get there in time to rescue the victim. Buchanan shed her tactical vest, firearm, and boots. Sergeant Jesse Meekins and Officer Matthew Parker also shed their equipment and all three jumped into the river and swam towards the victim, who was at that point 30 feet away from the ledge. The victim submerged herself in the water and was no longer visible. Parker reached underwater and finally

SEE VALOR, PAGE 26



From left: Mayor Allison Silberberg, Officer Johnny Larios, Officer Daniel Reeve, Officer Yuri Mikhin, Police Chief Michael Brown, and Alexandria Chamber of Commerce Chairman Dak Hardwick



From left: Mayor Allison Silberberg, Sergeant Patrick Taylor, Officer Osama Sharif, Officer Alex Shin, Police Chief Michael Brown, and Alexandria Chamber of Commerce Chairman Dak Hardwick

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Delegation or Abdication?

Council to vote on capital planning task force.

BY DAN BRENDEL
GAZETTE PACKET

The City Council will vote tonight whether or not to establish a task force charged with creating a joint city-schools approach to infrastructure. While some see the initiative as the prudent seeking of expert counsel, others think it circumvents the established role of government.

A yes vote would put into action a March 14 proposal from Vice Mayor Justin Wilson. In it he cited the public's "desire to break out of the cycle of underinvestment and deferral" and "expectation that we will conclude this budget process with a sustainable capital investment level for the foreseeable future." Toward that end, the new Ad Hoc Joint City-Schools Facility Investment Task Force would recommend "a Joint City-Schools Capital Improvement Plan (CIP)," according to the docketed resolution. A joint CIP means "prioritization of City and School facilities utilizing identified available funding" spaced out over 10 or more years, beginning FY2019. The Task Force would also make process and policy recommendations regarding, for instance, joint facility/site usage, governance, and ongoing maintenance.

The major concern is that the Task Force would comprise "disinterested persons ... who do not hold public office or are employed ... by either the City or ACPS [Alexandria City Public Schools]." Rather than

City or ACPS personnel, the nine Task Force members would include outside "blue ribbon" experts. Their expertise would include architecture, engineering, urban planning; education; facilities planning; asset management; construction; finance; business; real estate development; and related law. The estimated cost to support the Task Force — including a paid consultant and additional staffing — is \$414,000.

Several School Board members expressed concerns about this proposed model at their April 27 School Board meeting. Echoing Mayor Allison Silberberg — City Council's only dissenting voice — they think the existing budget process and bureaucratic mechanisms should suffice. Existing mechanisms include the City Council-School Board Subcommittee; the Long Range Educational Facilities Plan (LREFP) Work Group; the City's Budget & Fiscal Affairs Advisory Committee (BFAAC); and ACPS's counterpart to BFACC, the Budget Advisory Committee (BAC).

"My biggest concern is that [the Task Force proposal] seems to take the role of the superintendent and the staff, and the charge of the elected bodies, and pulls away that responsibility from what they were elected to do," said School Board member Christopher Lewis. "I think we have a system that could work, if we agree to work through it, where we propose a budget, we have work sessions with [City Council], we talk about priorities, and we task our staff[s] to bring forward concepts that support the shared goals and the shared priorities ... That's the way our budget process is supposed to work. If we need to tweak and give greater instruction, I think

SEE DELEGATION, PAGE 25

Overtaxed or Underinvested?

FROM PAGE 1

"[Contingency funds] are established if the council agrees to a project in concept but hesitates to fund," said Rountt.

The \$4.3 million affordable housing investment would go into the city's Housing Opportunities Fund. The addition, proposed by City Council member Willie Bailey, notes that the funding would allow housing projects to leverage an additional \$40 million in funding from other sources.

Since the start of the add/delete season, Mayor Allison Silberberg has repeatedly pushed against the three cent increase proposed increase. At a work session before the April 25 City Council meeting, Silberberg said the city should postpone certain projects to find the funding for affordable housing rather than increase the tax rate further.

"One way to fund affordable housing is to raise taxes," said Silberberg. "The other is to find things to pause on, like the city manager recommended pausing on the Chinquapin [Recreation Center]."

In City Manager Mark Jinks' proposed budget, Jinks recommended a delay on the \$4.5 million planned to build a new swimming pool at the Chinquapin Recreation Center.

"If we can pause things, even for a year, that would help with [affordable housing projects]. That's really where my heart is at ... It's incumbent upon us to consider these delays, even for a year."

Silberberg proposed three projects she said could be delayed: replacing the parking meters at Carlyle, improvements to a small dog park, and the replacement of two fields. Silberberg had proposed the idea before but it didn't get the necessary cosponsors to be considered in the add/delete. In previous years,

Silberberg noted that the City Council was able to make changes and delays from the dais. However, in a scene that has become common in City Council chambers, Vice Mayor Justin Wilson rejected Silberberg's idea. Wilson accused Silberberg of pushing the overdue investments down the line, a mindset that left the city in its current situation.

"I respect the attempt to prioritize in a very difficult year," said Wilson. "The challenge is ... next year, at the high-growth scenario, there's a \$14.2 million budget gap. At the low-growth scenario, which potentially with challenges from Washington it could be closer to, is a \$45.5 million gap. Your proposal was not to remove these capital projects, but push them to next year to save from raising the tax rate this year. Essentially you've proposed not increasing the tax rate this year to increase them next year."

While Silberberg noted that the budget process was not flexible enough to incorporate feedback from the public and the dais, Wilson noted that the staff has not had time to fully examine the potential impacts of Silberberg's proposed delays.

"We don't know what the potential impact of that deferral is," said Wilson. "Will these fields have to be retired because the turf is unable to wait another year? Are the parking meters not going to function at Carlyle and we lose a revenue source? You are right that previous councils have done what you're trying to do, but I think you and all of us rightly bemoan [that approach] because it creates ... the decades of underinvestment that we're trying to catch up on."

The rest of the council supported Wilson, rejecting Silberberg's efforts to delay the additional investments. The final budget adoption is scheduled for a special City Council meeting on May 4.

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Latin Never Let Redpath Go

BY SHIRLEY RUHE
GAZETTE PACKET

A loud bell reverberates down the hallway. Today three AP Latin students in Justin Redpath's morning class will be performing the poem "Carmen 45."

"Whenever you're ready."
"Performing?" one of them questions.

"Yes, say it with emotion," Redpath instructs. Alexander Schlegel begins.

PEOPLE AT WORK "Acmen Septimius sous amores." Redpath explains that Catullus was an unusual poet in Augustan Rome because he wrote from the heart instead of the traditional epics and records of battle. He ushered in a new era. "It was new wave Latin."

Redpath explains he likes to get down in the dirt and analyze poems. He points to the line on the whiteboard behind him: "Num te leaena monibus Libystinis." He says, "You all know what num is, a negative question. I ask the students what is he [the author] trying to say." Redpath says today's poem is about Acme, a Greek woman, and Septimius, a Roman man. It is a 24-line love poem. Schlegel hands it over to Grant Raycroft for the next eight lines, and he passes it on to Hannah Martin for the conclusion. This class combines three AP students with 10 Level 4 Latin students.

Redpath says he likes to make comparisons between Romans and modern America. For instance, the tradition of a groom carrying the bride over the threshold dates back to Roman times. He explains that it symbolized going from one chapter to a new chapter, and it was a very bad sign if you stumbled. "So the groom carried his bride over so she wouldn't slip." He continues, "look what happened with the Trojan horse. They had to take down a wall to get it in and then stumbled three times trying to get it over the threshold. And," he adds, "that was seriously a bad omen for them."

A map of ancient Rome is displayed on the wall in the front of the room along with a sign behind his desk that says, "A language isn't foreign once you learn it." He explains Latin is the root of five romance languages. Redpath says a lot of students come to him from Spanish and French, and they say the Latin



PHOTOS BY SHIRLEY RUHE/GAZETTE PACKET

Justin Redpath, Latin teacher at T.C. Williams High School, "gets down in the dirt" with his class on analyzing Roman poems — what is the author trying to say and how does it translate into our lives today.

words sound like the ones they learned in another language.

Yesterday Redpath says they discussed life in a patriarchal society and how it affects the way men treat women. In ancient days it was expected that men would work and make the money and engage in politics while women would stay at home, raise and educate the children and control the finances. He says while there used to be many comparisons with modern day society, around here we have moved away from that.

Redpath reaches out his arm. "I got this tattoo last August; I'd been thinking about it for a long time." "Credula Postero" on the top. "Quam Minimum" on the bottom. "Trust the future as little as possible." He explains, "It is from Horace who we read last year. This is how I feel in my personal life. Live in the moment. A lot of people



Justin Redpath shows his recently acquired Latin tattoo. It means "trust in the future as little as possible."

obsess about what is coming, always thinking about college." But he says there should be a balance.

"I am now in year 8 at T.C. Williams." Before this he taught for three years at George Washington Middle School. "I became a Latin teacher because I had a really inspiring teacher at Pioneer High School in Ann Arbor." He says he was always interested in ancient cultures like Egypt and this seemed close. "It hooked me in and just never let me go."



Alexander Schlegel



Grant Raycroft



Hannah Martin



PHOTO BY C. SHELLEY

Gold Award Team: Mac Slover, Brittany Shelley, Amy Huling, and Katie Frawley.

Ambassador Girl Scouts Achieve Top Awards

Ambassador Girl Scout Troop 3833 held an Awards Court of Honor for their sister Girl Scouts in Troop 4207 at Westminster Presbyterian Church on Feb. 10. Honored were Ambassador Girl Scouts Brittany Shelley and Nicole Conord. Shelley received her Gold Award, the highest award in Girl Scouting, while Conord received the Silver Trefoil Award.

Shelley's Gold Award was earned in the summer of 2016 when she teamed with Mac Slover, the director of Youth Sports for Alexandria's Recreation Department, her pitching coach Amy Huling, and her Head Varsity Softball Coach at T.C. Williams High School Katie Frawley, to create "The Art of Pitching Academy," a series of five fast-pitch softball pitching clinics. These clinics were aimed at teaching younger girls, under the age of 13, the necessary skills and drills required to become



Kayla Shelley administered the Gold Award Challenge to her sister Brittany Shelley.

a successful pitcher. During the month of July over 20 girls attended the clinics.

Shelley is in her 11th year of Girl Scouting, beginning her career at the age of six in George Mason Elementary School's Daisy Troop. Previously in her career she earned the Silver and Bronze awards and completed a Senior Girl Scout

SEE ACHIEVE, PAGE 15



PHOTOS BY SUZY MCQUILKIN

Brittany Shelley with her family, Uncle Scott, Nana Shirley, Mom Donna, sister Kayla, and Dad Gordon.

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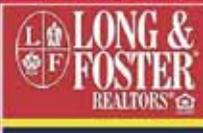
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Helping Refugees

Local Care Teams assist families.

BY SHIRLEY RUHE
GAZETTE PACKET

Pierre Shostal answers his cell phone. “What time is the appointment, Leila? I will pick you up at 2:35. Which hospital are you going to?” He shakes his head and says to himself, “She’s not doing well.”

Shostal is part of a two-member Care Team focusing on refugees at Historic Christ Church. He says the refugee families come to the church’s Lazarus Financial Ministry and get referred to willing volunteers on Care Teams. They assist the families with everything from rides to the doctor to furnishings to moral support.

Leila and her husband Ahmed came to America from Afghanistan just before their now 5-month-old son was born. These are not the real names of the family. They had both worked for the U.S., Leila as a USAID office manager and Ahmed for both the UN

and USAID. Now Ahmed has a part-time job on the night shift at one of the Southern Towers buildings where they live.

But Shostal says it isn’t enough to pay for the \$1,085 rent on their efficiency apartment so the family came to the church for temporary assistance. Leila is currently unable to work because of daycare for their small child and her own recent health issues that have put her in and out of the hospital. Leila blames some of her current health problems on the tradition in their country of inviting guests for a meal even if you do without. As a child she remembers being too weak in school to concentrate because she hadn’t eaten or had eaten a lot



Shostal

SEE CARE, PAGE 14

Eyewitness to History

FROM PAGE 1

enemy at Tarawa in 1943. “I knew the Japanese were there waiting for the right moment to strike.”

It didn’t take long for the 20-millimeter dual purpose guns buried in the side of Mount Suribachi to explode, erupting into what would be one of the bloodiest battles in U.S. history.

“I learned in Tarawa how to anticipate where the action would be,” said Hatch in 2011 on the 66th anniversary of the battle. “Iwo Jima presented some difficult terrain — there were 22 miles of hidden tunnels. But even though we expected the war to continue on the Japanese mainland in the fall, we all realized the significance of what was happening on the island.”

Hatch’s work in Tarawa won an Academy Award in 1945 for Best Documentary Short Subject and his footage of Iwo Jima became another critically acclaimed documentary. On April 22, 2017 the legendary combat photographer and longtime resident of Del Ray died at The Hermitage in Alexandria. He was 96.

“Dad was always looking at life through a lens finder,” said Hatch’s son Thomas. “He knew how to tell a story with his camera and it was important to him that people understood the sacrifice made by those in combat.”

Norman Thomas Hatch was born March 2, 1921, in Boston and grew up in Gloucester, Mass. He joined the Marines in 1939 after graduating from Gloucester High School. After completing his training at Parris Island, Hatch was posted to Marine Barracks Washington as part of the 8th & I Honor Guard.

While stationed in Washington, Hatch

met Lois Rousseau. The two were married on Sept. 19, 1942, residing first in Presidential Gardens before purchasing a home on S. St. Asaph Street. In 1951, the couple moved to Del Ray, where they lived for more than 65 years.

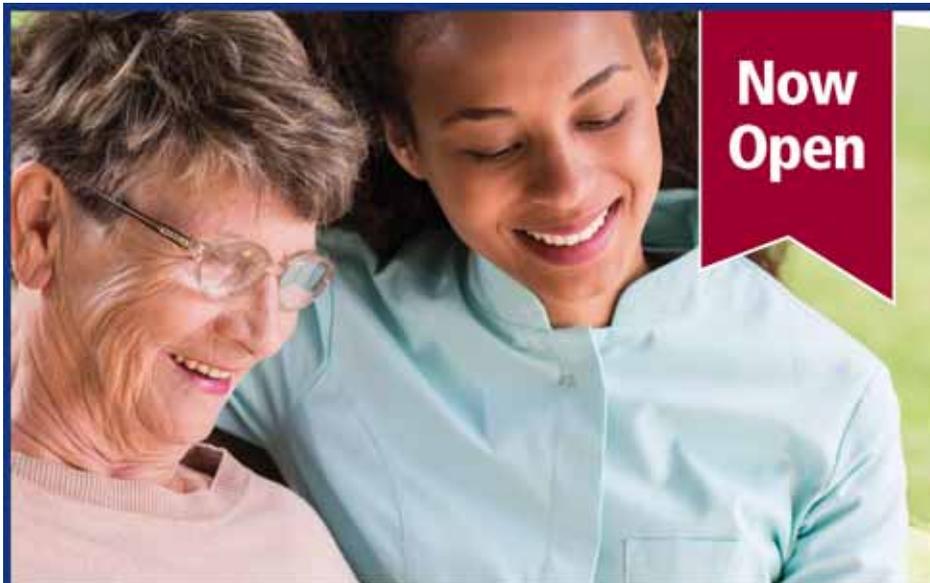
“Norm Hatch was not only a national hero, he was a treasure for the Del Ray community,” said longtime Del Ray resident Gayle Reuter. “From the early days of his business on Mt. Vernon Avenue to when he moved it next to what is now Northside Restaurant, Norm was always active in the Del Ray Business Association. I still picture him with a twinkle in his eye serving as Santa Claus one year and can picture he and his beautiful wife Lois showing up with bags of toys for a family we adopted for the holidays. He will be greatly missed by all of us who were lucky to know him.”

Hatch left active duty in 1946 after documenting the aftermath of the atomic bomb in Nagasaki. He joined the Department of Defense as a civilian employee in the early 1950s.

Following his retirement in 1980, Hatch formed Photo Press International. Headquartered in Del Ray, the company produced editorial and commercial photography for over 20 years. In 2011, Hatch’s life was the subject of the book “War Shots” by combat historian Charles Jones.

Hatch is survived by his wife of 74 years, Lois Rousseau Hatch; and two children, Norman Thomas Hatch Jr. and Colby Hatch, both of Alexandria. Burial with full military honors will take place Aug. 17 at 3 p.m. at Arlington National Cemetery.

“How all those bullets being fired missed him is beyond me,” said Thomas Hatch. “But Dad had an angel on his shoulder right up to the end.”



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Consequences of Procrastination

JUSTIN WILSON
VICE MAYOR

When I was in school I had a nasty habit of waiting until the last minute to study for a test or prepare an assignment. Generally speaking, my procrastination didn't turn out well for my grades. I ended up scrambling at the last minute and cut corners to meet the deadline.

Our city is now learning the consequences of procrastination, and it's anything but academic.

COMMENTARY The city's budget process this year has been overwhelmed by over \$200 million of unmet school infrastructure needs. This tidal wave can be directly attributed to a decade of half-measures in the face of dramatic student enrollment growth.

Our capital budget suffered another wound as decades of regional neglect and mismanagement have led to an existential crisis for Metro. Those bills promise to grow for years to come.

While out of sight, our sewer systems are very much on our mind as hundreds of millions of dollars will be required to address sani-

LETTERS TO THE EDITOR

A New 'Little Free Library'

To the Editor:

People around the world have embraced the idea of free "take a book, return a book" exchange programs affectionately known as "Little Free Libraries." The name is the same for both the nonprofit, tax-exempt organization and the movement whose mission is to help people around the world start and maintain these quaint community treasures.

Everly-Wheatley Funeral Home at 1500 W. Braddock Road, Alexandria, is proud to an-



The latest Little Free Library, outside Everly-Wheatley Funeral Home, 1500 W. Braddock Road.

tary and stormwater sewer infrastructure needs. Our state and Federal partners have made it clear that they will wait no longer.

Our city facilities, averaging over a half-century, are showing their age. Our benign neglect drives up our operating costs and hampers our ability to serve our residents.

The quality of life in our community is threatened when we cannot invest in the infrastructure that supports our mobility. Our roads and sidewalks can be safer and better maintained. Lack of an urban transit system will eventually choke off our economic growth.

This triage effort pushes aside otherwise meritorious investments in the livability of our city. This year, the public/private partnership to replace our only public indoor pool at Chiquapin fell victim to that prioritization. Our investments in our parks and open space lag all of our neighbors.

Our taxpayers are left holding the bag paying for our procrastination.

Resolving these issues will be daunting. They will require additional resources. Yet simply throwing money at our challenges will not serve the taxpayers of our city.

The majority of the City Council has coalesced around a dramatic rethinking of how we address our municipal facility needs in both

announce they have recently established, and become official stewards of a Little Free Library to offer a way to promote a sense of community, share good things to read, and support increased literacy for both children and adults. Patroned by third generation Everly, Linda Smith; she commissioned Crematory Operator Justin Walt to handcraft a birdhouse-like structure complementary to the newly renovated main building. Nestled near an inviting tree, adorned with a hand painted sign, and filled with a variety of books donated by Julian and Jean Everly, the Little Free Library at Everly-Wheatley beckons to passersby to take a peek inside. Already a few times, Managing Partner D. Scott Sanderford has peered out his overlooking office window to see someone resting up against the tree, reading.

So, how does it work? Take a book — if you see something you would like to read, take it. Share a book — return it to any Little Library or pass it on to a friend. Give books — favorite books from your childhood or books you would recommend to friends; books that teach, intrigue and engage you.

Soon to be accompanied by a bench completing the outside reading "nook," it is with great anticipation that Everly-Wheatley Funeral Home looks forward to experiencing the shared community enjoyment of their Little Free Library. Staff is also prepared to introduce families in their care to the funeral home's newly instituted "Lending Library" — located inside with books and resources for those coping and healing from grief, mourning or loss of all variations. For more information, please visit www.littlefreelibrary.org and www.everlywheatley.com.

Lauren Perry
Alexandria

the city government and within our schools. This will draw on the deep reservoir of experience in our community to look at our municipal facility needs anew. If done right, we will ignore the imaginary bureaucratic boundaries between these needs, remove the politics from our decision-making and arrive at a plan that best serves our city at this critical moment. Building and executing upon a true long-term facilities plan for Alexandria will more efficiently use our taxpayer dollars and ensure fertile ground for economic growth.

Short-term political expediency may suggest further delay and inaction. It's how we got here and it is certainly a time-honored tradition in governments large and small. Yet our residents do not make short-term commitments to our city and they will be ill-served by short-term relief only to face an avalanche of overdue bills years from now.

Let us not be the generation of city leadership who is blamed for inaction decades from now. Let us be the generation of leadership that offered solutions rather than excuses.

I hope we will take the opportunity to leverage the expertise of our residents and wisely expend the hard-earned resources of our taxpayers to invest in the infrastructure that sustains Alexandria.

Lack of Good Governance

To the Editor:

Most of the citizens who took the Alexandria 2017 Resident Survey indicated that Alexandria is an "excellent" or "good" place to live. I second that pronouncement, but only if prefaced with a "could be" or "was." Four issues come to mind immediately. First, there are no longer any checks and balances to Alexandria's governance. Moving the citywide election from May to November has ensured that only one party is likely to be represented in the governance of our city, because voters tend to focus on state and national election matters and vote a straight ticket if they are not familiar with local issues. Since every elected position is held by a Democrat, the City Council doesn't even need to convene a formal meeting. All major decisions are foregone conclusions well before being acted upon in the council room. Another example of marginalized citizen representation is that all City Council members are at-large, so council members tend to support and favor neighborhoods with sufficient political clout. Although the ward system would mostly offset this politicized skewing, suggestions to adopt wards have not taken root.

Next, the safety survey result where 96 percent of the respondents feel safe in their neighborhood is questionable at best, unless the respondents are thinking about serious crime only, which has also seemingly increased (seven homicides last year). Regarding safety in general, for over 20 years, I have publicly voiced my concerns about the unchecked law

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SEE OPINION, PAGE 14

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ALEXANDRIA GAZETTE PACKET ❖ MAY 4-10, 2017 ❖ 11

‘More Taste, Less Waste’ Del Ray restaurants buy into TC students’ Reusable Takeout Container Initiative.

BY JENNIFER POWELL

It wasn't their first idea for their year-long STEM program capstone project. After a few classes spent hashing out interesting yet impossible big picture ideas, T.C. Williams students Leila Rasmussen, Elspeth Collard and Bridget Williams narrowed down their ideas and agreed "it was obvious we were interested in helping the environment and working with people."

Rasmussen had been moved by the recent documentary "A Plastic Ocean" illustrating the impact that 8 million tons of disposable waste has in a year's time on the earth and its oceans. The team discussed a bit further and unanimously decided to pursue an idea that would benefit the environment to reduce waste.

The nearby Del Ray neighborhood was another seed of inspiration. Walking around the heart of Del Ray on Mt. Vernon Avenue, the students noticed the typical trash buildup from the thriving and high volume restaurants at week's end. When a Styrofoam leftover container caught their eye, the team's idea for the Del Ray Reusable Takeout Container Initiative (RTC) was hatched. To the girls, this community could be the perfect place to start the use of a reusable takeout container where "the point of it would be to reduce some plastic and Styrofoam waste on one-use items at the local level."

As Rasmussen said, "[Del Ray] is an awesome place for families, with a strip of great restaurants. It could really work in Del Ray because they are an active community where [we believe] people would be willing to help their environment to participate in something like this."

The premise was simple. Consumers would buy a container for their leftovers at restaurants and bring it back to use again and receive a discount for doing so.

With their initial idea fleshed out, the students began undertaking the tasks of creating their product container, enlisting restaurants and creating a scalable program for the containers' reuse in Del Ray.

Designing the product proved to be more complicated than expected. "Our teacher, Ms. Wilburn helped us to see that we were getting stuck on the idea that we had to design and create our own container. We just couldn't create it ourselves cost effectively. Ms. Wilburn stressed that it was fine to use an existing container and that our project's real work was the implementation of the program in the community, to help the environment and make sure [the program] could continue on without us at some point," said Williams.

The team found an online restaurant supplier that could provide the most cost effective version. It met all their specifications for being durable, BPA free, and microwave and dishwasher safe.

Another online company — Envision — helped them to create a waterproof label printed with their RTC logo design that could hold up for many washes. The RTC



Elspeth Collard, Leila Rasmussen and Bridget Williams hit the pavement in Del Ray to sign up restaurants for their Reusable Takeout Container pilot program.



A recent Sunday night in Del Ray shows take-out containers piled up in the neighborhood's full trash cans.

labeled containers could be given to the restaurants for \$4.88 and sold to the public for \$5.

Then came time to pitch their idea to both their high school and to the restaurants. T.C. Williams' PTSA offered them a grant of \$270. With the grant they could start their program up by buying four packs of 12 containers, with \$30 left over for the stickers' production and a plan to work up to buying their own domain for their website.

The initial reception from the restaurants didn't go as well. Armed with a flyer detailing their program, the initial approach to dropping in on various restaurants and trying to garner interest in the program fell flat.

The team gained a mentor, Donald Birchler, a T.C. parent and senior research scientist for the Center for Naval Analysis with a PhD in economics. As Williams recalled: "Mr. Birchler helped us resolve conflict and, at critical junctures, would take all our various input to put into one idea to move forward with. He gave us good ideas on how to approach and to communicate

with the businesses. He told us different ways to get in touch with their people and assured us that they weren't necessarily giving us the cold shoulder, that they were truly busy. He provided us with the necessary guidance to keep track of the money with simply, one binder holding a record of all transactions."

The RTC team narrowed down their selection to two popular Del Ray restaurants and continued to pepper the owners with drop-by, calls and email requests to consider participating. Their persistence paid off when Bill Blackburn of Pork Barrel restaurant called the students back to say he would be willing to meet with them and listen to their program idea. Blackburn heard them out and said yes. As Collard recalled, "Bill said 'Yes, I will do the program with the stipulation that Jeff [Wallingford of Taquiro Pablano] would also participate in the program.' We had to go over to Taquiro Pablano and thankfully Jeff also agreed and was super enthusiastic."

Wallingford and Blackburn were impressed by the students. "Bill and I discussed it and thought it was a great idea and that there would be certain economies of scale and a synergy that we could work on and hopefully replicate up and down the Avenue. I believe in 'renew, reuse and recycle' and was really impressed with the girls persevering to gain our participation," Wallingford said. "I was pretty convinced early on that their efforts would more than spur the project on and that all I needed to do was help guide their vision with how it would work in the restaurant. The devil is in the details. A lot of ideas don't get off the ground because it works in the laboratory or in the boardroom but when it hits the street, it doesn't work with the end user — be it retailer, restaurant or customer. Not only were the girls persevering but they

SEE 'MORE TASTE', PAGE 15



Close ups of the carefully sourced green container with the RTC program label and informational insert flyer which met both the students' and the business owners' specifications.



Jeff Wallingsford of Taquiro Pablano in Del Ray inspects his initial order of 24 RTC program containers. The program starts on May 12.

OPINION

Get Involved in Spring for Alexandria

By MARION BRUNKEN
EXECUTIVE DIRECTOR
VOLUNTEER ALEXANDRIA

Spring for Alexandria Community Service Day, May 12. This year, we will work on school gardens, help the city repainting fire hydrants, get the gardens and decks ready for adult club houses and transitional housing, and much more. It's not too late. Interested in volunteering? Visit www.VolunteerAlexandria.org.

Meet **Sheila Bell**, an employee of the Council on Social Work and Education (CSWE).

Sheila, why do you volunteer? CSWE is an accredited nonprofit organization in the United States and we represent more than 2,500 individual members as well as graduate and undergraduate programs. The reason I volunteer is to represent my organization, for the love of the work, and to give back to the community.

What is your favorite volunteer experience? The last time I volunteered, I was sent to a shelter or school where I trimmed leaves and cut rose bushes with an interesting group of people that made the experience very memorable. It was a joy to work with people that enjoy giving back to the community.

What was one time you knew you made a difference? The one time I knew I made a difference was when we went to a park and had to pull the canvas down to

spread the mulch. By doing so, I felt that I helped the people of the community who do not have the strength to do the work and get rid of the weeds.

Meet **Tristan Caudron** from Caudron Megary Blackburn. The company has been engaged in Spring for Alexandria for many years and encourages staff to volunteer for the Community Service Day.

MEET SOME VOLUNTEERS

Tristan, why do you volunteer? I volunteer because I like to give back. I enjoy making a difference in other people's lives. We feel the same way at Caudron Megary Blackburn Wealth Management and are active in the Alexandria community. We view it as part of our civic duty.

What is your favorite volunteer experience? Coaching youth sports!

What was one time you knew you made a difference? There are so many great charities, but one of my favorite charities is the Scholarship Fund of Alexandria, which helps T.C. Williams students afford the high cost of college by providing scholarships. We received a letter from one scholarship winner, and she said that it was because of the Scholarship Fund and our donation that she was able to go to college. That was powerful.

Last but not least, how old were you when you started volunteering?

In elementary school.

Meet **Nancy Benjamin**, member of the West End Business Association (WEBA) and owner of Brahms Optician. Once again, Nancy registered the WEBA team for May 12 to help her community.

Nancy, why do you volunteer? I enjoy giving back to my community. I live and work in Alexandria and it makes me feel good to help out others in my neighborhood.

What is your favorite volunteer experience? The Community Service Days — working with the teams at ShelterCare, on several projects, and for several years in a row.

What was one time you knew you made a difference? Painting residents' rooms and living areas. And seeing those residents arrive and be happy for the fresh look of their space!

How old were you when you started volunteering? My parents volunteered and I remember going around for Meals on Wheels in my early teens.

On behalf of the community, nonprofit organizations, churches, schools, and city agencies, we would like to thank everyone for their past and future commitment in making a difference in peoples' lives. We are better together! To find your cause, visit www.VolunteerAlexandria.org. Thank you!



Today and Tomorrow

Layer of flowers
And the branches that bear

The beauty of love
That shines
Today and tomorrow

Morning brightness
For its Spring
And Summer is near.

— Geri Baldwin
Alexandria



HOME OF THE WEEK

Alexandria

Exquisitely updated, this splendid New Alexandria brick colonial is pristine inside and out. Beautiful landscaping and a charming brick walk make this classic home stand out. A gracious foyer opens to the impeccable living room. Step into the jaw dropping gourmet kitchen featuring granite counter tops, center island and stainless appliances plus a chef's grade gas convection/warming oven and six burner stove. Open to the family room, this space is the heart of the home with a gas fireplace and lovely mantel. French doors lead to the screened porch and large deck for entertaining. Features include wrap around seating, spa and stairs leading to the large, lush backyard. Overnight guests will enjoy use of a main floor bedroom and bath. Getaway to the spacious upstairs master suite which features new carpeting and walk-in closet plus sliding doors give access to a private deck. An ensuite bath includes a double vanity, make-up table, Jacuzzi tub and separate shower. Two additional bedrooms share the hall bath. As an added bonus, there is a second floor office and a large laundry room. Located near shops and restaurants plus minutes to Old Town, Mt. Vernon bike trail, Huntington Metro, Ft. Belvoir and National Harbor. Commuters will appreciate convenient bus service, and easy access to the GW Parkway.

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OPINION

FROM PAGE 10

lessness on our streets. Pedestrians, automobile drivers and bicyclists break traffic laws on a daily basis with impunity. The King and Union streets intersection is Ground Zero for this kind of behavior, as a veritable zoo of cars, pedestrians, and cyclists joust with one another for right of way. At the Prince and Route 1 intersection, during peak traffic hours, traffic is at a standstill, with cars routinely blocking the box. To top this off, the unremitting phalanx of tour buses creates multiple traffic jams when they park on King Street to load or unload passengers at the hotels and restaurants.

Third, only 34 percent of our residents are satisfied with public parking, which is understandable. Many potential customers avoid Old Town (and other areas of Alexandria) because they can't find an inexpensive or free place to park.

Also, the two-hour limit on the meters is insufficient for shopping and eating, while the \$40 ticket for illegal parking is another deterrent for potential patrons. Although Alexandria has been described as being one of the most walkable cities in the country, our City Council has allowed a total degradation of the two historic districts, slowly destroying the goose that laid the golden egg.

Lastly, the survey revealed high ratings for the economy, which is also questionable. Although the vibrancy of Old Town was

rated at 79 percent by respondents, many stores on King Street are vacant, and this vibrancy is most suspect in comparison to that of National Harbor, the D.C. Waterfront, or Arlington. Moreover, the city is in debt for nearly \$600 million, with an annual debt service of \$90 million, so how does this add to its luster? To add to this debt, there are major infrastructure problems that are currently unmet, with maintenance and repair being overdue on streets, sewers, schools and public buildings, and adjacent counties who are up in arms about the ongoing pollution of the Potomac River by Alexandria.

The pièce de resistance to this fiscal folly is the oh-so-not needed Metro Station at Potomac Yards, which comes in at \$268 million for the platinum version, before the inevitable cost overruns, and in addition to other unplanned-for jurisdictional Metro expenses which are being discussed.

The Emperor Nero fiddling while Rome is burning comes to mind at this juncture. Our taxes are skyrocketing, and will continue to do so until there is a City Council who understands the dynamics of managing a city while exercising fiscal prudence. The "pat on the back" that the current City Council has given themselves should be replaced with a good "swift kick in the rear" by the citizens of Alexandria for not exercising good governance.

Townsend A. "Van" Van Fleet
Alexandria

Care Teams

FROM PAGE 9

of the wrong things.

Shostal says the family has mostly needed assistance with rent but also with household furnishings for the kitchen as well as furniture. "Goodwin House, where I live, gave them some," he said. In addition, the church just purchased a special bed this week from Walmart with a hard foam mattress and cool gel on top to reduce the body heat from Leila's arthritis.

"And rides they definitely need; they call on the spur of the moment." Shostal says one of the cultural differences between America and Afghanistan is their sense of time. "If you have been with them for a while, they will invite you back to have tea, even if you are very busy. You have to do that a certain number of times so you don't offend them."

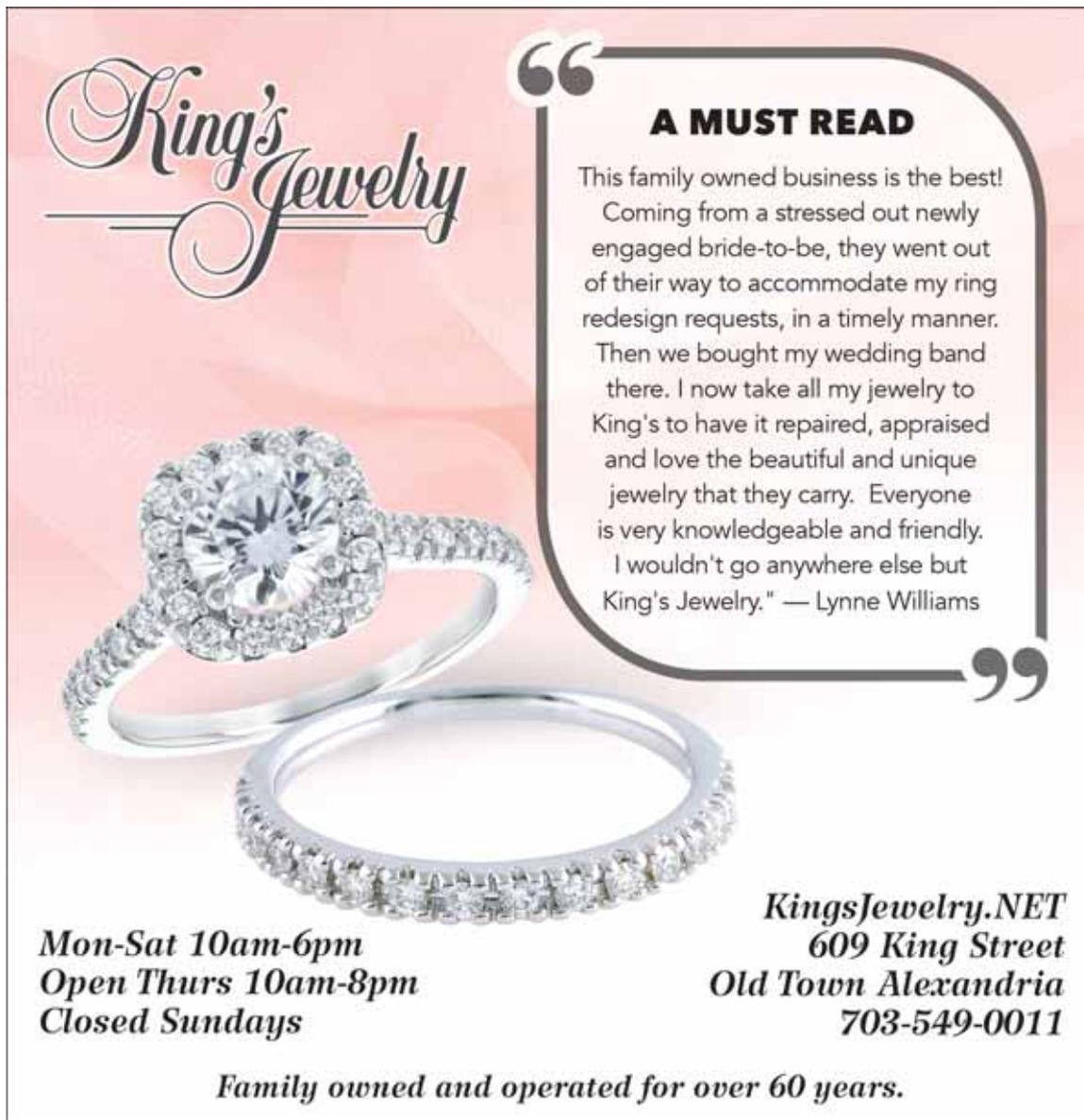
Assistance comes in many forms. "Her computer had gone out. It was really a disaster. We got it partly fixed by another refugee. The hard drive had died," he said. And of course they need diapers. They also provided a bouncy chair for the baby and books that Leila reads to the child in English every night.

Shostal assists another Care Team family of husband, wife and three children. "This has been a success story." Shostal explains Mohammad had worked with the U.S. combat troops in Afghanistan. "Some of the lan-

guage he used couldn't be used in polite company." Shostal says he had to explain that the troops didn't necessarily talk the same way as most Americans. Mohammad started out as a security guard, a common job for many refugees. Shostal says Mohammed was able "to buy a bad old gas guzzler." He worked himself up and was able to buy a rehabilitated car for \$800 and eventually rent a hybrid to use as a Lyft driver. "Now he has bought an SUV and he is able to pay his own rent." Shostal says this is "what keeps us going. We don't want eternal dependency."

Shostal says he does this because he "has a natural sympathy and empathy because he came here in 1941 from France when he was 4 years old. "My father was Jewish and we were helped by the Quakers and fortunate to get visas. This is my way of paying back." Shostal says besides the assistance with daily needs that moral support is very important to the refugees. "It gives them a chance to talk. Loneliness and the risk of depression are common. I see people who feel they have fallen from their status in society to the bottom of the world. I tell them both of my parents were PhDs but my father worked as a gas station attendant and then in a button factory. But," he said, "My father was finally able to establish a photography business like he had back in France." He tells them, "Don't get discouraged; America is a country where you can succeed."

This is the second in a series focusing on refugees in the community.



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'More Taste, Less Waste'

FROM PAGE 12

were also receptive to our ideas. They would tweak some concepts and weren't stuck to everything they had thought of. It was more of a two-way and team work approach."

The type of container with three separate sections was one requirement for the business owners. While the appeal of reducing waste was a big draw, the owners really liked that the \$5 price point that would make for more personally "invested" customers who believe in the program.

Cities like Durham, N.C. currently offer container recycling program where participants pay a \$25 yearly fee to use and return the containers that are then cleaned by restaurants for the next customer's use.

RTC's program works differently with consumers keeping their sturdy, bpa free, microwaveable and dishwasher safe container (guaranteed for one year) at home or in their car for more spontaneous dine-out. Collard likens this to "how people nowadays keep and reuse their recyclable grocery bags."

After buying the container for \$5, diners can bring the clean containers back to use for their leftovers from the participating Del Ray restaurants. As an added incentive for reuse, the participating restaurants offer a 10 percent discount off the meal's total bill. Every time the container is brought back to reuse, the discount is received again. Take-out is also discounted with the reusable container.

To the students this seemed the best way to get the restaurants to eliminate some of the use-once containers they use with their customers.

At this time, the RTC initiative has sold their containers to three Del Ray restaurants — Taquero Pablano, Pork Barrel and Los Tios. The girls will be reimbursed for the containers and can use the money to order more containers for their next round to keep the program going. The sophomores' initial goal is to sell all of the 56 containers available at the three restaurants beginning May 12. As the program goes on and more awareness is created, the team hopes to get more restaurants involved and eventually make the program Del Ray wide.

For the time being, the girls plans to promote their new program three-fold. They are going door to door around their neighborhoods with a sign-up sheet to take orders for containers. They plan to promote RTC to Del Ray customers with an informational stand at the Del Ray farmer's market on Saturday, May 6. And the announcements have begun on their Instagram and Twitter social media accounts (@RTCInitiative).

For their class requirements, the team will make a final presentation, Ted-talk style, in front of the STEM academy in June. The girls insist that they are not done at that point. Their longer term goal is to have six restaurants participating and to have sold 200 containers in the first three months.



Nicole Conord received the Silver Trefoil, and Brittany Shelley received the Gold Award.



Silver Trefoil Awardee Nicole Conord with her mother and troop leader Beth Conord.

PHOTO BY KATIE FRAWLEY

PHOTO BY SUZY McQUILKIN

Achieving Top Awards

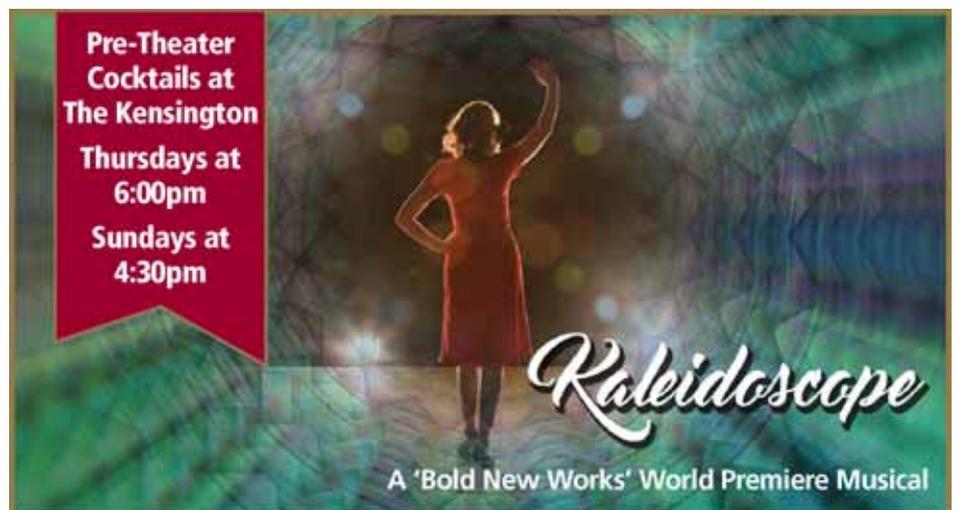
FROM PAGE 6

Journey. She is currently a varsity softball and volleyball player at T.C. Williams. In addition to her Gold Award Team members, many members of Shelley's family were in attendance at the ceremony including her parents, Gordon and Donna, her Nana Shirley, her Uncle Scott, and Aunt Suzy McQuilkin. Her older sister Kayla, a 2015 Gold Awardee herself, administered the Gold Award Challenge.

Conord was honored for earning the Silver Trefoil Award. The Silver Trefoil Award is unique to the Girl Scouts Nation's Capital Council. This award originated in the

1970s as the Little Flower Award in memory of Senior Girl Scout Linda Curtis. Today, the award honors Girl Scout Seniors and Ambassadors who make the world a better place through service in three categories; Girl Scout Community, National, and Global.

Each recipient is required to complete 100 hours of service to these communities. Conord was joined at the ceremony by her mom and Troop Leader Beth Conord. Conord is in her ninth year of Girl Scouting and has previously earned the Bronze Award and completed two Senior Girl Scout Journeys.



Please join
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Pre-theater cocktails & hors d'oeuvres at The Kensington and post-show discussions at Creative Cauldron

The Kensington Falls Church is a proud sponsor of post-show discussions about *Kaleidoscope*, a heartwarming musical introduced this May by Creative Cauldron. *Kaleidoscope* showcases the life of a legendary Broadway performer who premieres her comeback one-woman show. As her humorous yet poignant performance unfolds, she touches hearts when it becomes clear that she is experiencing the early stages of Alzheimer's.

After each Thursday and Sunday performance, a dementia expert will join the artists to share insights and information that deepen the audience experience. We'd love for you to be part of the conversation.



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Jay Newton-Smith & Denver Nicks,
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Sunday, May 14th
 2pm show
Carol Blackwell,
 Founder, Memory Café



Sunday, May 14th
 7pm show
Anya Parpura, MD,
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Thursday, May 18th
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PEOPLE



PHOTOS BY JOHN BORDNER/GAZETTE PACKET

Founding members of the Del Ray Artisans gather March 19 at a reception to kick off the 25th anniversary year for the community arts organization. From left are (front): Rob Reuter, Peter Smirniotopoulos and Peter Pocock (back); Marlin Lord, Melissa Kuckro, Rod Kuckro, Terry Rowe, Kathryn Brown and Nancy Reder.

Del Ray Artisans at 25

The Del Ray Artisans celebrated its 25th anniversary March 19 with a reception at the Nicolas A. Colasanto Center gallery.

In attendance were DRA founding members, local artists and art supporters. State Sen. Adam Ebbin, Mayor Allison Silberberg and Virginia Commission for the Arts board member Jo Hodgkin were on hand to congratulate the community arts organization.

The reception, which featured a sampling of recipes from the new DRA cookbook, was the first of several events slated to celebrate the silver anniversary of the founding of the non-profit organization that works to foster and celebrate local artists.

Next up will be a fundraising night Friday, June 2, at The Little Theatre of Alexandria's performance of



Virginia Commission for the Arts board member Jo Hodgkin addresses the crowd at the March 19 Silver Anniversary reception for the Del Ray Artisans.

the comedy "Red, White and Tuna." The evening will include a reception, champagne intermission, plus art exhibit and raffle.

Visit www.delrayartisans.org.

— JEANNE THEISMANN

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Another
Alexandria
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To the Rescue

Members of the Goodwin House Alexandria Chapel Outreach Committee present a check for \$2,000 April 15 to Firefighters and Friends founder Will Bailey. "This will help us do even more for the thousands of children we help every year," said

Bailey, who is a Fairfax County Fire and Rescue Department Battalion Chief. From left are Ed Morai, the Rev. Dr. Frank Wade, Will Bailey, Dan Kelley (seated), Pierre Shostal, Admiral (Ret.) Mike McCaffree and Roger Brown.

PHOTO CONTRIBUTED

PEOPLE



Cindy and Greg Golubin take to the dance floor with Elizabeth Wilmot at the Symphony Orchestra League of Alexandria's 30th annual ball and auction March 18 at the Westin Alexandria Hotel.

Shamrocks and Champagne

SOLA gala benefits ASO.

The Symphony League of Alexandria held its 30th annual ball and auction March 18 at the Westin Alexandria Hotel. With a theme of Shamrocks and Champagne, the ball proceeds will benefit the Alexandria Symphony Orchestra.

"Final numbers are not yet in but we typically donate around \$50,000 to the ASO from the gala," said SOLA gala chair Phyllis Sintay.

The ASO season finale will take place May 20 at the Rachel M. Schlesinger Center on the Alexandria campus of Northern Virginia Community College. Emil de Cou will be guest conductor and Marlisa Woods is the featured violin soloist. For more information, call 703-548-0885 or visit www.alexsym.org.

— JEANNE THEISMANN



McEneaney Managing Broker Dave Hawkins and his wife Amy on the dance floor at the 30th annual Symphony Ball and Auction.



Ken and Rochelle Gray



Shawn McLaughlin as auctioneer at the Symphony Orchestra League of Alexandria annual gala.



Roger Parks and Vikki Birkett

PHOTOS BY
JOHN BORDNER
GAZETTE PACKET

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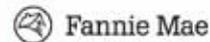


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Another Alexandria Gazette Packet Community Partner

Strategies for Maintaining Weight Loss

Study shows lifestyle changes are critical to keep off unwanted pounds.

BY MARILYN CAMPBELL

A 2016 study by the National Institutes of Health (NIH) shows that while most people who lose a significant amount of weight (10-percent or more of their original weight) tend to regain it, those who were successful in maintaining a weight loss were vigilant in maintaining lifestyle changes that led to the weight loss.

“One reason maintenance is so difficult is that your body isn’t seeing that weight loss as a good thing,” said Domenica M. Rubino, M.D., director, Washington Center for Weight Management. “It’s not just will power, it’s biology. It’s your hormones telling your brain that your body is really not full. There are medications that target the parts of the brain that are involved in cravings and feelings of hunger.”

The reasons that maintaining a significant

weight loss can be challenging range from inactive lifestyles, unhealthy diets and the side effects of medication to mental health issues and metabolic disorders, says Colleen Sanders, assistant professor of Nursing at Marymount University.

“The best recommendation for maintaining weight loss is making lifestyle changes and sticking with them,” said Sanders. “Surgery and weight loss medications will achieve weight loss, but if lifestyle choices are not made then weight is typically regained. Diet and exercise will foster weight loss, but once a healthy weight is achieved there has to be healthy eating and routine exercise to maintain that weight.”

Avoid fad diets and instead make lifestyle changes that can be maintained long-term, advises Nick Sborz, instructor of physical education at Northern Virginia Community College.

“Consistency is [necessary] and a better approach is going to include multiple strategies,” he said. “One of those is to increase your physical activity. [Type], amount and intensity will vary from person to person, but for some it will include walking, riding a biking, walking hills or swimming. For others ... some form of strength training. Recommendations vary, but should be close to 150-minutes of moderate intensity ac-



PHOTO BY MARILYN CAMPBELL

A lifestyle overhaul is necessary to maintaining a desired weight.

tivity or 75-minutes of high intensity activity each week.”

The dietary changes needed for weight loss and maintenance can be daunting, continued Sborz. “This is probably the most difficult thing to change, he said. “... [F]or

long-term success, try not to be perfect. I like the 90/10 rule. If 90 percent of the time I do my best to make a better, healthier choices then 10 percent of the time I can eat what I enjoy.”

Keeping track of food intake, counting calories and fat grams and avoiding skipping meals are strategies those in the NIH study credited with weight loss maintenance. “... [W]e need to eat and drink less sugar,” said Sborz. “Sugar is a big reason why people don’t see the results they are looking for. Eat more real food and less [processed] food. Generally speaking, to be considered real, food is must contain five ingredients or less. Focus on good quality carbohydrates [like] whole grains, fruit, beans and vegetables, which can provide additional nutrients to help you maintain a healthy weight.

Exercise is one of the most important aspects of maintaining your weight, adds Rubino. “People have to understand that obesity is a chronic disease,” she said. “You can’t just take medicine and not exercise and eat whatever you want. The medicines help, but you’re not going to be able to go back to living your life the way you did before you lost weight. The medicine works in conjunction with diet and exercise. There are no quick fixes, there’s no magic.”

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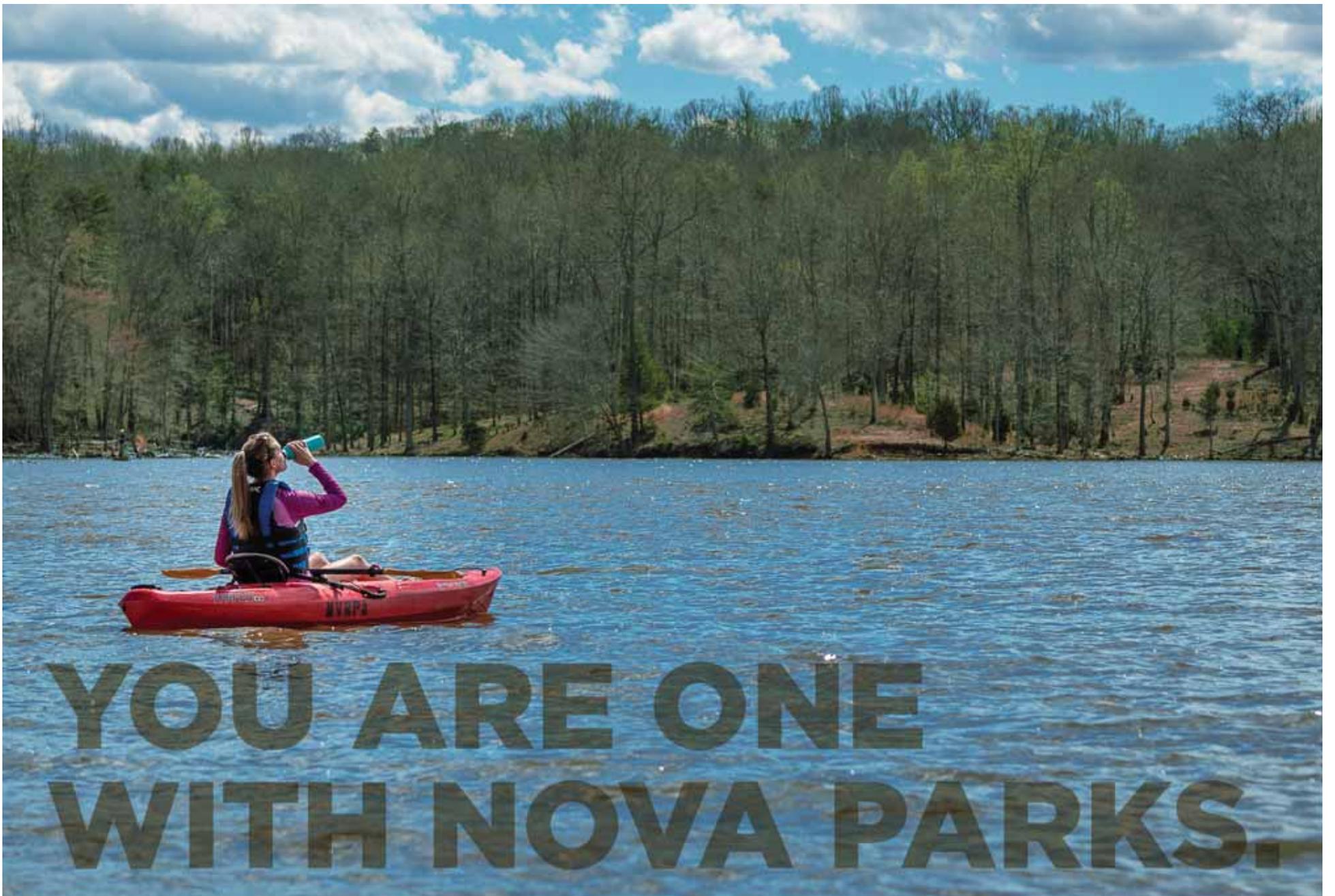
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ENTERTAINMENT

Pipeline Playwrights Presents 'Unprotected'

Metro Stage hosts play where mother and daughter confront issue of sexual assault.

BY STEVE HIBBARD
GAZETTE PACKET

The final reading for the Pipeline Playwrights series will be the world premiere of "Unprotected" by Jean Koppen on Monday, May 8, at 7:30 p.m., at Metro Stage in Alexandria. In "Unprotected," a seemingly small incident among teenagers at a local high school unearths deep wounds among family members about the legacy of abuse and the subtle subjugation of women. The play is a modern-day drama in which a mother and her teenage daughter confront sexual assault and the vulnerability they face as women.

Playwright Jean Koppen of Alexandria said when she first began the play, it was about two couples and their decision to vaccinate or not vaccinate their children. However, the play took a sharp turn while she was writing it — during the 2016 Presidential election. "I was appalled by comments regarding women and sexual assault that arose during the campaign, and the lighthearted manner regarding women and sexual assault that arose during the campaign, and the lighthearted manner with which these statements were treated," she said.

She added: "More seriously, these public comments triggered PTSD for some women,

bringing back painful memories of their own experiences with sexual assault. As I read how these statements had affected women, I knew I wanted to write a play quite different than the one I started."

She wanted to show that there are differing levels of awareness and acceptance of sexual assault based on experience. "I think that audience members will find different characters and their actions understandable, and others outrageous, based on their own perspective. I'm interested to hear the conversations that may ensue based on these differing perspectives and reactions to the play," she said.

As a woman, she said she's more attuned to how women view this topic and less familiar with the male perspective. "I'm interested to see whether the male characters ring true to audience members. I want to make sure I have a balanced portrayal, and with this first public reading I hope to find that out," she said.

Director Ed Zakreski said he's directing the reading because he really connects to Koppen's writing. "She has a talent for extracting something unique out of seemingly ordinary situations," he said.

He said at its core, "Unprotected" is about how women react to misogynistic behavior by men, whether overt or subtle, intended or unintended. He added that one of the challenges was keeping the male characters



Metro Stage in Alexandria is presenting Pipeline Playwrights' next play reading of "Unprotected," by Jean Koppen on Monday, May 8, at 7:30 p.m.

in balance. "If the men are jerks, the play is boring. What will make this interesting is that these are good guys who are well-intentioned," he said.

He hopes that the audiences are moved by the themes of the play. "But what this reading is really about is taking part in the creation of a new play. This will be the first time that an audience is hearing this play read aloud."

"Unprotected" will feature Alyssa Wilmoth-Keegan, Carol Kelleher, Thomas Keegan, Brandon McCoy, and Cole Greenberg.

Pipeline Playwrights is a group of women playwrights based in Northern Virginia,

working together to support, present, and promote each other's work with the goal of moving their plays into the local and national theater pipeline.

The reading of "Unprotected" will be held Monday, May 8, at 7:30 p.m., at MetroStage, 1201 North Royal St., Alexandria. After the reading, enjoy refreshments and informal conversation with the playwright and actors at a talk-back session. Audience members can share their reactions to the play, as well as what worked and what didn't work for them. Learn more about Pipeline Playwrights and the reading at www.facebook.com/pipelineplaywrights/.

CALENDAR

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

ONGOING

UCM Raffle Tickets. Ongoing, the United Community Ministries is raffling off a trip to Cancun at the 'Give From the Heart' Gala on May 6 at the U.S. Patent and Trademark Office, 600 Dulany St. \$175 admission, \$25 raffle ticket. Visit www.ucmagency.org.

Singing the Blues exhibit. Various hours through May 21 at the Potomac Fiber Arts Gallery, Torpedo Factory Art Center, Studio 29, 105 North Union St. Highlights the work of three featured artists Beverly Baker, Joanne Bast, and Laura Savage. Visit www.Potomacfiberartsgallery.com or call 703-548-0935.

Kiln Club Show. 7:30-10 p.m. through May 29 at the Scope Gallery, 105 N. Union Street, ground floor Studio 19. The "Better than Brunch: Mother's Day Originals" Kiln Club show. Call 703-548-6288, or visit scopegallery.org.

Native Plants, Herbs, and Heirloom Tomatoes. Various times through mid June at Mount Vernon Unitarian Church Greenhouse, 1909 Windmill Lane. Visit www.mvuc.org.

Costumes of Mercy Street. Through Sept. 1, at The Lyceum: Alexandria's

History Museum, 201 S. Washington St. To learn more about The Lyceum, visit alexandriava.gov/Lyceum or call 703-746-4994.

All the President's Pups. Saturdays 10 a.m. at George Washington's Mount Vernon, 3200 Mount Vernon Highway, Mount Vernon. All the President's Pups Walking Tour, along the way, learn about George Washington's love for dogs, his dogs' unusual names, and his efforts to improve the quality of his hunting dogs through breeding. \$7. Visit www.mountvernon.org.

Mercy in Alexandria Walking Tour. Sundays at 1:30 p.m. at Alexandria Visitors Center, 221 King St. Experience an inside access tour of 19th century Alexandria. Inspired by the PBS mini-series "Mercy Street," accompany a trained military historian through Civil War-era Alexandria and learn the actual history behind the TV show. Short tours are \$15, private tours for five are \$149. Visit www.dcmilitarytour.com for more

The Lyceum: 175 Years of Local History. Ongoing, Monday-Saturday 10 a.m.-5 p.m. and Sunday 1-5 p.m. at The Lyceum, 201 S. Washington St. On view in the museum's Goldsmith Gallery, the historical objects and images featured represent The Lyceum, the community at work, and commemorations and celebrations. Throughout the exhibition, visitors are invited to "be the curator" and think about why the various artifacts

are in the museum's collection, and about how tangible representatives of the past help tell the story of Alexandria's history. Free. Visit www.alexandriahistory.org.

Pick-Up Hockey. Ongoing, Wednesdays and Fridays 11:30 a.m.-1 p.m. at Mount Vernon Ice Skating, 2017 Belle View Blvd. Play hockey with other hockey buffs, hitting slap shots and learning puck handling skills that the pros use. Players must have full equipment. 16 and older. Visit www.fairfaxcounty.gov/parks/rec/mtvernon/ or call 703-768-3224.

Medical Care for the Civil War Soldier Exhibit. Ongoing at the Fort Ward museum, 4301 W. Braddock Road. ongoing exhibit which features original medical instruments and equipment from the Civil War period and information on Union Army hospital sites in Alexandria. Free. Visit www.alexandriava.gov/fortward for more

Alexandria's Nurses and Hospitals During the Civil War. Ongoing at The Lyceum, 201 S. Washington St. An exhibit on the life of Clarissa Jones, a nurse at The Lyceum hospital during the Civil War. The true story of a nurse in Alexandria during the war, drawing parallels with characters portrayed in the PBS drama "Mercy Street," with references to the experiences of other nurses, such as Anne Reading, who worked in the Mansion House hospital, and Jane Woolsey, who served at the Fairfax Seminary

hospital. Admission is \$2. Visit www.alexandriava.gov/lyceum.

Shield of Earth: Defending the Heart of the Union exhibit.

Ongoing, museum hours Tuesday through Saturday, 10 a.m.-5 p.m., Sundays, noon-5 p.m. at Fort Ward Museum, 4301 West Braddock Road. Highlights of the exhibition include military passes issued by Provost Marshal's Office, construction tools, and original photographs of some of Washington's defenders. 703-746-4848 or www.forward.org.

Who These Wounded Are: The Extraordinary Stories of the Mansion House Hospital exhibit.

Ongoing, Tuesday through Saturday, 10 a.m.-4 p.m., Sundays, noon-4 p.m. at the Carlyle House Historic Park, 121 N. Fairfax St. Come see the site that inspired "Mercy Street," the new PBS' series inspired by real events that took place at Carlyle House. www.carlylehouse.org or call 703-549-2997

Color Disorder Exhibit. Ongoing, Thursday through Sunday, noon-4 p.m., Sundays, noon-4 p.m. at the The Athenaeum, 201 Prince St. A joint exhibition of artists Katie Baines and Amy Chan who use diverse painting materials such as acrylic, gouache, airbrush and screen print to build energized abstract paintings. www.nfaa.org or 703-548-0035.

Flamenco Show. Wednesdays and Thursdays, 7:30-8:30 p.m. at La Tasca, 607 King St. Watch dancers and guitarists perform traditional

flamenco. Free to attend. Call 703-299-9810 or visit www.latascausa.com.

French Movie Night. Every Thursday, 7 p.m. in the back room of Fontaine Caffe and Creperie, 119 S. Royal St. View a French film. Free, no reservation necessary. Call 703-535-8151 or visit www.fontainecaffe.com/reviews.html.

Alexandria Cars and Coffee invites car enthusiasts to meet for coffee at Hollin Hall Shopping Center in front of Roseina's, 1307 Shenandoah Road. Owners of classic cars, hot rods, exotic cars, motorcycles and more meet to share car stories and drink coffee. Group meets the first Sunday of every month. 8:30-11 a.m.

Fifty Years of Collecting. Tuesday-Saturday 10 a.m.-5 p.m., Sundays 12-5 p.m. Fort Ward Museum, 4301 W. Braddock Road. An anniversary exhibit of objects from the Fort Ward collection. Free. Visit www.forward.org or call 703-746-4848.

Second Thursday Music. Athenaeum, 201 Prince St. 7 p.m. Second Thursday of every month. Visit nvfaa.org to view concert calendar and listen to upcoming Second Thursday Music artists.

The Monday Morning Birdwalk takes place weekly, rain or shine (except during electrical storms, strong winds, or icy trails), at 7 a.m. (8 a.m. November through March), is free, requires no reservation and is open to all. Birders meet in the

ENTERTAINMENT

parking lot at the park's entrance at 3701 Lockheed Blvd. Direct questions to park staff during normal business hours at 703-768-2525.

Civil War Sundays. 1-5 p.m. at Alexandria Archaeology Museum, 105 North Union St., #327. Learn more about the Civil War as it occurred in Alexandria. Find dioramas, newspaper articles and more Free. Visit www.alexandriarchaeology.org.

Doggy Happy Hour. Starting April 5, Tuesdays through October 5-8 p.m. at Jackson 20 and Hotel Monaco Alexandria, 480 King St. Doggy Happy Hour at Jackson 20 and the Hotel Monaco Alexandria offers specials on cocktails and beers plus treats and water for canine companions. Free, but drinks sold separately. Visit www.monacoalexandria.com for more

Wake Up Wednesdays featuring The Pop Up Cafe. 7-9:30 a.m. on Wednesday's near the King Street Tunnel - Carlyle Entrance located near 2000 Duke Street near Motley Fool. The cafe will feature coffee, live music to help commuters start the day off right and donuts from Sugar Shack. maurisapotts@gmail.com

CAMPS, CLASSES & WORKSHOPS

Community Dance. 7:30-9:30 p.m. every third Friday at Hollin Hall Senior Center, 1500 Shenandoah Road. Live music. Tickets are \$4. Call 703-765-4573.

The Harmony Heritage Singers (Mount Vernon Chapter of Barbershop Harmony Society), a daytime, a cappella, Chorus, rehearses on the 2nd and 4th Tuesdays, monthly, at Sherwood Hall Regional Library, 2501 Sherwood Hall Lane, 10 a.m.-1 p.m. Newcomers welcome for fun or to book for a performance. Visit www.HHSingers.org, or call Bruce at 703-352-5271.

OPENS MAY 3

Mount Vernon Farmers Market. 8 a.m.-12 p.m., Wednesdays, through Dec. 14. Fresh local food, artisan crafts. Sherwood Library, 2501 Sherwood Hall Lane. Visit www.fairfaxcounty.gov/parks/farmersmarkets/mtvernonmkt.htm.

THURSDAY/MAY 4

First Thursdays. 6 p.m.-dusk along Mount Vernon Avenue every Thursday through September. First theme is "Dog Days in Del Ray," and pet owners are encouraged to bring their dogs. Visit www.visitdelray.com.

Mariachi Band. 6 p.m. at Spring Hills Mount Vernon Assisted Living, 3709 Shannons Green Way. West Potomac High School students formed a Mariachi Band and will perform for the seniors at Spring Hills Mt. Vernon Assisted Living the night before Cinco de Mayo. Visit www.springhillsmountvernon.com.

The United States Navy Band. 7:30 p.m. at the Rachel M. Schlesinger Concert Hall and Arts Center at the Alexandria Campus, 4915 East Campus Drive. Free. Visit www.navyband.navy.mil/.

MAY 4-5

Disney's "High School Musical." 7-10 p.m. at Mount Vernon High School, 8515 Old Mount Vernon Road. Mount Vernon High School Theatre Arts presents Disney's "High School Musical" with characters from the movie, plus some new friends, as they navigate first love, friends and family, their classes, and extracurricular activities. Visit mvhstheatrearts.com.

MAY 4-JUNE 11

"Master Class" on Stage. 7 p.m. at Metrostage, 1201 N. Royal St. Music direction by Joseph Walsh, featuring Ilona Dulaski as Maria Callas in Terrence McNally's valentine to "La Divina." Call 703-548-9044 or visit www.metrostage.org.

FRIDAY/MAY 5

Taste of Cinco de Mayo. 6 p.m. at the Durant Arts Center, 1605 Cameron St. The evening will showcase Mexican food, music and dance. \$10 resident, \$15 non-resident. Call 703-746-5565, or visit www.alexandriava.gov/Arts.

T.C. Williams Debate. 6:30 p.m. at the Hermitage, 5000 Fairbanks Ave. AgendaAlexandria Topic: "A Formal Debate on Gun Control" featuring Victoria Peace and Jay Falk, members of the T.C. Williams High School Varsity Debate Team, coached by Laurel Taylor. Members \$37, nonmembers \$42. Email agendaalexandria@aol.com.

Opening Reception. 7-9 p.m. at the at Del Ray Artisans Gallery, 2704 Mount Vernon Ave. In this "Speak Your Mind," exhibit, May 5-28, artists express the message of what they see, feel or think through art. Visit www.DelRayArtisans.org/exhibits.

Family Game Night. 7-10 p.m. at St. James' Episcopal Church, 5614 Old Mill Road. Bring your favorite game and a snack to share. Call 703-780-3081 or email office@stjamesmv.org.

SATURDAY/MAY 6

Spring Art Market. 10 a.m.-4 p.m. at Del Ray Artisans, 2704 Mount Vernon Ave. Del Ray Artisans' Spring Art Market showcases original



artwork from local artists in a wide range of mediums. Visit www.DelRayArtisans.org/ArtMarket.

Water Discovery Day. 10 a.m.-2 p.m. at 1500 Limerick St. Water Discovery Day is a free, family-focused, community event that will give attendees the opportunity to go behind the water cycle scene to explore, learn and create through a series of hands-on activities. Visit alexrenew.com/.

Java Jolt Lecture. 10 a.m.-noon at Alexandria Archaeology Museum, 105 N. Union Street, #327. Jay Roberts will discuss his new book, "Lost Alexandria: An Illustrated

History of Sixteen Destroyed Homes in and Around Alexandria." Learn about the houses and their environs, as well as the owners and dwellers including Col. William Fairfax, Benjamin Hallowell, Portia Lee Hodgson, and John "Jacky" Parke Curtis. A book signing will follow the lecture. Email archaeology@alexandriava.gov or call 703-746-4399.

Disney's "High School Musical." 2 and 7 p.m. at Mount Vernon High School, 8515 Old Mount Vernon Road. Mount Vernon High School Theatre Arts presents Disney's "High School Musical" with characters from

Painting Del Ray's Sidewalks

On Saturday, May 13, La Bella Strada is taking over Del Ray, reviving the street painting tradition of Renaissance-era Europe. From 9 a.m.-3 p.m. on the sidewalks of Mount Vernon Avenue between Bellefonte and Hume avenues, community-based professional artists will create sidewalk paintings along Mount Vernon Avenue using chalk as an artistic medium. Visit www.labellastradadelray.org.

PHOTO COURTESY OF
LA BELLA STRADA

the movie, plus some new friends, as they navigate first love, friends and family, their classes, and extracurricular activities. Visit mvhstheatrearts.com.

Meet the Author. 4-5:30 p.m. at The Athenaeum, 201 Prince St. Meet author Fred Knops while he discusses his new book "Historical Tours: Alexandria, Virginia: Walk the Path of America's Founding Fathers." All profits from this book will be donated to Alexandria charities: ACT for Alexandria, The Alexandria Library, Christ Church and Boy Scout Troop 1515. Email pamela.larson@actforalexandria.org or call 703-739-

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5 Dining Dates to Circle for May

BY HOPE NELSON
GAZETTE PACKET

From Cinco de Mayo events to open-air parking-lot soirees to a pasta-and-beer pairing, May is teeming with foodie events around the city. Here are some of the month's top picks.

Don Taco, 808 King St.

When it comes to Cinco de Mayo, you could do worse than celebrating at Don Taco. The Old Town taqueria and tequila bar will mark Friday's occasion with specialty tacos, drink specials, and – allegedly – sombreros. A live DJ will be on hand to provide the soundtrack for the evening; come ready to dance one moment and gorge on tacos the next.

Port City Brewing, 3950 Wheeler Ave.

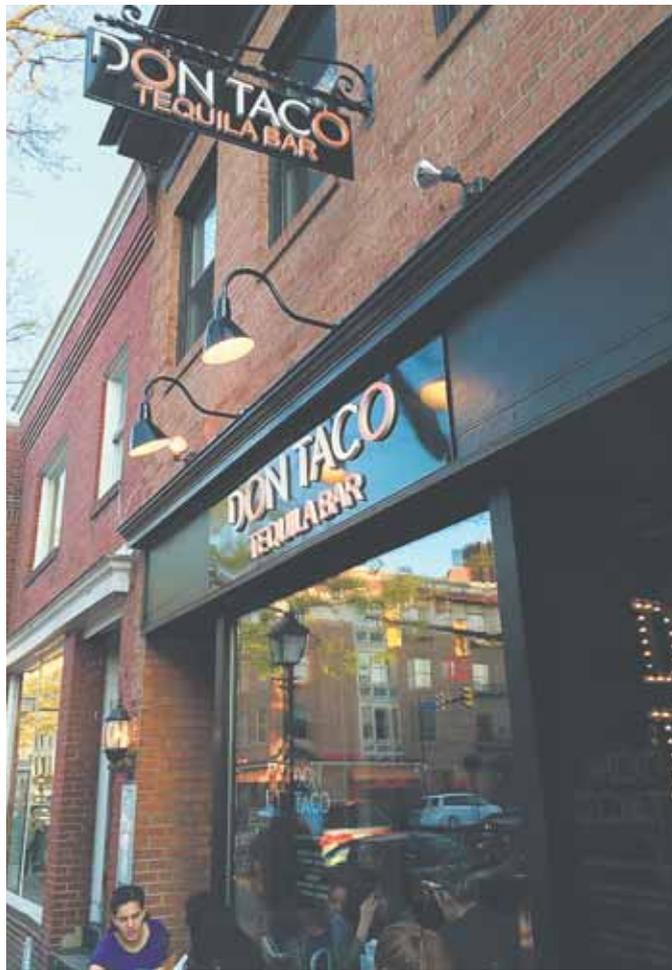
The city's most venerable brewer is getting into the Cinco de Mayo festivities as well with a release of *Oscura*, Port City's Mexican dark lager. From 3 to 10 p.m. on Friday, the brewery will celebrate the beer's debut as part of its new Lager Series. Give the brew a taste test, and while you're there, listen to a tune by Taylor Carson and grab a sandwich from the Big Cheese food truck out front.

Junction Bakery and Bistro, 1508 Mount Vernon Ave.

The always-crowded café that serves as an informal entry point to Del Ray is hosting its first-ever "Parkin' Lot Party" on Sunday. The celebration of spring and fresh air takes place from 3 to 7 p.m. and will offer up picnic-friendly food and drink: Brats, ice cream sandwiches, and Port City beers will be plentiful. Bring the kids and your pup and stick around for live music and games.

Hank's Pasta Bar, 600 Montgomery St.

Speaking of Port City (weren't we?), the brewery teams up with North Old Town's chic pasta eatery for Hank's inaugural "Beer Dinner" on May 13. The four-course, four-beer feast features beer and cheese mussels to start, two kinds of ravioli, and the restaurant's signature tiramisu to round out the pro-



Celebrate Cinco de Mayo at Don Taco, where you'll be treated to specialty tacos, a plethora of tequilas, and a live DJ.

ceedings, paired with such Port City favorites as Ways and Means and Colossal Five. The dinner is \$45 per person; reservations are recommended.

Blackwall Hitch, 5 Cameron St.

Looking to treat Mom to a little something special for Mother's Day? Blackwall Hitch has you covered. On May 14, the waterfront restaurant is hosting a brunch from 10 a.m. to 3:30 p.m., offering up a host of dishes from chicken and waffles to a carving station to a plethora of other brunch favorites. The celebratory brunch is \$39.99 per person; reservations are recommended.

Hope Nelson owns and operates the Kitchen Recessionista blog, located at www.kitchenrecessionista.com. Email her any time at hope@kitchenrecessionista.com.

CALENDAR

7778.
Hyland Humanitarian Award. 6 p.m. in the Madison Building Atrium, U.S. Patent & Trademark Office, 600 Dulany St. Celebrate Honorary Co-Chair Gerry Hyland, Former Supervisor, Mount Vernon District Fairfax County, with the inaugural Gerald W. Hyland Humanitarian Award. Event emcee will be David Culver, NBC4 News4 Reporter. Visit www.ucmagency.org.

Country-Western Dance. 6-9:30 p.m. at Lincolnia Senior Center, 4710 N. Chambliss St. The Northern Virginia Country-Western Dance Association event. NVCWDA members \$10; non-members \$12; children under 18 accompanied by a paying adult \$5. Visit www.nvcwda.org or call 703-860-4941.

Seminary Organ Concert. 7:30 p.m. at Immanuel Chapel at Virginia Theological Seminary, 3737 Seminary Road. Featuring organists Julie Vidrick Evans, Michael Lodico, and Benjamin Straley. Music of Bach, Duruflé, Langlais, Persichetti, Phillips, Sowerby, and Wammes. Free. Email clm@vts.edu, or call 703-461-1792.

SATURDAY-SUNDAY/MAY 6-7

Revolutionary War Encampments. Various times at George Washington's Mount Vernon. Meet more than 300 hundred Revolutionary War military reenactors, learn more about life in the 18th-century, discuss military techniques, and watch battle reenactments. Visit www.mountvernon.org/revwar.

SUNDAY/MAY 7

Wetlands Awareness Day. noon-4 p.m. at Huntley Meadows Park, 3701 Lockheed Blvd. Wetlands Awareness Day takes on new meaning this year as Huntley Meadows Park is honored with the Governor's Environmental Excellence Award Gold Medal for its successful wetlands restoration project. Call 703-324-8662 or email Parkmail@fairfaxcounty.gov.

Meet the Artist. 2-4 p.m. at Printmakers Inc., Studio 325 (third floor) of the Torpedo Factory Art Center, 105 N. Union St. A one-artist show of etchings, lithographs, monotypes, paintings and ceramics by Alexandria and Loudoun artist Avis Fleming, opens May 1-June 28. Call 703-683-1342.

Choral Arts Society of Washington. 5-7 p.m. at The Athenaeum, 201 Prince St. Join Scott Tucker, the conductor of the Choral Arts Chamber Singers for Music for Chamber Voices. 4:30 p.m. reception, wine and cheese served. \$40. Visit www.nvfaa.org or call 703-548-0035.

Joe Crookston and Villa Palagonia. 7 p.m. at the George Washington Masonic Memorial, 101 Callahan Drive. \$18 in advance at www.focusmusic.org/buy-tickets and for members, \$20 at the door.

MONDAY/MAY 8

Bottled Water Protest. 7-10 a.m. at the International Bottled Water Association, 1700 Diagonal Road. Friends of Little Hunting Creek and partner organizations have planned this protest. Visit www.accotink.org.

Seniors Only Golf Tournament. 8 a.m. at Greendale Golf Course, 6700 Telegraph Road, Alexandria. Prizes for first and second place in each division and closest-to-the-pin. \$45. Call 703-971-6170.

Community BBQ. 6-8:30 p.m. at Alexandria Waterfront, Vola's Dockside Grill & Hi-Tide Lounge, 101 N. Union St. ACT for Alexandria's fourth annual community BBQ. ACT for Alexandria is a community foundation that seeks to turn ideas into action and resources into results. \$50, children eat free Visit www.actforalexandria.org.

TUESDAY/MAY 9

History Lecture. 6:30 p.m. at The Lyceum 201 S. Washington St. Dr. John Maass Speaks on George Washington's Virginia. \$10. Visit www.alexandriava.gov/Lyceum or call 703-838-4994.

WEDNESDAY/MAY 10

Mount Vernon at Home Fundraiser. 4:30-7 p.m. at George Washington's River Farm, American Horticultural Society, 7931 E. Boulevard Drive. Visit www.mountvernonathome.org.

Nature Lecture. 7 p.m. at Huntley Meadows Park Visitors Center, 3701 Lockheed Blvd. The Friends of Dyke Marsh presents a talk on "Forest Communities and Geology in Northern Virginia." Call 703-768-2525.

THURSDAY/MAY 11

Tory Cowles Sculptures. 5-8 p.m. in the Torpedo Factory Art Center, Studio 7, 105 North Union St. Cowles turns old roofing, electrical wires, and found objects into something unpredictable. Visit ToryCowles.com or call 240 793-5425.

Gardening Lecture. 7:30-9 p.m. at Green Spring Gardens, 4603 Green Spring Road. Nancy Lawson gives a talk on "The Humane Gardener: Nurturing a Backyard Habitat for Wildlife." Call 703-642-5173.

SEE CALENDAR, PAGE 24



PHOTO GALLERY!
"Me and My Mom"

To honor Mom on Mother's Day, send us your favorite snapshots of you with your Mom and The Mount Vernon Gazette will publish them in our Mother's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail digital photos, send to:

editors@connectionnewspapers.com

Photo prints will be returned to you if you include a stamped, self-addressed envelope, but please don't send us anything irreplaceable.

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ENTERTAINMENT

FROM PAGE 22

Meet the Author. 6:30 p.m. at Lloyd House, 220 N. Washington St. Join Alexandria historian Jay Roberts as he shares research from his newest publication, *Lost Alexandria*. Visit www.alexandriava.gov/historic/lloyd/ or call 703-746-4554.

The Cat Jam of Bluegrass music. 7:30-10 p.m. at the Franconia Moose Lodge, 7701 Beulah Street. The Mount Vernon Evening Lions Club hosting local musicians donate their time and talent for charity. Proceeds will go to support a lunch program for local homeless people. Free, donations accepted. Call 703-339-7099 or email rebamorse@aol.com.

FRIDAY/MAY 12

"Honoring Our Mothers with Poetry." 6-8 p.m. at Durant Arts Center, 1605 Cameron St. Local poets will read poetry that celebrates and honors mothers. The reading is hosted by Wendi R. Kaplan, Poet Laureate, and the Office of the Arts, City of Alexandria. Call 703-746-5560.

Blessed Sacrament Piano Performance. 8 p.m. at Blessed Sacrament Catholic Church, 1427 W. Braddock Road. John McCrary, director of music at Blessed Sacrament, will perform a program including the Sonata, Op. 101 by Beethoven and the Ballad in A Minor, Op. 28 by Chopin. Free, donations accepted. Email mcushmac@comcast.net or call 703-548-1176.

SATURDAY/MAY 13

Car Boot Sale. 8 a.m.-noon at St. Luke's Episcopal Church, 8009 Fort Hunt Road. A British style car boot

sale. Similar to a yard sale but items are sold from the trunk or "boot" of a car. \$20 to rent a parking spot, free to attend, open to the public. Email mcmillin23@cox.net.

Street Painting Festival. 9 a.m.-3 p.m. on the sidewalks of Mount Vernon Avenue between Bellefonte and Hume avenues. The Del Ray Montessori School will hold the second annual "La Bella Strada: An Italian Street Painting Festival" where more than 20 local artists will create large chalk paintings along the sidewalk. Visit www.labelastradadelray.com or email info@labelastradadelray.com.

Heroes for Moms Blood Drive. 10:30 a.m.-3 p.m. at the Alexandria Beatley Library, 5005 Duke St. Mother's Day weekend for a blood drive and maternal health awareness event dedicated to saving the lives of mothers. Visit heroesformoms.com.

Celtic Spring Fling. 3-7 p.m. at St. Aidan's Episcopal Church, 8531 Riverside Road. Games, crafts, food and drink, plenty of music and dance, face painting, and corn hole tournament. Email MBartel@bartelassociates.com or call 703-548-4250.

Beethoven's Monumental Piano Concerto. 7 p.m. at the Rachel M. Schlesinger Concert Hall and Arts Center, 4915 E. Campus Drive. Featuring keyboard artist Todd Fickley, and Mozart's Coronation Mass (Kronungsmesse), with orchestra. Soloists for the Mozart will be the winners of the 2016 Choralis Young Artists Competition: Abby Middleton, soprano; Elizabeth Sarian, alto; Patrick Kilbride, tenor; and Benjamin Curtis, baritone. \$40-50; ages 23-29, \$20; 13-22, \$5; 12 and younger, free. Visit www.choralis.org.

McNally's Valentine to 'La Divina'

BY CAROLYN GRIFFIN
PRODUCING ARTISTIC DIRECTOR, METROSTAGE

MetroStage loves to showcase actors. In fact our legal incorporated name is American Showcase Theatre Company Inc., and since 1984 one of our primary missions has been choosing work that showcases actors who then in turn will transport our audience. This production of "Master Class" is no exception. We are delighted to welcome Ilona Dulaski, making her MetroStage debut as Maria Callas in Terrence McNally's valentine

NOTES FROM THE PRODUCER

to "La Divina" and his love of opera. Ilona is a much loved actor in this town and has played major roles in theatres all over the D.C. metro area as well as regionally. And now joining Ilona on stage in this master class, inspired by the master classes that Callas held at Juilliard in 1971, are three students, all representing the very fine music departments in our area universities: University of Maryland, Catholic University and George Mason University.

In "Master Class" you will be treated to the remarkable story of Maria Callas and her life as an artist, her art form that is opera, her career highlights and troubles, and her personal life which may

have been as dramatic as the roles she played on stage. Her motivation in offering these master classes near the end of her stage career seems to be to impart an understanding to the students of both the artist as performer and the artist as human being.

They are inseparable, and Callas is an extraordinary example of how they are inextricably bound. Theatre should expand one's vision or view of one's self and role in the greater universe. "Master Class" shares that vision of a remarkable art form and an incredible artist with the mission of MetroStage and our commitment to elevating, empowering and enriching our world from our stage.

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certainly impacted her audience with the power of her emotions and artistry and this "master class" will enrich her young students and our audiences as well.

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Ilona Dulaski as Maria Callas.

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Delegation or Abdication?

FROM PAGE 5
we can do that.”

“I feel pretty strongly that there should be electeds [City Council and School Board members] on it, like there have been with these other committees,” said School Board member Karen Graf. “I really envisioned it being something like a subcommittee of the [LREFP].”

“We have highly professional, intelligent, well-versed members of our staff that do this every day. This is their responsibility, to put this together with the superintendent,” said School Board member Ronnie Campbell. “I think what we need to really discuss is: we need to find time with the council and they need to find time with us. If we need more work sessions, we need more work sessions. ... We can't just put the responsibility on other people.”

But the majority of city officials do not share this concern. They think outside experts would be better suited than existing structures and processes for the capital planning challenge at hand.

At an April 19 work session, Silberberg's suggestion that BFAAC might take on the Task

Force's intended role met with disagreement. Criticisms included that BFAAC has not adequately addressed ACPS in the past, despite council asking them to; their mandate is different; and they don't comprise the right mix of experts.

Furthermore, many worry about the inevitable political biases of utilizing groups — such as BFAAC — that include city or ACPS staff or appointees from the elected bodies. “This should not be politics whatsoever. That's where our CIP has been for the last however many years, and that's what we're trying to get away from,” said Councilman John Chapman at the April 19 work session. “The Task Force is intended ... to be ‘disinterested’ and neutral, which city staff and ACPS staff may not be in regard to the projects for which each of those staffs are responsible,” according to an April 19 budget memo.

Council member Paul Smedberg said at a May 1 work session: “I think it's really important ... [that] we end the politics and the games that have surrounded this ... I think it's very important that there

SEE DELEGATION, PAGE 26

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Hear Ye, Hear Ye



By KENNETH B. LOURIE

I can hear ye and I can see ye. And I don't need life insurance to pay for the cost of my funeral, and neither do I need supplemental insurance to co-pay my Medicare coverage. These are both solicitations/direct mail pieces I've received in my mailbox in the last week. I can't help but wonder why? Have I gotten older before my very eyes without regard to my actual age? Have I somehow become a qualified applicant without realizing the consequences of my living so many years beyond my original "13 month to two-year" prognosis? (I always place quotation marks around my prognosis as an indication of its having been said by my oncologist, and as a bit of a dig since here I sit and write eight years and two months post diagnosis.) Or do the people sending the direct mail pieces know something about me, my household and my neighborhood that I don't?

Not that I really want to think too deeply about why I've been bombarded with these presumptive age-sensitive solicitations but, the piling-on effect of the past two weeks has stoked my embers. It's not as if being target-marketed burns me up or increases the temperature under my collar, but it does cause me to think and consider; always dangerous. As Moe Howard of The Three Stooges said to brother Curly in a typical two-reeler story line: "Every time you think you weaken the nation."

I wouldn't say the onslaught has been at all equivalent to the volume mailboxes see in the weeks leading up to an election, however. The materials I've received lately have felt more personal than the usual and customary ones that arrive before an election promoting a candidate, a cause or an amendment. Those political pieces merely wanted my vote. The pieces I've received of late wanted my life. Not literally of course. But they want me, not exactly a pound of flesh, but more than a piece of paper (computer entry, actually).

I haven't had the opportunity as yet to speak with any of my neighbors to find out if the entire neighborhood was similarly solicited or was it just yours truly, the cancer patient whose survival has raised a marketing flag? I mean, with all the hacking/unauthorized access to phone numbers, addresses, bank accounts, Social Security numbers and private medical information, I don't suppose it's beyond a hacker's reach to secure lists of "terminal" (I also put quotation marks around 'terminal' because again, it's how my oncologist described me in late February 2009, and as yet another dig because I've lived so long beyond 'terminal') patients who quite frankly might be more open to/in need of and sensitive about certain conditions/situations/circumstances not necessarily characteristic of the general population.

Or maybe these direct mail pieces had nothing to do with me (I'm not a narcissist, really; just sort of writing for semi bemusement), but are simply modern-day equivalents of the old town cryer - without the bell? But with a similar goal: to reach as many people as possible, hopefully under favorable circumstances, not in the square, but rather in the privacy of their own homes.

Naturally, I tossed all of it. I didn't take offense though, nor am I the least bit defensive about it having landed IN MY MAILBOX. It's simply sound marketing. Find a neighborhood/zip code with the demographics that match your product and voila, a connection is made, supposedly. No connection here however, merely fodder once again for a column. (Besides, I have life insurance and I'm too young for a "med supp.")

Editor's Note: Learn more about Kenny and his adventures in life (and life with cancer) online at www.ConnectionNewspapers.com.

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

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. -Werner Heisenberg						

NEWS

Valor

FROM PAGE 3

found the victim's foot. He was able to pull her to the surface, with Meekins and Buchanan grabbing her arms. All three were able to pull the victim back to the waterfront.

Meekins, Parker, and Buchanan were presented with Certificates of Valor.

A domestic dispute had turned violent, and early on Aug. 14 there was already one bleeding victim on the scene when the police arrived. A female victim was in front of the house, bleeding from her mouth, while her boyfriend was inside the house. The suspect had moved into the backyard with a knife and stated that he was going to kill himself. Officers watched as the man used a knife to slit his own throat before walking back into the townhouse. Police followed him inside and found him upstairs, collapsed behind a closed bedroom door. Sergeant Patrick Taylor used his body to force open the door, where they found the victim conscious with a large gash across his neck. Taylor rushed in, kicking the knife away, while he and Officer Osama Sharif attempted to secure the 6'3" suspect who was intoxicated and severely injured. Officer Alex Shin helped hold the suspect down and removed a second knife. As the suspect tried to push himself away from the officers, Shin tasered the suspect in the back. The suspect was sedated. Shin and Sarif were able to help carry the suspect to the ambulance.

Taylor, Sharif, and Shin all received certificates of valor.

Responding to a call of multiple gunshot wounds, police were dispatched to the 4600 block of Duke Street on Sept. 22 and found a taxi driver shot several times in his upper chest. Sergeant Michael Rodriguez immediately requested medic support and additional officers while he began to treat the victims' wounds. He applied pressure and was able to stop the bleeding sufficiently for the victim to be transported by medics. Despite his extensive wounds, the driver survived. Rodriguez was awarded a Life Saving Certificate.

Delegation?

FROM PAGE 24

are no electeds, no former electeds, no one tied to commissions or anything, but a real independent group of folks who can bring a critical eye to this."

In any case, while the Task Force is intended to be independent, it isn't envisioned as being isolated. "[T]his isn't something like where these people go off into a dark room and come back four months later with a report," said Councilman Tim Lovain at the April 19 work session. He sees it rather as "an interactive process." Likewise, an April 27 memo from BFAAC commenting on the proposed Task Force said: "While the City Manager and Superintendent will not be members of the Task Force, their support and leadership will be needed to ensure the Task Force remains on track and delivers actionable recommendations to help shape the City's and Schools' approach to CIP going forward."

School Board Chair Ramee Gentry has offered a conciliating voice. At the April 27 School Board meeting, she said the Task Force's temporary nature means the onus will ultimately fall on "staff for really fleshing out memorandums of understanding. And it really does go ... back to electeds to take the information from this and then do some of those kinds of things."

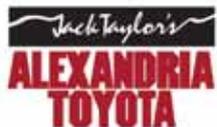
The council will vote on the Task Force at tonight's special meeting, following the FY2018 budget adoption. The meeting starts at 7 p.m. in the Council Chambers.

5

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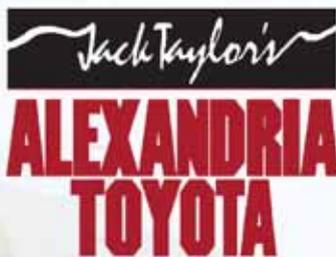
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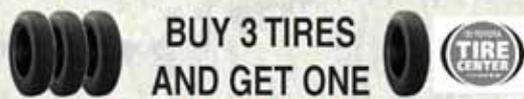
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