



PHOTO/CODY MELLO-KLEIN

The line of protesters outside a King Street McDonald's was so long some protesters had to post up across the street.

## Animal rights coalition protests local McDonald's

**Organizations call for better animal welfare policies for chickens**

BY CODY MELLO-KLEIN

More than 140 people assembled outside the McDonald's at 3646 King St. on Sunday to protest the fast food giant's animal welfare policies, specifically for chickens.

Protesters stood, shoulder to shoulder, in silence during the hour-long protest. Each person held signs displaying broad-lettered messages including, "Hey McDonald's, cruelty won't fly," and images of dead chickens stuffed into Happy Meal boxes.

The protest was part of an ongoing campaign by a coalition of animal rights organizations, including The Humane League, Mercy for Animals, Animal Equality and Compassion Over

Killing, that aims to get the McDonald's Corporation to institute animal welfare policies that many of its competitors have already implemented.

"Right here, we have over 100 supporters calling on McDonald's effectively to catch up with the competition when it comes to the treatment of animals, specifically chickens used in their supply chain," Brian Alexander, director of cor-

SEE **PROTESTS**

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## Inq-ing Old Town

**New tattoo studio offers clean design, educational approach**

BY MISSY SCHROTT

King Street, with its historic character and charming streets, doesn't seem like an obvious location to open a tattoo parlor. Inq, however, is far from your typical tattoo shop.

The new business opened at 1011 King St. on Tuesday. With its bright atmosphere and experience-driven approach, inq is attempting to break the stereotypes associated with the tattoo industry.

Inq's tagline is, "the tattoo experience, reimagined." True to the motto, the studio aims to provide a transparent, educational and spa-like customer experience, from the time someone considers getting a tattoo to the moment they're walking out the door, according to Maria Joukov, one of the shop's founders.

Joukov and her husband, Peter, developed the idea for the studio when they were considering getting tattoos for themselves.

"We just kind of started looking around and really

SEE **INQ**

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PHOTO/MISSY SCHROTT

While tattoo studios are stereotypically dark and heavily decorated, inq features a clean design with white walls and simple decor.

### INSIDE

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# Christine Roland Garner

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WEEKLY BRIEFING

# Judge postpones decision on T.C. lights lawsuits

Judge Thomas Horne ruled on Tuesday that two of the cases related to lighting the T.C. Williams High School football field must refile their pleadings before it is determined whether the cases will go to trial, according to the plaintiff's attorney, Roy Shannon.

Since city council voted in October 2018 to allow Alexandria City Public Schools to modernize Parker-Gray Memorial Stadium and add lights to the field, four groups of neighbors have filed lawsuits against the city and school board.

Thus far, Horne, who is presiding over all of the cases, has ruled to send one of the cases

to trial on Feb. 24, 2020. The court has yet to make a decision about a second case, for which a hearing was held in late June, according to Shannon.

Horne held a hearing on Tuesday to consider the city and school board's motions to have the remaining two cases dismissed. After some back and forth between the plaintiffs and defendants, Horne ruled that the plaintiffs would have until the end of September to amend their pleadings to signify the neighbors are in close proximity to the school.

"It's mostly procedural, but we have the ability to refile

here in the next couple months and then we'll go through that process again," Shannon said. "We're happy that we get to amend the pleading. ... The ability to go back and re-plead is very beneficial to us."

Once the plaintiffs refile, Shannon said he doesn't expect another hearing until late October.

City Communications Director Craig Fifer declined to comment on the judge's decision other than to say the city would comment through the judicial process.

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# City highlights Dementia Friendly Alexandria initiative

The Alexandria Commission on Aging and Goodwin House Alexandria, a local retirement community, co-hosted an event on Tuesday to emphasize the Dementia Friendly Alexandria initiative, according to a news release.

Mayor Justin Wilson, members of city council and the community met at city hall to discuss how the city can educate the public about dementia, how dementia affects people and how individuals can

make a difference in the lives of those living with dementia, as well as their caregivers, according to the release.

The Dementia Friendly Alexandria initiative started in February 2019, according to the release. The team behind the initiative is made up of organizations like Senior Services of Alexandria, Old Dominion Home Care and the Department of Community and Human Services' Aging and Adult Services Division.

Dementia Friendly Alexandria initiative is part of Dementia Friendly America, a nationwide network of communities, organizations and individuals working to ensure communities across the country are able to support those with dementia, according to the release.

- cmelloklein@alextimes.com



COURTESY PHOTO

Residents gather at the launch of the Dementia Friendly Alexandria initiative.

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## WEEKLY BRIEFING

# 36th annual National Night Out to take place next week

The Alexandria Police Department, Fire Department, Sheriff's Office, city agencies and communities across the city are partnering to celebrate the 36th annual National Night Out on Aug. 6 from 5 to 9 p.m., according to a news release.

National Night Out is a year-round community campaign

to heighten crime prevention awareness, generate support for local programs and strengthen connections between local law enforcement agencies and the communities they serve.

To celebrate, almost 40 communities across the city will host neighborhood block parties. Residents throughout

Alexandria's neighborhoods are encouraged to turn on their porch lights and host their own block parties and cookouts, according to the release. Some of APD and AFD's units will tour neighborhoods and offer special demonstrations.

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## Alexandria nominated for Southern Living's 2020 'Best City' award

Alexandria has been nominated for the title of "Best City" in Southern Living magazine's "South's Best 2020" awards, according to a Visit Alexandria news release.

In addition, The Hour boutique has been nominated for "Best Boutique."

Southern Living will determine award winners by popular vote. To cast a vote, visit [www.southernliving.com/Souths-BestVote](http://www.southernliving.com/Souths-BestVote).

Those who vote have the chance to win a grand prize of \$2,500. The competition ends on midnight on Sept. 16.

- [hhartzell@alextimes.com](mailto:hhartzell@alextimes.com)

## Bishop Ireton names new hires

Three new coaches and an interim athletic director are joining the Bishop Ireton athletic department, according to a July 22 news release.

Bill Simmons, former B.I.

athletic director of 11 years, is stepping out of retirement to assume the role of interim athletic director.

Simmons began working at Bishop Ireton in 2001. Prior

to his retirement in 2018, he served in a number of positions, including business manager, director of operations,

SEE **BISHOP IRETON** | 17

## CRIME

# Police department warns residents of phone scam

The Alexandria Police Department is warning residents to be aware of a phone scam asking people to provide a charitable donation to the APD, according to a news release.

Alexandrians recently reported receiving calls from

someone falsely claiming to be from the APD. The caller asked for a charitable donation to the APD and, in some cases, personal information like credit card information and bank account details, according to the release.

The APD will never ask

for donations over the phone, according to the release. The police department warns residents to hang up immediately if they receive a call like this. Victims of the scam can report the incident to the APD by calling 703-746-4444.

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### CORRECTION:

The article, "Wegmans breaks ground in Carlyle" in the July 25 edition of the Times incorrectly stated that the new Carlyle Crossing development was in Carlyle. In reality, the new development falls outside of the Carlyle boundaries. The Times regrets the error.



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**PROTESTS** FROM | 1

porate engagement in the U.S. and Canada for Mercy for Animals, said.

With the Animal Rights National Conference taking place July 25-28 in the Hilton Alexandria Mark Center Hotel near the McDonald's, the timing and location seemed perfect for the protest organizers.

"Alexandria is a wonderful area. We've got a dedicated group of volunteers here, and we're all here for a conference," Chris Hendrickson, regional organizing manager for The Humane League, said. "We wanted to come together, bring all these people who care deeply about this issue, give them the opportunity to get involved."

Since initiating a campaign to end battery cages – small wire cages used to hold egg laying hens – the coalition is now working to tackle the treatment of chickens raised and killed for meat.

"A few years ago, we saw an opportunity to move

onto the next big priority, which are chickens raised and killed for meat called broiler chickens," David Coman-Hidy, president of The Humane League, said. "That's the ask we're making of McDonald's."

The coalition is pushing for specific animal welfare policies that would allow for institutional changes in how corporations treat and source animals. These policies include giving chickens used in food production a healthy living environment full of space and light, enriching the birds' lives by allowing for natural behaviors and curtailing harmful breeding practices.

More than 140 corporations, including McDonald's competitors Burger King and KFC, have committed to the policies that the coalition is advocating. McDonald's has not.

The main issue for animal rights organizations and their supporters remains breeding practices, and it is an issue on which McDonald's has so far refused to budge.

"These birds have been bred to grow so big, so fast that their bodies literally can't support their own weight," Alexander said. "Many of these birds will not be able to walk without pain. They can suffer heart attacks, die before they even make it into McDonald's chicken nuggets or chicken McSandwiches."

According to a statement from McDonald's, the company remains committed to the health of its birds.

"In October 2017, McDonald's announced eight commitments to measurably improve chicken health and welfare outcomes across our global supply chain by 2024," Angele Busch, a member of McDonald's public relations and brand reputation team, said in an emailed statement. "To advance this work, last year we formed an independent Global Chicken Sustainability Advisory Council of diverse experts. Through these commitments, McDonald's is using our scale

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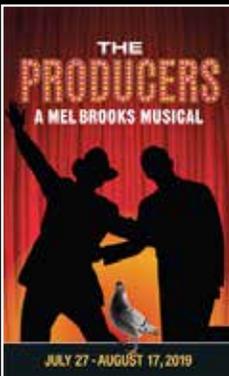


PHOTO/CODY MELLO-KLEIN

More than 140 people, and some animal companions, gathered outside a King Street McDonald's to protest the corporation's animal welfare policies.



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INQ

FROM | 1

found that not a lot of the places out there would deliver the kind of experience we wanted,” Joukov said. “We started doing some research, talking with some friends who are tattoo-enthusiasts, talking to tattoo artists, and kind of found out that we weren’t the only people who had the same concerns.”

Realizing there was a demand for a different kind of tattoo parlor, the Joukovs decided to open their own. Collectively, the two have either started or helped start six different companies in various fields, including real estate, private equity and government consulting, Joukov said. With their start-up experience, the Joukovs were able to open inq less than a year after they began the process in August 2018.

The inq concept is built around studio design, customer education, transparency and



PHOTO/MISSY SCHROTT

The inq team. **From left to right:** Nick Dorset, Cameron Hobbs, Ray “Capt Lu” Figueroa, Maria Joukov, Lindsay Rizzo and Peter Joukov.

technology, Joukov said. She said the education aspect was one of the major pieces missing at a lot of parlors.

“I don’t want to trash talk

the current [tattoo] environment because there are a lot of incredible artists and a lot of people have great experiences,” Joukov said. “For me

personally, I think there wasn’t enough of that education process, and I think a lot of places, you’re kind of expected to go into knowing what you’re get-

ting.”

By providing a new type of experience, Joukov said she hoped inq would appeal to all types of clientele.

“With tattoos being as widespread as they are, we’re really cognizant of the fact that there’s no longer so much of a stigma attached to them,” Joukov said. “I’d get comments that I don’t look like somebody who would have a tattoo. There’s no longer that notion. There’s no longer a notion of what a person with tattoos is or isn’t.”

The inq experience begins with the studio’s aesthetics. White walls, natural light, plant life and comfortable seating areas make the space feel more like a spa than a tattoo parlor.

“A lot of the other studios I’ve worked [at] and have been to, they’re really kind of dark,” inq artist Cameron Hobbs said. “This is kind of the exact oppo-

SEE INQ

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BUSINESS

# Power Nectar Yoga brings the heat to Potomac Yard

**New studio opened July 14**

BY HEATHER HARTZELL

Power Nectar Yoga, a new hot yoga studio, opened at 2708 Richmond Highway earlier this month.

It is the second studio owned by Jane Bahneman, an Alexandria native and yoga practitioner and teacher of nearly 20 years. After a ribbon cutting ceremony on June 28, Power Nectar Yoga held its first class on July 14.

While Blue Nectar Yoga, Bahneman's first studio in Falls Church, offers a more traditional approach to yoga practice, Power Nectar Yoga offers exclusively heated classes.

"We're opening – when the heat index is 110 degrees this week – opening a hot studio," Bahneman



COURTESY PHOTO

A class of students at Power Nectar Yoga.

said, laughing. "But, you know, it's giving us time to kind of flush out some of our systems."

The studio will offer a variety of classes, including hot vinyasa flow and warm sattva vinyasa, to yoga practitioners of all skill levels.

Situated between the Potomac Yard and Del Ray neighborhoods, Power Nectar Yoga has attracted mostly locals and commuters thus far, Bahneman said.

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# BUSINESS

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“Based on the experiences we’re having so far ... so many people that are coming to the studio live really, really close. So it’s really hyper-local, which is good,” Bahneman said. “Or commuting, that’s the other piece we’ve found. Anyone who’s commuting in and out of D.C. or in and out of Maryland, they’re finding this location to be ideal.”

Gayle Reuter, a member of the Del Ray Business Association, said the studio already fits in with the local community.

“With the strong wellness aspect of Del Ray, we think they couldn’t have picked a better location,” Reuter said.

Nectar Yoga Studios became a reality nearly six years ago, after many years of planning. Bahneman’s experience working for a



COURTESY PHOTO

Del Ray Business Association board member Bill Blackburn; City Councilor Canek Aguirre; Power Nectar Yoga founder Jane Bahneman and her son, Brady; Vice Mayor Elizabeth Bennett-Parker; Mayor Justin Wilson; and Power Nectar Yoga studio coordinator Vanessa Thomas cut the ribbon to open Power Nectar Yoga.

corporate company helped her open a business of her own, Bahneman said.

“I had that entrepre-

neurial bug and just thought it was time to take all the skills I’ve acquired in my career and apply them to my

dream. ... I very diligently, in the roles that I had prior to being a business owner, I soaked everything I could

up,” Bahneman said. “So when it came that time [to open a business], I had built my skill set to hopefully a place that at least gave me an edge or an advantage to finding some success in the space.”

Throughout her years of practicing and teaching yoga, Bahneman said she’s seen many ways in which yoga can be exclusive and esoteric. When it came time to open her own studio, Bahneman wanted to create a space where everyone felt welcome. Her commitment to her vision and her experienced staff helped make this goal a reality, she said.

“Our tagline is ‘we are yoga without attitude,’ and I think that that experience is felt from the moment that people walk into our doors,” Bahneman said. “We’ve always wanted it to be that

SEE **YOGA**

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## FINANCE

# Finding your financial personality: Are you a maverick or a dreamer?

BY BRAND POINT

When it comes to managing your finances, are you more likely to be spontaneous and optimistic or stick to a formal plan? Understanding your financial personality can be important on the journey to reaching your financial goals, whether it's something short-term like buying a home or long-term like your dream retirement. For some of us it's simply about finding a better balance between spending and saving.

According to Charles Schwab's Modern Wealth Quiz, which is designed to help people get a better grasp on their saving, spending and investing habits, about 43 percent of Americans are "dreamers" when it comes to their finances



FILE PHOTO

– they tend to live in the moment but can also feel unprepared for certain life events.

Only 10 percent are considered financial "architects" – they not only imagine the future but take pen to paper and

map out a plan to make it a reality. Other personality types, according to the quiz, are improvisers, 18 percent; organizers, 11 percent; mavericks, 10 percent and philosophers, 8 percent.

Here are some key themes the quiz explores to determine your money personality and provide tips to help you achieve your goals:

## 1) Is juggling your monthly bills a breeze or a tornado?

Half of Americans say they're able to pay their monthly bills on time and even put money into savings regularly, according to Schwab's 2019 Modern Wealth Survey, but a third of Americans say they typically don't have any extra cash to put into savings after their basic expenses. The remainder say they even struggle to pay those expected monthly bills and often end up with unpaid balances.

Terri Kallsen, head of Schwab Investor Services, said that automatically depositing part of your income into a savings account each month can help make it a habit.

"Our survey shows about 40 percent of Americans set up an automatic transfer into their savings or investment accounts each month," she said. "That way, they don't have to

make a decision to 'spend or save' each month – they've already made it."

## 2) Do you set goals or go with the flow?

While most Americans say they've thought about their financial goals, only 28 percent have taken the time to put their goals in writing, the survey shows. Another 25 percent say they don't have any plan at all.

"Planning can be a key indicator of your money personality because how much you engage with your finances is often closely tied to how confident you feel about reaching your goals," Kallsen said.

## 3) Are you an engaged investor or a sideline saver?

Most Americans have a traditional checking and savings account, according to the survey, but only about half have some kind of investing account.

"Savings accounts are often seen as a safe place to put your money, but to keep up with inflation and the rising cost of living, it's also critical to invest," Kallsen said. "The sooner you start investing, the longer your money has time to gain from rises in the market and the power of compounding and to recover from any downturns."

Once you're invested, it's important to stay engaged to stay on track. Keep an eye on your investment fees and make sure to rebalance about once a year, added Kallsen.

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# Times Living

## ARTS

### ‘Treasure Island’ sets sail at Synetic Theater

BY JORDAN WRIGHT

Set sail for adventure with Synetic Theater’s lively production of Robert Louis Stevenson’s classic tale, “Treasure Island,” where the peg-legged pirate Long John Silver and his scurrilous band of buccaneers go in search of hidden riches on Skeleton Island.

Hired by Captain Smollet, Dr. Livesey and Squire Trelawney who commissions the voyage, Silver, protégé of the notorious Captain Flint who hid the treasure, pretends to be a lowly cook. Once aboard, Silver convinces the motley crew of scalliwags to switch allegiance, promising them riches beyond their wildest dreams.

At first, Silver befriends the beautiful orphan girl Jane Hawkins who has been gifted Flint’s treasure map by the late Billy Bones. Fans of the 19th-century adventure novel will note that Jim Hawkins’ role in this production is a female character who develops as much ferocity and fearlessness as any seafaring pirate.

Saving her from a life of servitude at the Admiral Benbow Inn, Silver promises Jane he will watch over her

if she will give him the map, but once aboard the Hispaniola, she learns his scheme to keep the treasure for himself. Oh, he’s a wily one.

“Treasure is like a disease. It infects the noblest of minds,” he cautions her.

Plotting to outfox our heroes, as well as the brave Jane Hawkins, Silver must figure out how to get the map that Jane has given to Dr. Livesey for safekeeping. But nothing goes as planned for either side as it’s criss-cross and double-cross, foul treachery and maritime mutiny, framed by dangerous storms at sea.

Chris Daileader, a mash-up of Leonardo DiCaprio and Johnny Depp, gives a fantastic performance replete with a British pirate’s accent as the crafty pirate Long John Silver. And Anne Flowers’ portrayal of Jane Hawkins makes us believe that a girl can do anything against all odds if she sets her cap to it. Seven more actors, each playing multiple roles, create the illusion that there is a huge cast. Scenes of rum-swilling pirates dancing to Irish jigs will dispel any and all evil spirits of the deep.

Director Tori Tolentino, Set Designer Phil Charl-



PHOTO/ BRITTANY DILIBERTO

One of the many lively numbers of the classic tale “Treasure Island.”

wood, Movement Director Dallas Tolentino, and Sound Designer Thomas Sowers have taken this beloved pirate’s tale into the abstract with fantastical imagery and sheer athleticism and made the pages of the book come alive with swordfights and swagger on the high seas. Here prophecy and foul play transform into a rollicking adventure fit for children as well as their grownup captors.

With Karina Hilleard as Squire Trelawney; Da’Von T. Moody as Dr. Levesey; Billie Krishawn as Captain Smol-

lett; Lee Liebeskind as Billy Bones/Israel Hands/Ensemble; Scott Whalen as Ben Gunn/Clem/Ensemble; Anna Lynch as Innkeeper/Morgan/Ensemble; Raven Lorraine as Pew/Merry/Ensemble; Irene Hamilton as Black Dog/Tommie/Ensemble; Conor Donahue as Flint/Gates/Ensemble; and Darius Johnson as Abraham Grey/Tarth/Ensemble.

Highly recommended – especially coupled with a visit to Alexandria’s 18th-century, replica tall ship Providence, which is docked at the Alexandria City Marina, where children can indulge their

own seafaring fantasies.

*Jordan Wright writes about food, spirits, travel, theatre and culture. Visit her website at [www.whiskandquill.com](http://www.whiskandquill.com) or email her at [Jordan@WhiskandQuill.com](mailto:Jordan@WhiskandQuill.com)*

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## PEIS

### Virginia wildlife

Minimize your impact on local birds, bears and opossum. | Page 12

## HOMIES

### Work out at home

There are various factors to consider when putting together a home gym. | Page 14

## CALENDAR

### August events

Attend a waterfront bagpipe concert, enjoy the Friendship Firehouse Festival and more. | Page 16

PETS



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FILE PHOTO

The Wildlife Center of Virginia tests every one of the approximately 30 to 45 eagles that are admitted per year for lead. Most have some level of lead in their blood.

# How to have a positive impact on Virginia wildlife

BY VICTORIA ELLIOTT

Founded in 1982, the Wildlife Center of Virginia, located in Waynesboro, Virginia, serves the state as a wildlife treatment center and wildlife veterinary training hospital.

The center treats approximately 3,000 wild animals per year. Common animals admitted include rabbits, opossums, squirrels, box turtles, raptors, bears and songbirds.

In addition to treatment, the center provides training

to veterinarians, veterinary technicians and volunteer wildlife rehabilitators and education outreach to schools and libraries across the state.

Amanda Nicholson, director of outreach at the Wildlife Center, said that the center recently admitted its 80,000th patient: an opossum. Nicholson said there has been an increase in opossum admissions this year at the center.

Opossum, among other small animals, birds of prey and scavenger birds, are of-

ten victims of cars. They – or their prey – stop by the roadside to eat food and trash that has been discarded and are frequently hit by passing cars. Because of this, the Wildlife Center recommends that not even biodegradable food be discarded.

The center recently had another notable patient: a bog turtle. The bog turtle is endangered in Virginia and federally threatened. The bog turtle re-

SEE PETS

| 13



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# PETS

PETS

FROM | 12

cently admitted to the Wildlife Center was hit by a vehicle in southwest Virginia. It had shell fractures that have been treated, and it will be released back to its native wetlands.

In addition to seeing an increase in opossum admissions, Nicholson shared other trends at the Wildlife Center this year:

### Black bears with mange

Mange is a type of skin disease caused by mites. It is a contagious disease, spread by direct physical contact. The Wildlife Center and other wildlife researchers, are conducting research into what makes black bears more likely to become overburdened with mange than other bears.

### Bald eagles with lead poisoning

The center tests all of the approximately 30 to 45 eagles that are admitted per year for lead. Most have some level in their blood. Significant levels of lead can result in lead toxicity or lead poisoning, causing illness and death in eagles, vultures and other birds of prey. Even a tiny amount, Nicholson said, can kill. The center is focused on educat-



VICTORIA ELLIOTT

ing the hunting community. Hunters can use alternate non-lead bullets and avoid leaving behind discarded game.

### Young animals

While it's possible that a young animal found alone may be abandoned or ill, it's important not to attempt to approach or move any wildlife. If you find a potentially abandoned or ill animal, confirm with the Wildlife Center or a local rehabilitator what steps are most appropriate – both for your safety and that of the animal.

When asked what actions Virginians can take that would have the largest positive impact on Virginia wildlife, Nicholson recommended:

1. Don't litter. Animals are frequently hit by vehicles when drawn to roadside litter while scavenging for food.
2. Take steps to prevent

lead toxicity. Lead toxicity can be prevented by purchasing non-lead bullets and cleaning up after field dressing game.

3. Keep cats indoors. A seasonal surge of fledgling birds and young rabbits with wounds inflicted by outdoor cats come to the center each year.

4. Securely discard fishing tackle, lines and balloons. String from fishing lines and tackle can easily become tangled around animals, and tackle and balloon pieces can be mistaken for food.

5. Leave wildlife alone. Ask

questions of trained wildlife professionals if you are concerned about the welfare of wildlife, but, as a general rule, let wildlife be.

One of the biggest challenges for the Wildlife Center is spreading its message. One of the ways that the center is spreading awareness is through the 13-week series "Untamed." "Untamed" highlights different species and their treatment as patients at the Wildlife Center. "Untamed" airs on various PBS affiliates, as well as on the center's Facebook, YouTube and website.

The Wildlife Center is usually closed to the public due to its work as an active wildlife hospital. However, seasonally, open house dates are held at the center. While the summer dates have passed, fall dates will soon be available. Just two and half hours from Alexandria, the Wildlife Center open house dates offer a unique opportunity to see wildlife care in action.

*The writer is a volunteer with King Street Cats. For more information, go to [www.kingstreetcats.org](http://www.kingstreetcats.org)*



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## HOMES

# How to incorporate a home workout space

BY MARY PEPITONE

Homeowners are pumped to create a space that allows them to work out at home.

If you're warming up to having a workout space at home, you're not alone. Retail sales of exercise equipment in America topped \$7 billion in 2018, according to the Sporting Goods Market report released by the National Sporting Goods Association in Mount Prospect, Illinois.

While those retail dollars are enough to get hearts rac-

ing, impulsively buying expensive equipment for a home gym doesn't guarantee fitness – either physically or financially. Los Angeles-based certified instructor Cassey Ho is a fitness phenom with more than 4.6 million worldwide subscribers to her YouTube channel, Blogilates.

Ho said the first step to creating a personalized workout space is to make a commitment to working out and making it a priority.

"My philosophy toward fitness is that it shouldn't

feel like a chore," she said. "Fitness is a part of life that should bring you joy."

Specializing in equipment-free Pilates interval training, Ho said a healthy workout environment first starts with the individual. Ho's fitness philosophy is to keep it simple in her home workout studio, which features a large-screen television in a spacious room decorated with live plants.

"Creating an inviting, open place in which you have space to move around is important if you want to have a workout center inside your home," she said. "Plenty of floor space for a yoga mat and access to a screen with internet service is all you need to work out with me."

Being dedicated to an exercise plan means dedicating space in your home to exercise, whether you're converting a first-floor playroom or creating a space in the base-



PHOTO/SEBRING DESIGN BUILD

This customized circular lighting fixture conceals a fan in its center, and the wall-to-wall mirror lightens and lengthens the space.

ment, according to Bryan Sebring, owner of Sebring Design Build in Naperville, Illinois. For 20 years, Sebring has designed hundreds of home gyms for clients through his home construction and design business.

"When designing a space for a home gym, it should ideally be located away from areas where people sleep," Sebring said. "We will often

add soundproofing to a home gym's walls, so those using the exercise equipment won't disrupt others in the home."

The workout space should be highly personal and created to accommodate specific exercise equipment or a fitness routine.

"No two home gyms are exactly alike," Sebring said.

SEE HOME

| 15

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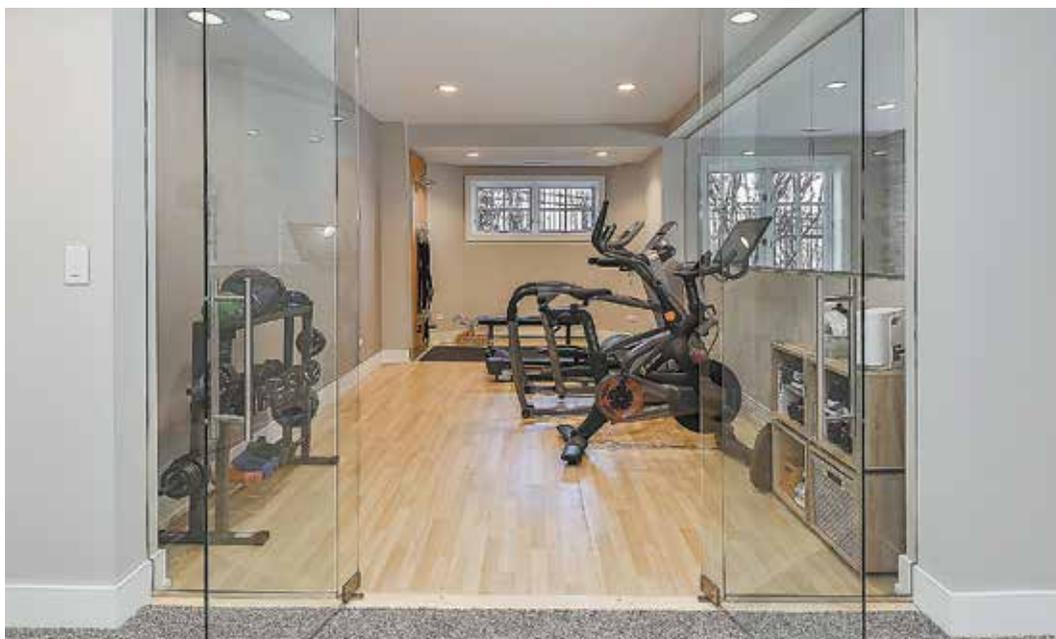
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# HOMES



PHOTO/SEBRING DESIGN BUILD

This home gym has glassed-in doors, so the space isn't cut off from adjacent rooms.

**HOME**

FROM | 14

strength training.

“Before you move anything into the room, you need to create a floor plan to know exactly where each piece of equipment goes.”

Motorized treadmills are the most popular piece of exercise equipment, with sales of \$3.7 billion in 2018, according to Nick Rigitano, NSGA research and information manager.

While the treadmill is the most popular piece of exercise equipment, other contenders include the stationary bike, elliptical cross-trainer and multipurpose equipment, which can include bands for resistance or weights for

A lot of today's exercise equipment can be programmed to calculate pulse rates and the number of calories burned as you step, pedal or stride.

Most exercise machines will allow you to modify the weight and difficulty, but choose equipment that isn't too complicated to alter. Before buying, make sure you understand the equipment's setup, guarantees and maintenance requirements.

Sebring said a workout space should feel open and bright, with natural light and high ceilings when possible.

SEE **HOME**

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## HOME OF THE WEEK

# Craftsman bungalow just blocks to Metro and Maury School

A wide wrap-around porch welcomes you to this Aladdin Catalog home featuring 10-foot ceilings, tall windows and original glass-front craftsman cabinetry with columns.

The living room has a re-lined river rock wood-burning fireplace as well as French doors to a den.

The home also features a formal dining room and light-filled kitchen with access to a screened porch, fenced back yard and driveway.

The walk-out lower level is spacious with a recreation room, a second full bath, a walk-in closet and two storage rooms.

The yard with irrigation has a patio surrounded by perennial beds, as well as a garden that is perfect for vegetables and herbs.

### AT A GLANCE

**Location:**

32 W. Glendale Ave

**Neighborhood:** Rosemont

**Price:** \$835,000

**Bedrooms:** 2/3

**Bathrooms:** 2

**Parking:** Off Street

**Interior:** 2,784 sq. ft.

**Lot:** 7,500 sq. ft.

**Year Built:** 1920

**Contact:**

Christine Garner

Weichert Old Town,

703-587-4855,

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**Above:** Enjoy warm weather on the welcoming wrap-around porch. **Right:** Fenced backyard with patio, driveway and gardens.

PHOTOS/LINENS AND LENS

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## CALENDAR

## AUGUST 1

**DEL RAY VINTAGE & FLEA MARKET**

Del Ray's monthly vintage and flea market occurs the second Saturday of each month and is open to the public. Stop by to shop for all kinds of vintage goods.

**Time:** 9 a.m. to 1 p.m.

**Location:** 1900 Mt. Vernon Ave.

**Information:** [www.facebook.com/delrayvintageflea](http://www.facebook.com/delrayvintageflea)

## AUGUST 12

**MINDFULNESS MONDAYS**

Four Directions Wellness, affiliated with the G.W. Center for Integrative Medicine, provides a complimentary hour of meditation and mindfulness on the second and fourth Monday of each month. No RSVP is required.

**Time:** Noon to 1 p.m.

**Location:** Four Directions Wellness, 2001 Mt. Vernon Ave.

**Information:** [www.fourdirectionswellness.com](http://www.fourdirectionswellness.com)

## AUGUST 13

**LILA DOWNS AT THE BIRCHMERE**

LILA Downs is a Mexican singer-songwriter and actress. She performs her own compositions and the works of others in multiple genres, as well as tapping into Mexican traditional and popular music. She also incorporates indigenous Mexican influences and has recorded songs in many indigenous languages such as Mixtec, Zapotec, Mayan, Nahuatl and Purépecha.

**Time:** 7:30 p.m.

**Location:** The Birchmere, 3701 Mount Vernon Ave.

**Information:** [www.birchmere.com](http://www.birchmere.com)

## AUGUST 15

**MAKE AND TAKE LUNCH**

**BREAK SOCIAL** Featuring a DJ, food trucks and free DIY crafts, take a



COURTESY PHOTO

## AUGUST 3

**FRIENDSHIP FIREHOUSE FESTIVAL** The popular, annual family event features antique fire apparatus, craft booths, displays by Alexandria merchants and live music. In addition to the day's outdoor events, festival participants will enjoy visiting the Friendship Firehouse Museum, originally built as a firehouse in 1855. Food and beverages will be available. Children will receive free fire helmets and be treated to a supervised visit inside the City of Alexandria's fire trucks.

**Time:** 9 a.m. to 2 p.m.

**Location:** Friendship Firehouse, 107 S. Alfred St.

**Information:** [www.alexandriava.gov/FriendshipFirehouse](http://www.alexandriava.gov/FriendshipFirehouse)

real lunch break outside to refuel and recharge with co-workers. Nosh on lunch and enjoy making a DIY memento to place proudly on the desk back at the office or give to a loved one. Each month a DIY local business will pop-up and offer a themed craft.

**Time:** 11:30 a.m. to 2:30 p.m.

**Location:** 2425 Eisenhower Ave.

**Information:** [www.facebook.com/pg/AlexandriaEcon/events](http://www.facebook.com/pg/AlexandriaEcon/events)

celebration of writers and writing, featuring a diverse slate of events including author talks, craft-of-writing workshops, a book and art fair, free public readings and panels on various topics including the business of publishing.

**Time:** All day

**Location:** Old Town Books, 104 S. Union St.

**Information:** [www.oldtownbooks.com](http://www.oldtownbooks.com)

## AUGUST 16

**ALEXANDRIA SUMMER RESTAURANT WEEK**

Alexandria Summer Restaurant Week showcases the inventiveness of local chefs in neighborhoods throughout the city, including Old Town, Del Ray, Carlyle and Eisenhower, and the West End. At a range of locales, from neighborhood favorites to restaurants specializing in international cuisine, guests will savor the flavors of Alexandria's distinctive collection of eateries. Newcomers like Urbano 116 and Village Brauhaus will join returning restaurants like Del Ray Café, Hank's Pasta Bar and The Majestic. This event lasts from August 16 to 25.

**Time:** All day

**Location:** Various locations

**Information:** [www.AlexandriaRestaurantWeek.com](http://www.AlexandriaRestaurantWeek.com)

**EMERGING WRITERS FESTIVAL**

Join the inaugural Emerging Writers Festival. The festival will be a weekend-long

**THE SUMMER LOVE SOUNDTRACK FEATURING NACIM** R&B soul singer NACIM comes to the Carlyle Club, bringing with him "The Summer Love Soundtrack," featuring songs from John Legend, Prince, Maxwell and other R&B contemporaries. NACIM is a bilingual singer/songwriter of Mexican and Lebanese heritage from the border town of El Paso, TX. Fans have raved time and time again that NACIM is a once in a generation talent, one of a kind and extraordinarily soulful.

**Time:** 8 p.m.

**Location:** The Carlyle Club, 2050 Ballenger Ave.

**Information:** [http://thecarlyleclub.com/upcoming\\_shows.html](http://thecarlyleclub.com/upcoming_shows.html)

## AUGUST 17

**OLD TOWN BEER, WINE AND DOG FESTIVAL**

At the Old Town Beer, Wine and Dog Festival guests will have the opportunity to enjoy locally sourced craft beer, wine and food while relaxing to live music with their favorite four-legged

friends. The goal is to provide an alternative to the typical adoption process by combining food, drinks and dogs in a social environment. Whether you are adopting a dog or not, come help socialize the community's sheltered and fostered dogs that are looking for a future home.

**Time:** 11 a.m. to 6 p.m.

**Location:** Waterfront Park, 1 Prince St.  
**Information:** [www.oldtownbeerwineanddog.com](http://www.oldtownbeerwineanddog.com)

## AUGUST 18

**BEYOND PAPER AND STONE**

At Beyond Paper and Stone, staff of the Carlyle House will share their love of the collections with guests. Various objects will be pulled from collections to be displayed and discussed. Staff will explain collections care and maintenance, preservation that has taken place on objects and how the care of these objects impacts the story told.

**Time:** 10 a.m. to noon

**Location:** Carlyle House, 121 N. Fairfax St.  
**Information:** [carlyle@nvrpa.org](mailto:carlyle@nvrpa.org)

## AUGUST 22

**RUFUS WAINWRIGHT AT THE BIRCHMERE**

Rufus Wainwright is an American-Canadian singer, songwriter and composer. He has recorded seven albums of original music and numerous tracks on compilations and film soundtracks. He has also written a classical opera and set Shakespeare sonnets to music.

**Time:** 7:30 p.m.

**Location:** The Birchmere, 3701 Mount Vernon Ave.

**Information:** [www.birchmere.com](http://www.birchmere.com)

## AUGUST 24

**ALEXANDRIA IRISH FESTIVAL**

This family friendly event is held to promote and preserve Irish heritage. Come join the Ballyshaners, Alexandria's nonprofit Irish heritage organization, and enjoy Irish entertainment with live Irish music and dance performances, craft vendors, a beer truck and plenty of food. Attendance is free and all are welcome.

**Time:** 11 a.m. to 7 p.m.

**Location:** Waterfront Park, 1 Prince St.  
**Information:** [www.ballyshaners.org/2019-irish-festival](http://www.ballyshaners.org/2019-irish-festival)

**BEYOND THE BATTLEFIELD**

**CIVIL WAR WALKING TOUR** A guided walking tour of Civil War sites in Historic Old Town. Participants will see locations and stories associated with soldiers, citizens and enslaved people. The tour will last approximately two hours and the tour route is approximately 1.75 miles. Tour space is limited, so the purchase of tickets in advance is highly recommended. Participants are encouraged to wear comfortable shoes and bring water. This event is free for members.

**Time:** 10 a.m.

**Location:** Lee-Fendall House, 614 Oronoco St.

**Information:** [www.leefendallhouse.org](http://www.leefendallhouse.org)

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**PROTESTS** FROM | 5

for good to meaningfully impact issues that are important for people, animals and the environment.”

McDonald’s commitments include increasing key welfare measures and incorporating welfare enrichments like lighting and housing environment standards that promote natural behavior, according to the statement.

However, animal rights activists believe that McDonald’s commitment to the welfare of its birds continues to ignore the harmful breeding practices that, until restricted by internal policy, are industry standard. As of now, more than 300,000 people have signed a petition calling for McDonald’s to commit to better welfare practices,

specifically better breeding practices.

“Ironically, McDonald’s was a real leader on animal welfare issues, in terms of moving the ball forward on getting rid of intensive confinement,” Coman-Hidy said. “Now they are actively working against progress.”

Because of the Animal Rights National Conference, the protest at the King Street McDonald’s drew people from all over the world, from Alexandria to the Netherlands. Some protesters came with animal companions in tow to call for McDonald’s to make meaningful change.

Some activists expressed frustration over the company’s refusal to further change its policies.

“[It’s] really, in my opinion, quite pathetic – that

they would place so much importance on money and profit that they would completely disregard even the most basic welfare improvements for its animals that are suffering their entire short existences to make McDonald’s, this multi-billion dollar industry, a few more bucks,” Sarah Weldon, an activist from Austin, Texas who was in town for the conference, said.

Other protesters, including Chris Schob, recognized that taking a personal stand against companies like McDonald’s isn’t always easy. It can be difficult to find cruelty-free restaurant options, Schob said. But with more companies adopting these policies, Schob said protests are a chance to educate consumers that change is possible and to teach corporate giants that

change is necessary.

“The more that it becomes accessible to not hurt animals in your daily life, the more people are going to choose that,” Schob said. “And as more people choose that, that becomes the mainstream norm. I think these [ideas] are here to stay, and businesses should respond to it.”

Protests such as Sunday’s are changing the way many Americans eat. Examples include a rise in vegan diets and ballot items like California’s Proposition 12, a 2018-approved ballot item that established new standards for animal containment.

Standing silently below those famous golden arches, the protestors on Sunday called for an American dining institution, a symbol of American culture, to make a change to ensure that every meal is, actually, happy.

“We’re really asking them to live up to what they say they do,” Alexander said. “They have something called ‘Scale for good,’ which is specifically that their scale is so large that they can affect a lot of good in the world. We’d like them to use that scale for good, for the good of the chickens in their supply chain.”

-cmelloklein@alextimes.com

**YOGA** FROM | 9

when someone walks into our doors, no matter if it’s their first class or their 10th year practicing, that everybody is treated the same, that they walk in and it feels like home.

“I’d say what sets us apart is really that down-to-earth attitude. And we are a mission-driven business. We build community, and yoga is our tool,” she said. “I think community is often lost with the virtual world and where things have gone, and I don’t

know that there’s a ton of spaces where people can walk in and just be who they are.”

As a long-time resident of Alexandria, Bahneman said she is grateful to open her new studio in her own community.

“They’ve gotten involved right away,” Reuter said. “We love that they immediately became a part of our annual Well Ray festival.”

Bahneman said giving back to the community is a major component of Nectar Yoga Studios.

“I think [yoga is] about

creating a space where transformation can occur. And not only providing that space in the community, but finding ways to give back to the community we serve,” she said. “I really want to give people a space to get quiet and go in and really discover their own being, their own sense of purpose ... Everybody’s looking for purpose or meaning, and everybody’s doing it in a different way, and so I hope that we create spaces that enable people to step in.”

-hhartzell@alextimes.com

**BISHOP IRETON** FROM | 4

dean of students and athletic director. He was named Alexandria Sportsman’s Club Sportsman of the Year in 2009 and was awarded the Salesian Medal by the Oblates of St. Francis de Sales in 2018.

Bradley Lacey will serve as the new head coach for B.I.’s varsity volleyball team.

Lacey played volleyball in the Jersey Shore Volleyball As-

sociation and began coaching in 1993. At Hayfield Secondary School, he coached varsity, junior varsity and freshman volleyball.

Lisa Alaoui will serve as the new head coach of the girls’ varsity soccer team.

Alaoui previously served as the head coach of B.I.’s junior varsity soccer team and the assistant coach to the varsity team. She has coached soccer for more than 30 years and

plays in the Washington Area Women’s Soccer League.

Ahmad Sasso was named the head coach of the boys’ varsity soccer team.

Sasso previously served as the head coach for the Springfield/South County Youth Club. He was a member of the Lebanese National Team and played professionally in England and Africa. He has coached soccer for 18 years.

-hhartzell@alextimes.com

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**YOUTH LEADERSHIP**  
CONFERENCE 2019

**AUGUST 12**  
9 A.M. - 4 P.M.

**AUGUST 13**  
10 A.M. - 4 P.M.

*Bonus day!*  
**AUGUST 14**  
10 A.M. - 4 P.M.

AUGUST 13 INCLUDES AN AFTERNOON NETWORKING SESSION WITH YOUTH LEADERSHIP OPPORTUNITIES IN ALEXANDRIA. AUGUST 14 SESSIONS WILL FEATURE OPPORTUNITIES TO GET INVOLVED IN CITY-WIDE PLANNING EFFORTS, BUILD YOUR LEGACY IN ALEXANDRIA BY TACKLING ISSUES THAT AFFECT ALEXANDRIANS, AND CONTINUE NETWORKING WITH LOCAL DECISION-MAKERS.

**FIRST BAPTIST CHURCH OF ALEXANDRIA | 2932 KING STREET**

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NOMINATE A YOUTH AT SURVEY.ALEXANDRIAVA.GOV/S3/YOUTH-LEADERSHIP-CONFERENCE-NOMINATION-FORM-2019

HOSTED BY THE DEPARTMENT OF COMMUNITY & HUMAN SERVICES  
SUBSTANCE ABUSE PREVENTION COALITION AND ALEXANDRIA CAMPAIGN ON ADOLESCENT PREGNANCY

## Our View

### Let there be football

Kudos to Alexandria City Public Schools for the creative, mature decision to play the T.C. Williams football team's home games this fall at The St. James indoor sports complex in Springfield. We think this move is smart on several fronts.

The decision to play the Titans' home games elsewhere was necessitated by the on-going dispute – and four pending lawsuits – around whether the City of Alexandria has the legal right to install lights at T.C. Williams' Parker-Gray stadium. As the dispute between ACPS and adjoining neighbors has dragged on, conditions at the stadium have degenerated to the point that the press box was deemed uninhabitable and condemned.

Earlier this year, ACPS officials indicated they intended to proceed with the stadium project, including lights installation, despite the lawsuits. Doing so would have risked squandering citizens' tax dollars by building something that might have been decreed illegal, forcing a tear-down.

One of the lawsuits is slated for trial in February 2020. The judge has not yet determined whether the other three will proceed to trial. Playing the Titans' home football games elsewhere until the lawsuits are decided was the right decision.

The wrinkle of holding the games at The St. James is both innovative and fun. The fieldhouse where the games will be played is 110,000 sq. ft. The field is composed of "high-grade, athletic turf" according to The St. James website, and there are two private team rooms for the squads to use. The sprawling complex has facilities for everything from gymnastics to ice hockey, and T.C. will be the first area team to use the facility for its home football games.

The primary drawbacks to this arrangement are seating capacity and distance. The fieldhouse seats fewer than 1,000 spectators, half of which the other team would presumably get to use. This, combined with the 6.8-mile drive from T.C. Williams to the complex, means it will be more difficult for students, families and city residents to watch Titans football games this fall.

In the meantime, work on the field itself at Parker-Gray Stadium will proceed, sans lights. This also makes sense, as the field will still be usable even if T.C. Williams is ultimately prohibited from holding night games at that location.

### Signs, signs everywhere signs

Kudos also to the City of Alexandria for the helpful new signs that have been installed throughout the city. These signs are attractive and instructive for visitors and residents alike, as they point the way to historic attractions as well as entities such as MetroStage.

We have heard from residents upset about the size of some of the signs, particularly in front of residences, and agree that perhaps in residential locations some of the signs could be smaller.

But overall, they're a nice addition to Alexandria. Given our reliance on tourism, attractive, uniform signage throughout the city – making it easier for visitors to find their way around – strikes us as money well spent.

# Opinion

"Where the press is free and every man is able to read, all is safe."

- Thomas Jefferson



## Your Views

### Silence makes us complicit with ICE actions

*To the editor:*

ICE threatens massive raids targeting families. Alexandria immigrant communities live in fear even when massive raids haven't happened yet. The rhetoric of President Donald Trump toward immigrants gets more violent.

What does the City of Alexandria do? The mayor and sheriff refer immigrants to their websites for FAQ's and referrals to legal aid and take a low-key approach in the name of not targeting immigrant communities by speaking more boldly. Low-key is pretty low. As of July 22, neither the City of Alexandria nor Sheriff's Office sites had any reference to threatened mass arrests by ICE on the home page, not even in English. Nothing.

*Elsewhere:*

• Montgomery County, Maryland Executive Marc Erlich issues executive

orders preventing all departments from cooperating with ICE.

• New York Mayor Bill de Blasio states the city will not cooperate with ICE, sends out advocates to neighborhoods to contact immigrants and distribute resources.

• The Chicago mayor's office organizes Neighborhood Navigators, residents of all ages, who go out in neighborhoods and speak directly to vulnerable neighbors about their rights and establish emergency communication chains.

Please, city council and Mayor Justin Wilson: step up, speak out and lead. Silence makes us complicit.

-Gillie Campbell,  
Alexandria

The opinions expressed in letters and columns are those of the writers only and do not reflect the views, nor receive the endorsement, of the Alexandria Times.

# A Torpedo Factory artist's rebuttal

To the editor:

The letter by former Torpedo Factory CEO Eric Wallner, "Misguided TFAA threatens Torpedo Factory's future," in the July 18 Alexandria Times is nothing more than a carefully orchestrated, obviously selective, pseudo history of the Torpedo Factory Art Center during Wallner's tenure as director.

During his time there was a widely recognized lack of skilled leadership at the Torpedo Factory. In addition, the many citizens and civic organizations of Alexandria that were asked repeatedly by Wallner and his management team to make substantial non-profit donations to support the city-established Torpedo Factory Art Center Board's goals and decision making, found his appeals lacking and were not willing to support them.

The genuine financial picture of the TFAC is revealing. It is, and has been to this day, the efforts and money from the TFAA artists and the Art League collected as rents and provided as additional expenditures that has supported and subsidized the existence and operation of the TFAC. To claim that TFAC rents are subsidized is to reveal a lack of understanding of basic real estate. No one, including the city, has ever subsidized artist rents.

The city hired a director with those artist rent payments from 1974 through 1998. Otherwise, the city has not supported the operation of the TFAC with a single city council budget line item of taxpayer dollars. Nevertheless, the TFAC has survived and prospered because of the efforts of its tenants, sometimes in spite of hostile city administrators.

In fact, the TFAA artists even dreamed up, started, grew and made successful three subsidiary businesses: a gallery, a gift shop and an after-hours building event rental business between 1999 and 2011. In a questionably legal act, those businesses were confiscated by the TFACB along with the trained staff in 2011 when the TFACB took management control, with no payment or compensation to the artists or TFAA other than a small inventory accounting.

Yes, the location of the TFAC makes

the property valuable. But repeated commercial real estate assessments have shown that current rents are in line with market rates for undeveloped, raw commercial properties that have had minimal maintenance and no owner-financed capital improvement for 35 years.

What the TFAA artists, like artists around the world, have been saying for a long time are the following:

1. We don't want to be gentrified out of existence and we don't think doing so will benefit the City of Alexandria and its citizens.

2. If you want the TFAC to be a genuine, viable art center, the TFAA artists who are the tenants have to be able to survive economically, like any other small or micro business.

3. To make that survival happen, real decisions about operations, marketing, short and long-term planning, artistic participation and judgement and the nature of the working environment have to be made by the artists, not alone or in isolation, but in cooperation with the city, community members and administrators.

4. The role of good management should be to find meaningful ways of assisting artists, that help them grow and treat them as the respected professionals that they are. It should not be to treat them as disposable objects, tell them what to do, exclude them from genuine meaningful decision making, publicly and privately vilify them and distort the genuine history of the TFAC.

This ought to be especially relevant for current and past managers, the money for whose salaries – often at higher rates than the majority of artists they claim to manage – is provided by the hard work and creativity of the TFAA and Art League artists who are the subject of Wallner's letter.

How do I know what is written here? I served as either treasurer or president of the TFAA for almost all of Wallner's tenure and repeatedly had the responsibility of interacting with him on behalf of the TFAA.

-Don Viehman,  
Alexandria



## The Business Plan

with Bill Reagan

# Finding your passion

Relatively few adults approach their career choices methodically. Too often we pursue job titles, mimic a friend's or relative's career path or, in the current job market, just grab an available job. The average adult changes jobs 11 times and may change careers as many as seven times.

It's rare when someone's college major leads directly to a career path and they remain on that path for their entire professional life. Sadly, the few who do often feel unfulfilled. Others frequently change jobs to try to find a better fit, but repeatedly burn out.

The proverbial mid-life crisis is sometimes the jolt that starts us evaluating whether we want to continue on the current path. Perhaps most telling is when we're asked to describe exactly what we want to do, and we struggle because we've never taken the time to ponder it carefully.

There are assessment tools and resources available to help us understand more about ourselves, our inclinations and abilities. At first glance, some of these evaluations seem strange – with peculiar questions and exercises. Interestingly, though, almost everyone who has taken one, or a battery of such tests confirms – sometimes reluctantly – that the results seem on target, even if sometimes a bit unexpected.

Each of these evaluations is different. Some focus on aptitude, while others highlight skills, interests or personality gauges. Some tests even suggest the professions that closely match with your answers. The best part is that there are no wrong answers or bad scores.

People can use this information in a variety of ways. In the hands of professional career advisors, diagnostics can point toward one

or several career directions that might not have been otherwise obvious. If you would prefer to undertake this kind of assessment on your own, it might be advisable to take several different types of tests and overlay them to inform your analysis.

So, now that you have this information, what next? If you're interested in a different field or pursuing a new career, find a mentor in that area to speak with you about that industry. Set up informational interviews to learn more about that area. Volunteer with an organization to learn or hone skills and to make connections with other professionals.

You may also determine that you need to pursue educational courses or training. Several local universities have graduate certificates in a variety of fields. There are also excellent online resources and classes available from several different sources. Professional certifications may be another way to demonstrate skills and abilities.

While the Alexandria Small Business Development Center does not offer professional or career assessments, we recognize that many times this type of self-evaluation can lead one to open their own small business. Once you have a clear vision of your goals, the center can help with your business planning.

Most importantly, we are all creatures that thrive on passion and excitement. If you're not getting that and a sense of accomplishment from your work, perhaps it's time to reevaluate.



**BILL REAGAN**

*The writer is executive director of Alexandria's Small Business Development Center. The SBDC can be reached at [www.alexandriasbdc.org](http://www.alexandriasbdc.org).*

# Alexandria and ice cream

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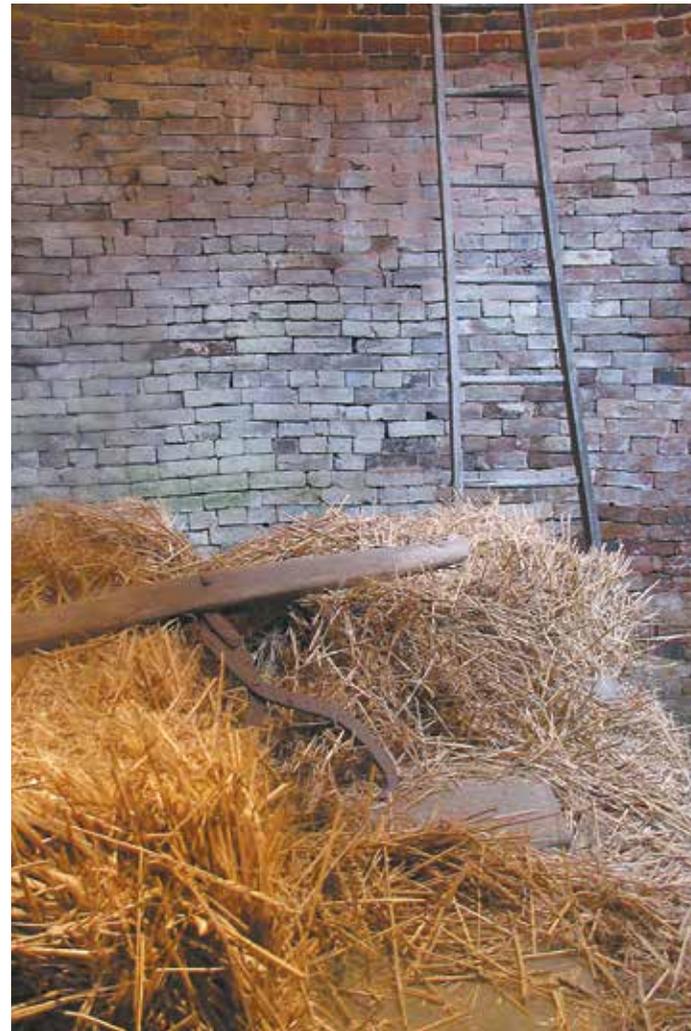
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Much like it does with fire-fighting, Alexandria has a long relationship with ice cream. Given the rarity of freezing methods and sugar, it might not surprise readers to learn that ice cream in the 18th century was very different from the sweet confections of today. Gadsby's Tavern records include a recipe for asparagus ice cream.

Icehouses and wells were a luxury in early Alexandria. Some early Virginians able to afford one included George Washington and Thomas Jefferson. The City Tavern, now known as Gadsby's Tavern, also had an ice well, which has been restored. Visitors and residents are welcome to view the well on the corner of Royal and Cameron. John Gadsby also sold ice kept in the well in the summer months.

Louis Beeler was mentioned in a May 1821 *Alexandria Gazette* article as having "commenced making ice creams for the season." Beeler also offered lemonade, punch and ice for sale. He is listed in the Alexandria Business Directory as occupying a two-story frame dwelling and confectioners store on the south side of King Street between Royal and Fairfax streets. Other advertisements list exotic products at his store, such as



PHOTO/OFFICE OF HISTORIC ALEXANDRIA

"Spanish segars" and "Malaga grapes, cocoa nuts, and pine apples."

The July 20, 1841 edition

republished a blurb from the New York Express announcing the invention of a machine that made ice cream. The machine

was supposedly so simple that a child could turn an attached wheel for 15 to 20 minutes and "make a large quantity of cream, frozen in the most beautiful manner."

Christian Schafer advertised his ability to make ice cream along with his "general assortment of candies, fruits, pickles, etc." in the May 14, 1845 *Alexandria Gazette*, which indicates that tastes in ice cream had moved to the sweet by then.

Immediately following the Civil War in 1865, competitors Brengle's Ice Cream Saloon at 129 King Street and Bossart's Ice Cream Saloon at 25 South Fairfax Street ran almost identical advertisements, emphasizing their ability to sell wholesale to dealers, or "retail, at the saloon, which is fitted up for the accommodation of ladies and gentlemen."

These intermittent reports and advertisements show us that ice cream has been in demand since Alexandria's earliest days. But they also show us that technology, manufacturing methods and consumer tastes have changed since the first generation of Alexandria residents.

*Out of the Attic is provided by the Office of Historic Alexandria.*

## Weekly Poll

[Take the poll at alextimes.com](http://alextimes.com)

### Last Week

**What do you think of ACPS' decision to have the T.C. Williams football team play its 2019 home games at The St. James, an indoor sports complex?**

**29%** Make it permanent. It solves the T.C. lights dilemma.

**22%** I don't like it.

**21%** It's a creative temporary solution.

**19%** I wasn't aware of this switch.

**9%** Let's wait and see before deciding.

### This Week

**What do you think about the new signage the city has installed around Alexandria?**

**A) It's attractive and helpful.**

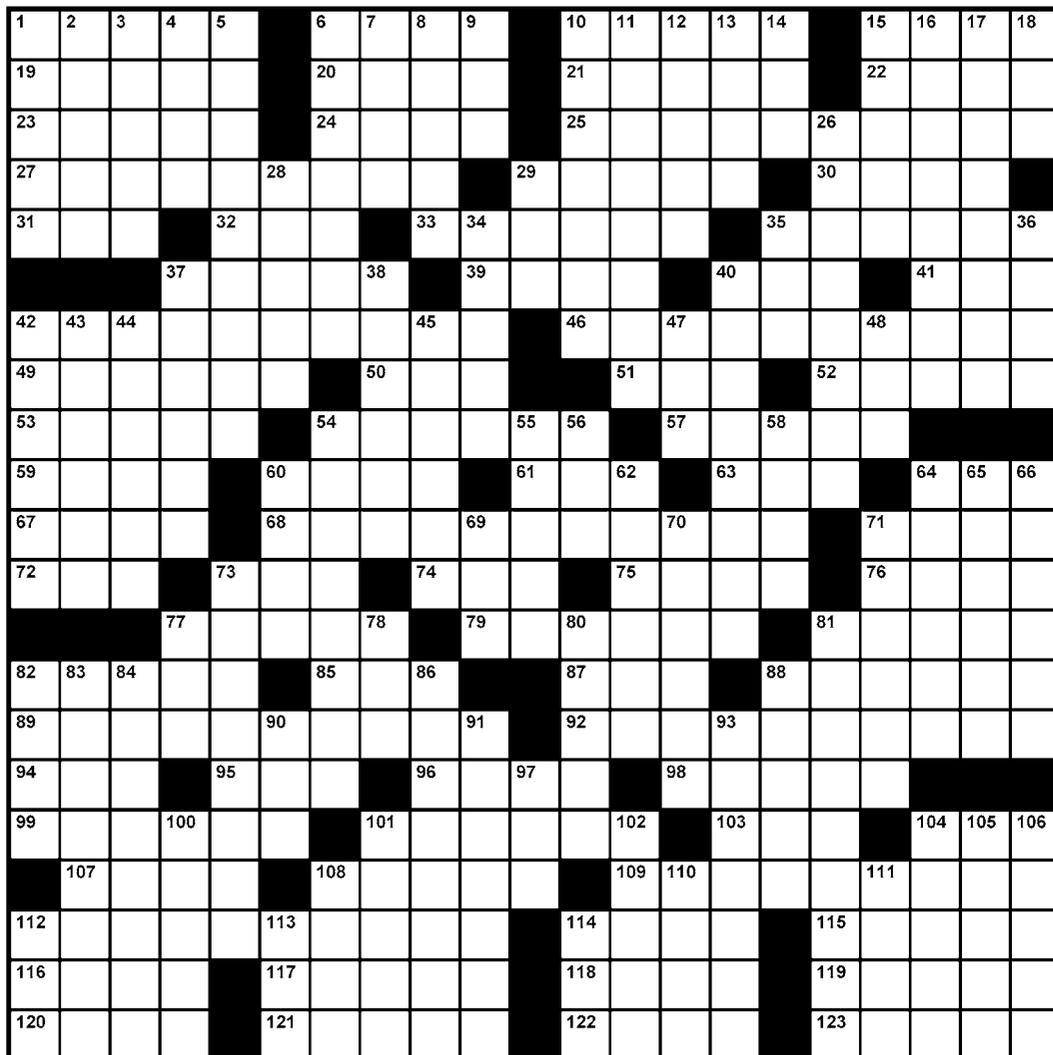
**B) It looks good but some of the signs are too large.**

**C) The signs are enormous eyesores.**

**D) I hadn't noticed new signage.**

**E) I don't care.**

# Weekly Words



## HEART IN THE RIGHT PLACE by Stu Ockman, edited by David Steinberg

### ACROSS

1. Start of a multisection test
6. Fire \_\_\_ (bright gem)
10. Strong fragrances
15. Proud leaders, astrologically
19. Consumed
20. Like the White Rabbit
21. Prank
22. Ohm, for one
23. Annoying person
24. Downer
25. Alligator or snake? (Hint: Read letters 4-8 last!)
27. Less rapid rapids? (letters 4-7)
29. Angelina of "Maleficent"
30. Train travel
31. Decade divisions (Abbr.)
32. Before, to a poet
33. Knows about
35. Large wasp
37. Twitch
39. Leave out
40. It has a charge
41. Water, in Paris
42. Bad place to camp when it's raining? (letters 4-7)
46. One saving you from check-mate? (letters 3-7)
49. Fraction of a gig
50. 23andMe sample
51. Aliens, briefly

52. Actress Bo
53. Flower bit on a wedding aisle
54. Fixed, as a stallion
57. Ignoramus
59. Air freshener target
60. Fizzy drink
61. Top clock numeral
63. British isle
64. Cape between Ann and May
67. Terrible, as weather
68. Device for catching the newspaper? (letters 5-8)
71. "Stay in your \_\_\_!"
72. Talk conference
73. Shipwreck plea
74. Dawn of Greek civilization?
75. Lamas' continent
76. Willy in "Free Willy," e.g.
77. In the bag, with "up"
79. And others, to Octavia
81. Take a pledge
82. More like Antarctica
85. Tool with a curved head (var.)
87. Prepared a menorah
88. Remote battery
89. Piece of Simba's mane, to Nala? (letters 4-8)
92. Black sheep, at times? (letters 5-8)
94. Brown delivery-truck letters
95. Comic Schumer
96. Gyro pocket

98. Tom of "The Seven Year Itch"
  99. Fits' companions
  101. A cannonball makes a big one
  103. Guitar, in slang
  104. Under-cover clothes, for short?
  107. Dr. Orchid's board game, as of 2016
  108. Carols
  109. Pixar film about emotions, or an alternate title for this puzzle
  112. Casserole in the fridge, say? (letters 5-8)
  114. Former leader of Iran
  115. Undeveloped seed
  116. Cover with tar
  117. Jeans cloth
  118. Bear with hot porridge
  119. Belong
  120. Tech-support caller
  121. Word after "bar" or "crime"
  122. Slightly
  123. Attack viciously
- DOWN**
1. Gullible person
  2. Battling
  3. Coral fish habitats
  4. Surf go-with
  5. Gala outside?
  6. Where many saloons operated
  7. Scale (down)

# DEATH NOTICES

- WALTER ENGLISH SR.** (89), of Alexandria, July 28, 2019
- ELIZABETH FAIRCHILD** (99), of Alexandria, July 26, 2019
- WILLIAM FLOYD** (90), formerly of Alexandria, July 25, 2019
- JOHN GILES SR.** (94), of Alexandria, July 22, 2019
- LORETTA R. MITCHELL** (74), formerly of Alexandria, July 24, 2019
- MARGARET POWELL** (90), of Alexandria, July 28, 2019
- SHIRLEY SHELLEY** (96), of Alexandria, July 27, 2019
- ETHEL SMITH** (85), formerly of Alexandria, July 16, 2019

## Solutions from last week



8. Video game pioneer
9. Chair support
10. Of a fraternal order
11. Get ready to shower
12. White shirt woe
13. "Go fly a \_\_\_!"
14. Swarthmore, e.g. (Abbr.)
15. Type of probe
16. One can be civil
17. Teapot Dome scandal subject
18. Pig's digs
26. Attached, as a patch
28. Sumatran ape, informally
29. Funny Jefferies
34. "Alas!"
35. Big pig
36. Narwhal protrusion
37. Beatified mother
38. First Ford
40. Up state?
42. Emerge suddenly
43. Antsy
44. Like classic jokes
45. Remove cargo from
47. 20 dispenser
48. Dancer Goodman
54. Doesn't play one's hardest
55. Live and breathe
58. Dah's counterpart
56. Indian music genre
60. Cawing bird
62. Franca neighbor
64. Life line?
65. Ready and waiting
66. Major way to pay
69. A Pep Boy
70. "Am I the one?"
71. Lite
73. Like bread knives
77. "Go!" lead-in
78. One offering toothpaste samples (Abbr.)
80. Sporty Spiders
81. Left port
82. Former radio host Don
83. Online tests of humanity
84. "Eek!" follower
86. Early airmail craft
88. '90s soccer star Lalas
90. Letters from mom?
91. Verbal facepalm
93. "They tricked me!"
97. Figs. with office hours
100. Measuring stick
101. Herr's heirs?
102. Drum kit part
104. In a mood
105. Roberts of "Pretty Woman"
106. Artery insertion
108. Very short time, for short
110. West Coast wine mecca
111. Twin type
112. PC core
113. Teens may carry fake ones
114. Resort with robes

## INQ

FROM | 6

site of what you usually see as far as things are white, [there are] a lot of flowers and all that stuff. So for me, I feel like it's a more relaxing atmosphere versus tough and grungy."

The studio features a front seating area with water and retail products, a consultation space where clients can meet with artists to ask questions and discuss their tattoo designs and three semi-private tattoo rooms that resemble a dentist's office.

In addition to the inviting atmosphere, inq attempts to comfort their patrons before they take the tattoo plunge. They provide design consultations, where customers can work one-on-one with an artist to solidify their tattoo design. Inq also offers temporary tattoos for people who want to test size or placement of a tattoo before making it permanent.

In addition, the company aims to be technology-forward by offering digital design quotes, an online appointment booking portal and other online educational resources, including detailed informa-

tion about how the tattooing process works, how to choose a design and how to take care of new tattoos.

Not only is inq shaking up tattoo experience for customers, it's also changing it for the artists.

"All our artists are going to be salaried employees, as opposed to the current model where a lot of them are independent contractors," Joukov said. "[We're] really trying to focus on building a more team-friendly atmosphere, instead of having people compete with one another for clients."

Inq's three artists will work toward team goals, where everyone gets rewarded, rather than individual goals. The artists will also have more regular hours than a typical tattoo artist. Inq is open Tuesday through Saturday from 11 a.m. to 7 p.m.

Artist Nick Dorset said without the competitive environment that a lot of studios have, he could focus more on the art.

"The most rewarding types of experiences in tattooing are when you can get to know people on a personal



PHOTO/MISSY SCHROTT

All of the studio's ink is vegan and safety-tested, according to the inq website.

level and then your work can do something significant for them in their life. Something that makes them feel more comfortable in their bodies," Dorset said. "I like to do scar cover-up work and pigmentation adjustment and things like that. ... That's one of the things that a lot of people don't know about."

Lead artist Ray "Capt Lu" Figueroa said he was so drawn to the inq concept, he came out of retirement to join the team.

"I think it's going to go very, very far, quite honestly," Figueroa said. "And I've tattooed in 46 states and three countries, so I've seen the different tattooing studios, where they've started to where they're going, and that's why I decided to jump out of retirement and get back into the workforce because like I said, I've been doing this for 48 years and I really like the concept, where they're going."

Joukov said she hoped that

change in the tattoo world would drive inq's success.

"One of the things that's so cool about it is ... it's a practice that's been around for thousands of years and what I really love is the opportunity to take something that's been around for that long and really adapt it and change it into a great experience for today's smart consumer and for today's professional artists," Joukov said.

-mschrott@alextimes.com

## HOME

FROM | 15

"The home gym should be a place that is inviting and a space that motivates you to spend time in it," Sebring said. "When designing your home gym, you should not only look at what machines go on the floor, but take into account vertical measurements, to ensure there's enough head space for a taller person using the exercise equipment."

The type of flooring sets the stage for a good workout. A home gym requires a durable surface that can withstand repetitive wear and tear from exercise equipment, but is forgiving enough to cushion a floor routine.

"You want a flooring that is hygienic and easy to clean," Sebring said. "A rubber flooring or mats can ensure the floor is also non-slip."

Luxury vinyl tiles are also an option, with a thick, textured wear-layer that simulates hand-scraped woods or a weathered stone floor. These tiles can be installed in below-grade spaces and can have the appearance of a hard floor, but are soft with a cushion underneath.

A home gym's lighting, air quality and climate control all play supporting roles in a successful workout. When planning the space, make sure there are tar-

gets for technology usage, including electrical outlets for exercise equipment, a good Wi-Fi connection and a sound system.

"Many people are doing workouts that involve being connected to the internet," Sebring said. "That means your home gym should be both high-tech and high-touch."

Sebring said a home gym and spa-like bathroom go hand-in-hand and are often adjacent to each other.

"After a good workout, you want to cool off and pamper yourself a bit," he said. "The person who invests in a home gym is often self-motivated and leads a busy lifestyle."



PHOTO/SEBRING DESIGN BUILD

This below-grade workout space features acid-stained concrete, which is easy to clean. Rubber mats placed on the floor provide cushion and nonslip protection.

## Classifieds

### REAL ESTATE/ FOR SALE

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**DIVORCE**-Uncontested, \$395+\$86 court cost. **WILLS** \$150.00. No court appearance. Estimated completion time twenty-one days. Hilton Oliver, Attorney (Facebook). 757-490-0126. Se Habla Espanol. BBB Member. <https://hiltonoliverattorneyva.com>.

### LEGAL NOTICES



#### CITY OF ALEXANDRIA VENDOR FORUMS

ACPS, in cooperation with the City of Alexandria, invites the business community to four workshops on learning how to register as a vendor and do business with us. Staff from ACPS Procurement, the Alexandria City's Purchasing Division, DASH Transit Services, and Alexandria Renew Enterprises will walk businesses through the process of registering as a vendor with each organization, verifying any applicable qualifications as a Small, Women, and Minority owned business (SWaM), responding to solicitations, highlight upcoming requirements, and more. Please visit <https://www.research.net/r/AlexandriaVA-VendorForums> to register to attend one of the below sessions:

August 23, 2019  
10am to 12pm

October 18, 2019  
10am to 12pm

January 10, 2020  
12pm to 2pm

April 17, 2020  
10am to 12pm

### AUCTIONS

**ONLINE AUCTION:** CONSTRUCTION EQUIPMENT, TRUCKS AND TRAILERS. Primoris Fleet Realignment Auction. Items located in Chesapeake, VA. Bid online Sun. Aug 4 - Tues. Aug 6 at 11 a.m. at [motleys.com](http://motleys.com). Motleys Industrial. 1-877-MOTLEYS. VA16.

**ATTN. AUCTIONEERS:** Advertise your upcoming auctions statewide or in other states. Affordable Print and Digital Solutions reaching your target audiences. Call this paper or Landon Clark at Virginia Press Services 804-521-7576, landonc@vpa.net

### COIN SHOW/ EVENTS

**CHARLOTTESVILLE COIN, CURRENCY & STAMP SHOW** Charlottesville, VA LOCATION: ELKS LODGE #389, 389 ELK DRIVE CHARLOTTESVILLE, VA (64-Exit 250 follow signs) SATURDAY, AUGUST 10, 2019 9:00 AM - 5:00 PM FREE ADMISSION/ PARKING Contact Jackie Dean (540) 832-0024

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A Juried Arts Festival Featuring the Best of the Best  
[www.spotsyartsfestival.com](http://www.spotsyartsfestival.com)

*Join us for two days of Art and Fun for the Entire Family!*

**August 10th & 11th**  
Over 50 Juried Artists - Glass, Mixed Media, Painting, Jewelry, Pottery, Demonstrations, Food Trucks, Free Entrance

## Spotsylvania

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## Obituary

### Richard Glenn Trollope

Nov. 30, 1934 - July 4, 2019

Peace be with you - patriot, husband of 58 years to Maria Trollope, father of Michelle Bessette and Sonja Vass, Papa of three grandchildren, brother, uncle, friend and mentor. In our world you are the finest patriarch and will always be with us in spirit and as an example of integrity.

Navy active duty from 07/17/55 to 07/01/82, awarded National Defense Service Medal, Vietnam Service Medal and Navy Commendation Medal. Omni Engineering Aegis Manpower Analyst. Volunteer Coast Guard Auxiliary.

If you would like to post a



message for the family please do so on Richard's forever missed website: <https://www.forevermissed.com/richard-glenn-trollope>.

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