



Voters line up outside the registrar's office in Alexandria to cast in-person absentee ballots in this year's election.

PHOTO BY MICHAEL LEE POPE/GAZETTE PACKET

An Election About Elections

Voters to determine how redistricting works next year; the process created behind closed doors does not include any explicit demand for racial diversity.

BY MICHAEL LEE POPE
GAZETTE PACKET

When Republicans were in charge of drawing political boundaries for the General Assembly and Congress, Democrats supported an amendment to the Virginia Constitution creating a new mapmaking commission. The idea was to take the power of political gerrymandering out of the hands of the majority and hand it over to a group that wouldn't be quite so focused on screwing the opposition. But then Democrats seized control of the General Assembly, and most House Democrats flip flopped on the issue.

"It takes the process out of the hands of the dominant party," said Del. Ken Plum (D-36), who was one of only nine House Democrats to vote in favor of the amendment this year. "We might say 'Gee whiz, we've got a nice progressive party now. Let's let them do the redistricting.' That's called gerrymandering."

The idea that politicians might act one way when the opposition

is in control and then change their mind after assuming power has a particular resonance this week, as Republicans in the United States Senate are trying to explain their flip flop on when Supreme Court vacancies should be approved. Democrats in the House of Delegates are offering a number of explanations for their reversal, including an argument that the last-minute compromise worked out at the end of the 2019 General Assembly session wasn't thoroughly vetted. Explaining the reasoning behind her change of heart, House Majority Leader Charniele Herring said that she didn't really have enough time to consider the version that emerged out of a secret closed-door conference committee, which was not open to the public or the press. "We had a senator walking into our caucus to give us a briefing on the deal they struck, and I remember saying, 'Gosh darn it, no. It's not nonpartisan redistricting,'" said Herring, who represents Alexandria. "Unfortunately I went with the wave."

THE AMENDMENT NOW before voters sets up a 16-member com-

BALLOT QUESTION Proposed Constitutional Amendment #1

Should the Constitution of Virginia be amended to establish a redistricting commission, consisting of eight members of the General Assembly and eight citizens of the Commonwealth, that is responsible for drawing the congressional and state legislative districts that will be subsequently voted on, but not changed by, the General Assembly and enacted without the Governor's involvement and to give the responsibility of drawing districts to the Supreme Court of Virginia if the redistricting commission fails to draw districts or the General Assembly fails to enact districts by certain deadlines?

mission to draw boundaries for the House of Delegates, the state Senate and Congress. Eight of its members would be members of the General Assembly, four from the House and four from the Senate. The Democratic leadership in the House would get to pick two members, and the Republican minority leadership would also get to pick two members. The same format would apply in the Senate, where the majority party and the minori-

SEE AN ELECTION, PAGE 4

Crowds Gather For Early Voting

Absentee ballot requests increase across the state; Alexandria line moves well.

BY JEANNE THEISMANN
GAZETTE PACKET

Voters across the state braved long lines and wait times in some places of several hours as early voting began Sept. 18 for the upcoming Nov. 3 general election.

Sen. Mark Warner (D-VA) was among the 1,047 ballots cast in Alexandria, compared to 123 ballots cast on the first day of early voting in 2016.

"I just exercised my constitutional right," Warner said after casting his ballot at the Alexandria Voter Registrar's Office on North Royal Street. "And I strongly encourage all Virginians to take advantage of our new rules where you can vote early."

Early voting opened across the state Sept. 18 and runs through Oct. 31. Alexandria voters can vote early Monday through Saturday from 8 a.m.-5 p.m. at the Voter Registrar's Office at 132 N. Royal St. with satellite polling places opening in October.

"The Beatley Library will open for early voting Monday through Saturday from Oct. 23 through the Oct. 31 deadline," said Alexandria Registrar of Voters Angela Turner. "Minnie Howard and George Washington Middle Schools will be open Oct. 24 and 31 for Saturday early voting."

In addition to in-person early voting, voters may request an absentee ballot to vote by mail or for drop-off at a local polling station during early voting hours.

"Our first batch of 31,057 absentee ballots went out over the weekend," Turner said. "About 1,000 more ballots have gone out since then."

Turner said that Alexandria's first voter showed up Sept. 18 at 6:15 a.m.

"By 8 a.m. we had a line but we moved through it quickly," Turner said. "We maintained a bit of a line all day – about a 15-minute wait – but we were able to get voters through pretty consistently."

The deadline to register to SEE CROWDS, PAGE 4



Senator Mark Warner leaves the Alexandria Voter Registrar's Office Sept. 18 on the first day of early voting in Virginia.

PHOTO CONTRIBUTED

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#WeAreAlexandria



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Three Friends Make Three New Friends

Senior Services of Alexandria's Groceries to Go Program brings Alexandrians together.

BY CHRISTINE RANCE, JAMIE MEIDHOF AND TRISH MCHUGH
SENIOR SERVICES OF ALEXANDRIA'S
GROCERIES TO GO VOLUNTEERS

March wasn't an easy month for any of us. Between figuring out how to work efficiently from home, doubling as a teacher for a nine-year-old, and finding the elusive roll of toilet paper and hand sanitizer, it seemed like we had our hands full. But our "new normal" was still pretty normal. We felt compelled to do something to help others in our community.

Trish always spoke fondly of how her mom had volunteered with Meals on Wheels. As fate would have it, she heard an ad for Senior Services of Alexandria (SSA) looking for volunteers for

its Groceries to Go program. Local seniors were clearly facing a far more challenging March than we were. After a flurry of texts, we knew this was the perfect opportunity to help make a difference. Since March, the three of us – long-time friends – have been doing bi-monthly shopping trips at our local Giant for our new friends – three Alexandria seniors.

SSA is a critical organization for our community, particularly during these uncertain times. And the Groceries to Go program seamlessly fulfills a crucial need that many seniors have.

In partnership with Giant Food, screened volunteers shop and then deliver groceries to their "assigned" senior every other week. Groceries are ordered based off the senior's personal shopping list. There are no delivery fees and



Christine



Jamie



Trish

no minimum orders. The only requirements? Seniors must be over 60 years old and live in the city of Alexandria.

We are the first to admit that the initial trips to Giant were not that seamless. Toilet paper was still elusive. Ditto for the hand sanitizer. Disinfectant wipes? We're still looking for them! And shopping for someone else can be hard! But gradually we all developed a

routine, got to know our seniors better, and six months later, we've got it down. Key to our success is Sandy Freedman, the director of the Groceries to Go program. She is an incredible ambassador for the program and a real inspiration to volunteers and seniors alike.

What do we value the most from our experience? The chats with our seniors, of course. They're a lovely diversion from our day-to-day re-

sponsibilities. Early on, we shared our concerns about the pandemic. Now, we are more likely to chat about our families and the cooler weather as we enter Fall. And we're extremely lucky when our seniors regale us with the colorful stories of their lives. The topic doesn't really matter; it's the connection that does. After all, who doesn't want to meet a new friend to chat with? While we decided to volunteer with Groceries to Go to help seniors get their shopping done, we definitely gained so much more in the process – our three new friends.

For more information about the Groceries to Go program or Senior Services of Alexandria's other services, contact Sandy Freedman at (703) 836-4414 ext. 119, or visit SSA at <https://seniorservicesalex.org/>.

Combining Childcare and Education Looks Different than Expected

Across the City of Alexandria, innovative ways to combine childcare and education are popping up.

The Alexandria Soccer Association's Learning Labs offer ACPS students and families alternative settings to facilitate Virtual PLUS+, Alexandria City Public Schools model for teaching and learning within virtual classrooms while providing additional support for students and families.

Underneath individual blue canopies, positioned on a sidewalk overlooking the baseball field at George Washington Middle School, dozens of students sit wearing headphones while focusing on class. Not a sound could be heard.

To one side, a sign read "ASA School+ an outdoor learning lab," behind which was a table with marker pens and pencils, board games — and a bottle of hand sanitizer.

For anyone driving down Mount Vernon Avenue these days, this scene of outdoor schooling is hard to miss.

"I like being here", said Mount Vernon Community School first grader Johanna Weisbecker, although she admitted she missed being home with her cat, Huckleberry.

The six-year-old cited music and art as her favorite subjects but was working on her alphabet and cutting skills when we met her.

"P is for popcorn," she said

proudly.

She added, "School is fun at home too but here I get to eat lunch on a blanket on the field. And it's nice to see other boys and girls because I'm a little sad that I don't get to see all my friends at the moment."

At a nearby table Caitlin Vitek, a Lyles Crouch Traditional Academy first grader, is learning about nouns.

She has a shoe on her table to illustrate. "The word shoe is a noun, she explains.

"I prefer coming here to do school. They have a playground. It's more fun."

The Alexandria Soccer Association is one of a number of ACPS community partners that have stepped up to provide parents an option that allows them to work without distraction while knowing their children have the support they need to participate in Virtual PLUS+ safely.

ACPS provided the location, the WiFi, the food and, every few hours, janitorial staff who visit the site to clean down surfaces.

Every morning from Tuesday to Friday, 35 students arrive at GW come rain or shine.

Until 2:30 p.m., the kindergarten to fifth graders are occupied with Zoom classes. A high staff to student ratio means that whenever a student needs a helping hand, or a gentle redirection, an adult is nearby to help. When someone needs a screen break, they are able

to step away to throw around a football for a few minutes or be supervised on the playground.

Azza Humeida is one of the support staff.

"It's a really cool and really creative program," Humeida said. "I spent the first few days getting to know the kids and getting to know their interests so if they need a little redirection to keep their focus, I know what will work."

Site director Emily Kruger said that once the school bell rings for the end of the day, it's all about downtime, playing sports like kickball or soccer or making craft projects. At 3:30 p.m., families arrive to pick them up.

Monday, a day of asynchronous learning for ACPS's younger students, is reserved purely for fun for around 200 children who have signed up to attend the once a week ASA program at Ben Brennan Park as well as GW.

At the moment, ASA School Plus+ is scheduled to run through the first quarter. Should schools buildings remain closed at that point, plans are in place to continue.

For Tommy Park, ASA's executive director, this is about the organization doing what it can to support Alexandria's families.

"It was a case of us saying 'what can we do to help?', to support the kids beyond soccer. We started brainstorming. We knew we wanted to be outside because that is what we are used to and the idea



quickly came together."

He is aware that unpredictable weather may provide a challenge as the year goes on.

There is a large overhang in front of the school gymnasium that they plan to utilize to provide shel-

ter from the rain.

And with patio heaters, sides for the tents and blankets on order, they hope that whatever nature brings them, children will see school as an adventure this year.

Source: www.acps.k12.va.us

Crowds Gather for Early Voting

FROM PAGE 1

vote in the Nov. 3 election is Oct. 13. The last day to request an absentee/vote by mail ballot is 5 p.m. Oct. 23. All voters must be registered and show a photo ID in order to cast a ballot and all voters are able to request an absentee ballot.

Absentee ballots can be dropped off at 132 N. Royal St. during operating hours or at any of the satellite polling places once they open, Turner said. "On Election Day, ballots can also be dropped off at normal polling locations. We are working on the logistics of putting out a secure drop box but that is not in place at this time so ballots need to be dropped off during normal polling hours."

Absentee ballots can be requested by mail or online at vote.elections.virginia.gov. A paper application can be downloaded from the absentee page at alexandriava.gov/elections. The deadline to vote in-person absentee is 5 p.m. Oct. 31. Voters no longer need to give any reason to vote early.

Military and Overseas Voters can visit elections.virginia.gov/registration/military-overseas/ to learn more about voter registration and absentee voting options.

For those not registered to vote at their current address, the deadline to update that information is Oct. 13 at 5 p.m. Registration applications received after that date will be processed after the election. To submit or update registration information online, visit through the Virginia Department of Elections at vote.elections.virginia.gov. Any eligible U.S. citizen who will be 18 years old by Nov. 3, 2020, is eligible to register.

To check your registration status and find your polling place, visit vote.elections.virginia.gov, or call the Alexandria Voter Registration Office at 703-746-4050.

As of Tuesday, 2,725 Alexandria voters had cast ballots during early voting. "In 2016, we had 13,547 absentee in-person ballots cast during early voting," Turner said. "Another 7,629 ballots were cast by mail and 56,437 ballots cast in person on Election Day for a total turnout of 77,613. It's hard to predict how things will go during this election."

Warner, who is facing off against Republican Daniel Gade in this year's election, said that over 800,000 absentee applications – more than triple than in 2016 – had been requested for this year's election. "Election Day is a state holiday



Senator Mark Warner speaks to campaign staff and supporters after voting Sept. 18 on the first day of early voting in Alexandria.

this year," Warner said. "This is the most important election of our lifetime. If you are for me or against me, get out and have your voices heard."

An Election About Elections

FROM PAGE 1

ty party would each get an opportunity to name two senators to the commission. The other eight members of the commission would be citizens selected by a panel of retired judges.

"Citizen initiatives have kind of gone around their legislature, whether it's in Utah or Missouri or Colorado or Arizona or others," said Brian Cannon, executive director of a group known as One Virginia 2021 that has been pushing for redistricting reform for years. "This would be the most comprehensive reform ever passed through a state legislature."

One group of Democrats that have not changed their position on the issue is the Legislative Black Caucus. Most Black members of the House of Delegates opposed the amendment last year, and they oppose it again this year. They point out that the closed-door conference committee that crafted the last minute compromise in secret was an all-white group of lawmakers. Furthermore, they say, the process they created behind closed doors does not include any explicit demand for racial diversity.

"We have great concerns about having African-American representation in the room for redistricting," said Del. Lamont Bagby (D-74), chairman of the Legislative Black Caucus, when the amendment was first proposed last year. "This doesn't guarantee that."

THE LONG AND STRANGE history of political mapmaking in Virginia dates back to the earliest days of the republic, when Virginia Gov. Patrick Henry tried to draw the commonwealth's congressional districts in a way specifically designed to deny his enemy James Madison a seat in the U.S. House of Representatives in 1789. The plan failed, and Madison was elected anyway. A few years later the term

"gerrymander" was coined when Massachusetts Gov. Eldridge Gerry proposed a plan designed to harm Federalists that included a district that reminded critics of a salamander, prompting them to invent a phrase that has long since eclipsed the governor's name recognition in the popular imagination.

"Ironically, through a fine twist of history, Eldridge Gerry served as vice president under Madison," observed University of Virginia professor Kenneth Stroupe in a 2009 history of gerrymandering in Virginia. "Thanks to ever-changing shifts in demographics and the often willful nature of voters, the practice of gerrymandering has not always proven successful in achieving the politicians' desired electoral outcomes."

Courts ruled Virginia's congressional districts were unconstitutional in 1965 for violating the principle of "one man, one vote" and then again in 1971, when the maps were drawn to make sure incumbents in Danville and Appomattox County could keep their seats even though they were practically neighbors.

The map for the House of Delegates districts in the election of 1981 was so bad a judge ordered a new election in 1982, promptly followed by yet another election in 1983. One of the more notorious examples of partisan gerrymandering in Virginia happened after the 2010 Census, when Republicans drew maps that a federal court later determined packed Black voters into a handful of districts to dilute their influence throughout the state.

"Be careful in how you describe what you're seeking," wrote former Alexandria Republican Chairman Chis Marston in a 2010 email that later became evidence in a United States Supreme Court case. "We need to keep out any hint of unfairness (except the fundamental unfairness of the Voting Rights Act) or partisanship."

AS THE 2020 CENSUS approached last

year, lawmakers saw a rare opportunity for compromise.

Republicans were justifiably worried they were about to lose control, and they were willing to set up a process to take some of the partisanship out of the process. Democrats were eager to finally score some kind of reform of a process they had long criticized while they were out of power. Sen. George Barker (D-39) was leading the effort on the Senate side, and Del. Mark Cole (R-88) was negotiating on behalf of the House Republican leadership. When the two sides became deadlocked, the process moved to a conference committee of three senators and four House members.

"At the time, it seemed like the best opportunity we had at getting rid of gerrymandering," said Del. Paul Krizek (D-44), who was a member of the closed-door conference committee. "I can understand people who will support this because they think it's better than nothing. But I believe this is actually a worse system because it enshrines gerrymandering into the process."

Although all 15 House members of the Legislative Black Caucus are united in their opposition to the amendment this year, the two Black senators are in favor of the amendment. And although most House Democrats opposed the amendment, nine House Democrats joined all 45 House Republicans to approve the amendment. So voters are left with a mixed picture: Republicans are united in their support of the amendment, but Democrats are divided. For Republicans, it's an opportunity to point out that many of the Democrats who are now in opposition to the amendment are going back on their campaign promises last year to support the new commission.

"It's disgraceful. These folks ran on the issue," said Sen. Mark Obenshain (R-26). "They told people across the commonwealth of Virginia that they supported the Constitutional amendment. They got elected on

the basis of supporting it, and if they turn their backs on their constituents there's going to be a price to pay."

DEMOCRATS ARE WORRIED about a provision of the amendment that lays out a process for what happens if the commission is deadlocked. If the two House Republicans on the commission refuse to accept the maps, for example, the conservative justices on the Supreme Court of Virginia get to draw the maps. Because Republicans controlled Virginia for so many years, Democrats fear they would draw maps designed to help Republicans. For many Democrats who supported the amendment last year and have now changed their position, this is one of the key arguments against the new commission.

"I can't trust judges to be fair on the basis of the facts and the law anymore," says Del. Mark Levine (D-45), who voted for the amendment before he voted against it. "Those days, if they ever existed, they're certainly gone now."

During a recent forum about the amendment hosted by the Unitarian Universalist Church in Reston, Plum and Levine debated the amendment and considered various arguments for and against.

When Levine outlined his concerns that the Supreme Court of Virginia would gerrymander in favor of Republicans, Plum dismissed the idea.

"The Virginia Supreme Court is a conservative court, and what that means is that they're going to abide closely by the letter of the Constitution," said Plum, who has been working to reform the redistricting system for decades. "They're going to know what the Constitution provides, and you can shake your head all you want. But that's the way it would work."

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OPINION

We Need to Work Together To Avoid a Housing Crisis

BY NORA DALY
DIRECTOR OF PROGRAMS AND COMMUNITY EN-
GAGEMENT
NORTHERN VIRGINIA AFFORDABLE HOUSING
ALLIANCE

On Sept. 1, the U.S. Centers for Disease Control and Prevention announced a sweeping federal eviction moratorium for tenants who are unable to pay their rent due to the COVID-19 pandemic. The moratorium applies to tenants earning less than \$99,000 per year, who sign a declaration stating they have lost income due to the COVID-19 pandemic, will become homeless or need to double-up with another household if evicted, and agreeing to make best efforts to pay partial rent.

The moratorium may prevent the immediate displacement of the more than 25 percent of Americans who are at-risk of eviction according to the most recent Census Household Pulse Survey, but without corresponding financial support for tenants and landlords, the moratorium does nothing to ensure the long-term stability of the housing market.

Without widespread access to rental assistance, evictions will not be prevented, but merely delayed until the moratorium expires

on Dec. 31. Evidence from the Joint Center for Housing Studies at Harvard University suggests the wave of evictions that will hit at year's end will disproportionately affect Black and Hispanic households, exacerbating existing racial disparities in the impact of the COVID-19 pandemic.

In the interim, landlords with private-backed mortgages may lose their properties to foreclosure due to loss of rental income.

In regions like Northern Virginia, where there was a severe shortage of affordable housing prior to the COVID-19 pandemic, mass foreclosures on market affordable rental units could drive up the cost of housing even more.

Inaction at the federal level has shifted the onus to provide financial assistance on to state and local lawmakers, and non-profit human service organizations. In Northern Virginia, a diverse coalition of stakeholders – including human service providers, advocates, housing attorneys, property owners, and representatives from local government agencies and the Virginia Department of Housing and Community Development – has come together to form a regional eviction prevention task force. This task force, convened by the Northern Virginia Affordable Housing Alliance and Legal Services of Northern Virginia, recognizes the far-reach-

ing impact of the current crisis, which will not be solved through an eviction moratorium alone.

In the recently released Northern Virginia Eviction Prevention and Housing Stability Toolkit, the task force identified best practices being used across jurisdictions to inform tenants of their rights and connect them to state and local rental assistance programs. Strategies include: inter-agency and cross-sector collaboration, including working closely with local Sheriffs' Departments; flexible eligibility and documentation requirements for rental assistance programs; and supporting small landlords of market affordable units, many of whom share in the financial vulnerability of their tenants.

Over the past several months, the COVID-19 pandemic has shown us that our health and the health of our loved ones is inextricably linked to the health of our communities. We will soon see how connected our economic well-being is to that of our neighbors as well.

In Northern Virginia, stakeholders are taking action to support economically vulnerable residents using balanced strategies that protect the interests of all affected. We hope lawmakers at the state and federal level will follow our example.

LETTERS TO THE EDITOR

Public Meeting About Taylor Run

Sign up to attend Alexandria's virtual public meeting about the "restoration" of Taylor Run at Chinquapin Park and First Baptist Church on Tuesday, Sept. 29 at 7 p.m.

As part of its plans to "restore" Taylor Run, the city plans to cut down at least 269 native trees, a number of which are old-age, including gigantic Red Maple, Tulip Tree, and Southern Red and Chestnut oaks.

Forty-seven Alexandria-rare plants ("critically rare") are threatened by this poorly planned project.

The restoration project will also destroy adjacent wetlands and the habitat for many species of wildlife, including a globally and state rare Acidic Seepage Swamp.

T.C. Williams High School science instructors and students, in collaboration with city nature center staff in past decades, continue to document a healthy and diverse aquatic fauna in Taylor Run, despite the misleading propaganda pushed by city stormwater management.

Alexandria says it needs to "restore" Taylor Run to reduce pollution in the Chesapeake Bay. But, the city is far ahead of its requirements to reduce pollution in the Bay and doesn't need to do any more projects until Phase 3 of the reduction program which runs from 2023-2028.

I believe each person is allowed only one question, so be sure to submit additional questions and comments as well when you register. Remember, these stream construction projects are ubiquitous in the region and the problems with each are universal. Illuminating problems with Alexandria's projects helps focus and inform similarly flawed projects in neighboring jurisdictions.

Register here: <http://apps.alexandriava.gov/Calendar/Detail.aspx?si=32295>.

Environmental Council of Alexandria fundraiser to hire independent experts to review the city's so-called stream restoration plan for Taylor Run, including providing viable and proven, non-destructive alternatives:

<https://www.gofundme.com/f/cpk557-help-save-taylor-run>

Vineeta Anand
Alexandria

Wrong Approach for Stream Restoration

The biggest problem with the so-called natural channel design approach to stream "restoration" for us in the greater Washington, D.C. region is that it is planned and implemented in completely the wrong places: small order, interior forested, upper headwater streams and wetlands. Natural channel design (Rosgen method) is mainly applicable to large order streams and rivers, especially the kinds one finds in the American west. Applying it to small order, upper headwater stream channels of the deeply dissected Fall Zone of our area is a misuse of the methodology, a misunderstanding of eastern Fall Zone hydrology and stream geomorphology, a sure recipe for failure, a mismanagement of public funds by inappropriately targeting sediment-control projects in places with low levels of the very nutrients for which funding is based, and an unacceptable loss of irreplaceable native forest, wildlife,

and landscape memory.

The controversial stream construction projects currently planned throughout the region embody the worst elements of these misguided land use projects at virtually every level, from land giveaway to poor planning to rubber-stamping by elected officials.

Rod Simmons,
Environmental Scientist
John Field, PhD,

Stream Restoration Specialist and
Fluvial Geomorphologist
Tony Fleming, Hydrogeologist
Barbara Southworth,
Environmental Science and
Policy Specialist

Greg Zell,
Natural Resource Specialist
Edd Barrows, PhD,
Georgetown University Biology
Professor

Andrew Macdonald, PhD,
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Council of Alexandria Chair
Laura Anderko, PhD, George-
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Studies and Climate Change

Jim Long, PhD,
Physicist and past president of the
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New Beetle Species Named after Alexandria Resident James Sherald

The new beetle is called *Cantharis sheraldi* Steury.

By J. B. BERGZE

I knew the second I saw it that it was none of the species I had ever seen before in the park, and probably none of the species known from the Eastern United States” said Brent Steury, Natural Resources Program Manager for the George Washington Memorial Parkway, a National Park site in Fairfax and Arlington counties, Virginia. The species he was referring to is a new species of Soldier Beetle (family Cantharidae) discovered by Steury in 2019 and described in a recent issue of an international journal devoted to the study of beetles called The Coleopterists Bulletin. “I had to be sure that this beetle was not a species recently arrived in North America from some other country and the peer review process of The Coleterists Bulletin helped me do



An enlarged image of the newly discovered beetle now known as *Cantharis sheraldi* Steury.

that. This publication makes it official,” Steury said, “the planet has one more species with a name.”

Steury has been inventorying the flora and fauna of the parkway for over 15 years and has a special fondness for “beetles, snails, and plants” he said. The discovery was made in Turkey Run Park (a unit of the parkway) near the Potomac Gorge, an area known for its high species richness and rare plants and animals. Steury has found over 100 species previously unknown from Virginia in this area



Brent Steury, left, and James (Jim) Sherald, right, socially distanced and holding the journal article that described the new soldier beetle species named in Jim's honor.

but was still a “little surprised” to find a beetle species totally unknown to science, “especially one so brilliantly colored and so large” Steury said. “At seven to eight millimeters,” slightly less than one-half inch (females are slightly larg-

er than males), “it seemed large to me” he said. “Many of the species previously unknown from Virginia that are discovered in the Potomac Gorge are less than half this size” Steury explained.

This is not the first time species

unknown to science have been found near the Potomac Gorge in Turkey Run Park, “new species of flies, a caddisfly, and an amphipod” (small shrimp-like organisms) “have also been discovered here just in the last 15 years,” Steury said. “We do a lot of work with the Smithsonian Institution and those species were discovered by colleagues there,” Steury said. “It’s so amazing to find new life forms just outside your office” said Steury, pointing out the window from his office located in Turkey Run Park.

“Back in 1948, John Green discovered another new species of soldier beetle in Turkey Run Park, then called *Podabrus vernalis* but now known as *Dichelotarsus vernalis*. Lucky visitors to the park can still see this species today,” Steury said.

When you find a new species you have to give it a name. Some species are named after the places where they were found, attributes of their anatomy or color, or after people. The actor Leonardo DiCaprio recently had a new species of beetle discovered in Southeast

SEE NEW BEETLE, PAGE 14

PHOTOS CONTRIBUTED

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SENIOR LIVING

Getting in Shape at 60, 70 and 80

Starting where you are and staying consistent among suggestions from healthy and fit seniors.

BY MARILYN CAMPBELL
GAZETTE PACKET

Whether starting a fitness program after the age of 70 or restarting one after raising children and midlife career building, local seniors share inspiring stories of how achieving and maintaining fitness, health and wellness allows them to lead fulfilling, happy and active lives.

After retiring at age 70 from a career in investment, Jim Owen said his life became sedentary. Aching knees and excruciating back pain determined his daily schedule and he tipped the scale at 205 pounds. His life, as he describes it, was on a steady decline.

"I was a certified couch potato and my back pain was robbing me of my energy," said Owen, now 79, who lived in Alexandria before retiring to San Diego. "I said, 'I have to do something or I'll go down hill.'"

After seeking help from a doctor who specialized in sports medicine, Owen began physical therapy, his pain subsided and he was able to begin an exercise program. "I wasn't trying to be Mr. America," said Owen, who turns 80 next month. "My goal was to get rid of my aches and pains."

Though he found it daunting, but also necessary, he began making his way to the gym. Now his workouts include lunges and squats, push-ups, core work and cardio.

"When I started out at age 70, I couldn't do one push up, now I can do 50," said Owen. "The key is to start from where you are and with what you got. So much of it is mental and getting yourself to just try it."

Now he's committed to inspiring other seniors to achieve physical fitness, and he's written a book called "Just Move! A New Approach to Fitness after 50." He also produced a documentary called, "The Art of Aging Well," which he'll release to public television stations next month.

"I want to devote the rest of my life, whether it's five or ten years, to inspiring people to take care of themselves when they're older," he said. "There are some people who say 'My best days are behind me.' I think my best days are still ahead of me."

As a physician, 64-year-old Bob Posner, M.D., has always prioritized his health, but life events including an internal medicine residency program, service in the United States Army, and raising a family often took precedence over fitness.

"Exercise was limited, meals were often fast food ... and I realized that weight started to pack on," he said. "I exited the Navy in 1988 weighing over 190 pounds."

When Posner, of Fairfax, returned to life as a civilian and began his medical practice, his mindset began to change. "I vowed that I would try to set an example for my patients," he said. "How much credibility can an overweight or obese physician have in telling patients to lose weight to become healthier?"

Posner founded Potomac Internal Medicine Associates and uses a program called SeroFit to help patients who want to get in shape. "It is never too late to embark on efforts to get into a more healthy shape," said Posner. "Looking younger, having more energy, lessening risks of severe medical diseases, alleviating pain and fitting into your beautiful clothes are the benefits of being in shape."

Working out with his wife, who is also dedicated to fitness, makes exercising more pleasurable, says Posner, and being fit has helped him maintain fulfilling



PHOTO COURTESY OF JIM OWEN

Jim Owen started working out for the first time at age 70. Now at 79 he says he's in the best shape of this life.

"When I started out at age 70, I couldn't do one push up, now I can do 50."

— Jim Owen, 79



PHOTO COURTESY OF BOB POSNER

Bob Posner, MD is motivated to keep in shape so that he can hike and play tennis with his children. Posner, 63, lives in Fairfax and has offices in Burke.

relationships with his children.

"My son is a tennis player, my daughter is a hiking person and sharing time with them is best when I am doing activities with them that they enjoy," he said. "If I was sedentary and expected them to hang out with me I would probably see less of them than if I am able to keep up with them in their activities."

78 year-old Bonnie Frankel is driven by her goal of maintaining her physical, mental and emotional fitness for as long as possible. "My lifestyle is built around exercise and my sport, which is running," she said. "I cross-train with water workouts, monkey bars, yoga and other ground stretches."

The impact that exercise has on her life is her constant motivator. "Exercise helps me to eat healthier and drink better and more fluids," said Frankel. "It changes my mood from blue to sunny, as those wonderful endorphins start to kick in. I want to be able to live an independent long healthy life."

WWW.CONNECTIONNEWSPAPERS.COM

News

Purchase Bricks for Parker-Gray High School 100th Anniversary Memorial Walkway

The City of Alexandria and the Alexandria African American Hall of Fame invite the public to purchase personalized bricks to create a memorial walkway recognizing the 100th anniversary of Parker-Gray High School. The walkway, which will consist of the Parker-Gray Bulldog mascot and engraved bricks to honor teachers, students, individuals, families, houses of worship and the greater community, will be located at the main entrance of the Charles Houston Recreation Center (900 Wythe St.). The initial brick purchase campaign will end

Sept. 30. A community dedication and unveiling is planned for late October.

The school opened in September 1920 at the site of the current recreation center, and provided African American children with comprehensive education at a time when segregation and lack of resources, teachers, and facilities threatened what is now understood as a fundamental right of every child.

Visit the project website <https://www.brickrus.com/donorsite/aaahalloffame> to purchase a brick or get more information.

Name Change for Matthew Maury Elementary?

On Thursday, Sept. 17, 2020, the Alexandria City School Board voted to begin the process of officially considering the request to change the name of Matthew Maury Elementary School.

The review of the elementary school's name will run alongside the process to consider changing the name of T.C. Williams High School, under the shared banner of The Identity Project.

The School Board received a petition to change Maury's name on Aug. 6, 2020 following its public decision to review changing the name of the high school. T.C. Williams is named after Thomas Chambliss Williams, superintendent of Alexandria City Public Schools from the mid-1930s until 1963, who resisted desegregation.

The elementary school is named for Matthew Maury, known as the "Father of Modern Oceanography and Naval Meteorology" for his contributions to charting winds and ocean currents, including ocean lanes for passing ships at sea. He was also a member of the Confederate army and helped acquire a ship for the Confederacy.

School Board Policy FF (PDF) requires that a petition of more than 100 signatures is received for a school's name to be considered for review.

"With students from more than 120 countries in ACPS, it

is no secret that ACPS values diversity. Our ability to make our students and their families feel welcome and safe in our schools is of utmost importance," said Superintendent Dr. Gregory C. Hutchings Jr. "We are critically aware that there is a pressing need in our schools, our community and our nation to find ways to talk about race constructively and respectfully. One of the ways that we can move forward is by acknowledging our own history, while refusing to allow that history to define who we currently are as a school division in the present."

The engagement process (PDF) that ACPS will use to engage the community around the consideration of both name changes will include read-in sessions, student forums, community forums and an additional family forum specifically for Matthew Maury families. The community read-in sessions, which start on Sept. 24, will focus on understanding the history of Alexandria and how ACPS schools came to get their names.

The process will be primarily led by students of color from T.C. Williams High School and will include a broad platform of student engagement.

The School Board will hold a Public Hearing this fall and is currently scheduled to vote on whether to change the names of both schools by December



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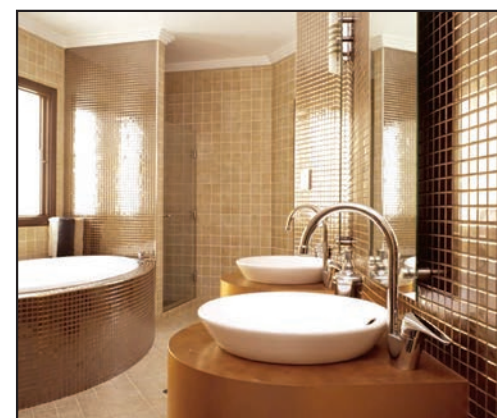
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3 Spots for Warm Meal on an Autumn Day

By HOPE NELSON
GAZETTE PACKET

When the mercury drops on the thermometer, it's time to seek out a bit of warmth with your meals. Fortunately, these eateries have you covered. With dine-in or carryout options available, they'll ensure you'll have a piping-hot meal in no time.

Caphe Banh Mi, 407 Cameron St.

What could be better than a piping-hot bowl of pho? Caphe Banh Mi takes the brothy Vietnamese noodle soup to an art form, offering a good half-dozen ways to customize it just to your liking. From

the house pho to "The Works" to even a stellar vegetarian version, the pho comes from the kitchen steaming and ready to devour. Café Banh Mi is offering well-spaced outdoor tables for a dine-in experience, but their takeout preparation is also second to none.

Café du Soleil, 215 S. Union St.

Start the day with a warm, cozy quiche to soothe your soul and get things going on the right track. Perched at a table in front of the little French-inspired bistro on Union Street and you could easily be dining alongside the Seine instead. Choose between a quiche Florentine or quick Lorraine, or venture instead to a Croque Madame or a Croque Monsieur for another soul-warming meal. And don't forget the coffee – however you like

it, the café has you covered.

Stomping Ground, 2309 Mount Vernon Ave.

It's a scientific fact that biscuits make things better. Del Ray's Stomping Ground is Ground Zero for the fresh-baked biscuits, served nice and warm alongside other great Southern-inspired delicacies. Have your biscuit plain or in a French toast style, or alongside a veggie hash or gouda grits bowl. No matter your choice, you'll be warm from the inside out and no time. (The coffee doesn't hurt, either!)

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



CALENDAR

NOW THRU NOV. 1

Art by Mail II. The "Art by Mail II" The exhibit features the artwork of Del Ray Artisans members. You'll find one-of-a-kind, small format, original paintings in watercolor, oil, and acrylic; mixed media art and artful cards; plus, small 3D works. Enjoy browsing the collection. Artwork will be mailed directly from the artist within 10 days of purchase. Purchases are mailed directly to you. Enjoy the exhibit at www.DelRayArtisans.org/artbymail.

NOW THRU OCT. 14

Weekly Free Outdoor Yoga Class. 6-7 p.m. At Del Ray Psych & Wellness Parking Lot, 1900 Mt. Vernon Ave., Alexandria. Maureen Clyne, an affiliated agent with Coldwell Banker Residential Brokerage in the Alexandria office, will be leading free outdoor yoga classes in the Del Ray neighborhood of Alexandria. This community event, Harvest Moon Yoga 2020, is suitable for all levels and open to the public. The class is taught by Clyne, a senior yoga instructor, and is sponsored by Del Ray Psych & Wellness. Contact: Maureen Clyne: 703-967-8884.

BEGINNING SEPT. 21

Get the Fall season off to a creative start with studio art classes online at The Art League School. Registration is currently open for the Fall semester with classes beginning Monday, September 21. Beginner and seasoned artists can select from a variety of over 50 classes and workshops, ranging from basic painting and drawing instruction to computer-based digital illustration and GIF creation. Classes meet via Zoom, a user-friendly video conferencing platform that allows students to receive lessons and engage with



Ancestral Callings will be displayed at The Art League Gallery from Sept. 10-Oct. 4, 2020.

Now thru Oct. 4

Ancestral Callings. At The Art League Gallery, Torpedo Factory, Alexandria. Mixed media artist Noah Williams celebrates the power and energy of African mask-making traditions in his solo exhibit, Ancestral Callings. Williams' masks are created with found materials, both organic and man-made. The artist remarked that working with items that "used to contain life," such as cowry shells, leather, fur, animal bone, and feathers, has spiritual significance, and imbues the masks with sacred vitality. The Art League Gallery is open Wednesday through Sunday, 12:00 - 4:00 p.m. For your safety, masks and temperature checks are required and a limit of 10 people may be in the gallery at a time.

instructors and classmates. In between classes, students can stay in touch with Google Classroom or by email. And because classes are virtual, students do not have to be in the Alexandria area to participate, just have an internet connection. Visit www.theartleague.org.

SATURDAY/SEPT. 26

Virtual Speakeasy Night. At Lee-Fendall House Museum, Alexandria. Celebrate with the Lee-Fendall House Museum during its fifth annual speakeasy fundraiser – but this year, the party is all online. The event will support the museum's vital work in historic preservation and education, while keeping up what has become a popular local tradition. The online party kicks off with an exclusive cocktail lesson courtesy of Alexandria's most exciting new eatery, King's Ransom. Next, learn the latest dance crazes from 1920 with a dance class, led by acclaimed local performers Fidgety Feet and accompanied by a few swinging jazz standards - remember to wear your '20s best for the virtual costume contest. Tickets are available at [SipsAndSecretsVirtual.Eventbrite.com](https://www.eventbrite.com).

SATURDAY/SEPT. 26

Tony Sands Live. 6 p.m. and 8:30 p.m. At Carlyle Club in Alexandria. "Sinatra" -- The Musical is a multimedia musical tribute starring Tony Sands as 'The Voice.' It is a musical journey of the life and times of the late Frank Sinatra. Sands performs all of Sinatra's best-loved songs from the early days with Tommy Dorsey, to the bright lights of New York City, onto the silver screen of Hollywood, and then finally Frank's 'Main Event' comeback. Visit www.thecarlyleclub.com.

TUESDAY/SEPT. 29

Race and Housing. 7-8:30 p.m. During this community conversation, participants will learn about

the role of redlining, discrimination, racial covenants, zoning, and other forces that had an impact on Arlington's current racial makeup. Email: ahstaff@allianceforhousingolutions.org. Visit the website: <https://www.allianceforhousingolutions.org/events/history-of-race-and-housing-in-arlington>.

OCT. 1-31

Autumn's Palette. 10 a.m. to 6 p.m. At Gallery Underground, 2120 Crystal Drive, Arlington. Gallery Underground presents Autumn's Palette: Art for the Season, an all-member show featuring themes and colors of fall including painting, ceramics, mixed media, glass, wood and metal work. Visit the website: <https://www.galleryunderground.org>

OCT. 2-31

The Living in a Mini World exhibit at Del Ray Artisans gallery feels as if you drank Alice in Wonderland's magic (BIG) potion, or are in Stewart Little or Gulliver's Travels. This exhibit features art smaller than a magazine. The paintings are perfect to fit in your tiniest spot, 3D works for your coffee table, and lots of different jewelry. View October 2-31, 2020 at 2704 Mount Vernon Avenue, Alexandria. Details: www.Del-RayArtisans.org/exhibits

SATURDAY/OCT. 3

Live From Athenaeum. 7:30 p.m. Via Zoom. Jane Franklin Dance presents a performance streamed live from The Athenaeum, home to Northern Virginia Fine Arts Association. Enjoy a Zoom performance event that is filled with interactive moments and real time performance, all from the ease

SEE CALENDAR, PAGE 11

CALENDAR

FROM PAGE 10

of your own living room. Free with \$10 suggested donation. Visit the website: <https://www.jane-franklin.com/live>

ALEXANDRIA DRIVE-IN THEATRE

The Alexandria Drive-In Theatre, presented by Alexandria based businesses ALX Community and The Garden, is now opened. The six-part movie series will run on Saturdays through October 3 and will feature a popular collection of movie classics and family favorites. The drive-in theatre will be located in the Eisenhower section of Alexandria in the parking lot connected to commercial space owned by real estate developer and event partner Stonebridge. The lot can accommodate up to 215 cars per screening. Alexandria Drive-In Movie Line Up: Saturday, Sept. 26, 2020 -- "ET" Saturday, Oct. 3, 2020 -- "Mamma Mia" Website: www.AlexandriaDriveIn.com. Cost: \$30 per car/per screening. No refunds. 100% ticket costs go to two local Alexandria-based charities.

THE BIRCHMERE

The Birchmere in Alexandria is reopening with limited capacity. During the public health emergency, there will be a \$25 food and beverage minimum and

a \$5 Covid fee. There will be no bar service and no gathering in the stage or bar areas. Customers will be escorted to their seats, and those without reserved seats will be seated by staff to ensure social distancing.

Schedule of Shows:

Thursday, Sept. 24 -- Kick -- The INXS Experience
Friday, Sept. 25 -- TUSK -- The Ultimate Fleetwood Mac Tribute
Saturday, Sept. 26 -- The Night-hawks
Friday, Oct. 2 -- For the Love of Linda
Saturday, Oct. 3 -- The Prince Tribute Experience
Sunday, Oct. 4 -- Django a Gogo
Tuesday/Wednesday, Oct. 6-7 -- Raul Malo
Sunday, Oct. 11: Eclipse - The Ultimate Journey Tribute
Mon/Tue. Oct. 19-20: Samantha Fish (10/19 is Sold Out! Second Night Added!)
Thursday, Oct. 22-23: Drew Lynch (Two Nights!)
Saturday, Oct. 24: Free Flowing Musical Experience
Sunday, Oct. 25: Tom Paxton & John McCutcheon
Mon/Tue. Oct. 26-27: The Allman Betts Band
Fri/Sat. Oct. 30-31: Marty Stuart -Solo- (Two Nights!)
The venue is located at 3701 Mount Vernon Avenue, Alexandria. All shows at 7:30 p.m. in the Music Hall. Visit the Birchmere's website: <http://www.birchmere.com/>

BULLETIN BOARD

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

FRIDAY/SEPT. 25

Garden Talk: Gardening in Climate Change. 1:30-2:30 p.m. (16-Adult) Remember last year's spring rains, followed by a blistering hot summer and fall drought? Extension Master Gardeners discuss how climate change is impacting our gardening practices. Learn ways to adapt to changing conditions thorough plant selection, water management and other practices. \$10 per person. Register online at www.fairfaxcounty.gov/parks/parktaks (code 95A.7471) or call Green Spring Gardens at 703-642-5173.

SATURDAY/SEPT. 26

How to Layer Plantings for Multi-season Beauty. 10-11:30 a.m. (16-Adult) Take an enlightening walk through the gardens with horticulturalist Brenda Skarphol as she highlights glorious autumn plants that would work well in your own home garden. Then learn how to layer the fall garden with hardy bulbs and seeds (like columbine, poppy and larkspur) as Brenda shows you planting methods that ensure a colorful spring. \$18 per person. Register online at www.fairfaxcounty.gov/parks/parktaks (code BD9.AFCA) or call Green Spring Gardens at 703-642-5173.

SATURDAY/SEPT. 26

<Casting Concrete Leaves Workshop. 10:30-12 p.m. (Adults) Capture the beauty of ornamental leaves by casting them in concrete to decorate your home or garden. Green Spring staff demonstrates casting

and painting techniques and assists participants in making a treasure to take home. \$43 per person (plus a \$25 supply fee). Register online at www.fairfaxcounty.gov/parks/parktaks (code 95A.7471) or call Green Spring Gardens at 703-642-5173.

SUNDAY/SEPT. 27

Feast of Flowers: Lecture, Tasting and Tea. 1-3:30pm. (Adult) Edible flowers -- fresh and cooked -- add tasteful, healthful and beautifully decorative dimensions to any dish. Discover which flowers are edible and the surprising ways they can jazz up sweet and savory recipes. Sample blooms that run the gamut of the flavor spectrum. \$42 (lecture, tasting & tea) \$22 (lecture & tasting).

WEDNESDAY/SEPT. 30

Are you new to Medicare or a caregiver for a Medicare beneficiary? Learn the basics of Medicare coverage (Part A, B, C, D and Medigap) and choices. On September 30, at 2 p.m. Advanced registration required. This presentation is given by Medicare counselors from the Division of Aging and Adult Services. Visit the website: https://zoom.us/join/register/WN_6SLwniCyRayEMvMhuZhr-w

2020 CENSUS DUE SEPT. 30

The City of Alexandria reminds residents that the deadline for completing the 2020 Census is Sept. 30. Help ensure that Alexandria receives its fair share of resources to provide needed programs and

services. An accurate count makes sure all Alexandrians are fairly represented in federal and state government, and that \$675 billion in federal resources are allocated correctly across state and local jurisdictions.

Each resident has the power to shape Alexandria's future for the next 10 years. Complete the Census today online at 2020census.gov, by phone at 844-330-2020 or when a Census taker visits. It's fast, easy, confidential and takes less than 10 minutes to complete. Visit alexandriava.gov/Census2020 for more information about the Census in Alexandria.

SATURDAY/OCT. 3

Garden Spa Workshop. 10:30 a.m. to 12 p.m. At River Farm, 7931 East Boulevard Drive, Alexandria. The benefits of gardening for your mental and physical health are indisputable. Join us for a workshop that goes just a bit further and shows you how to turn your garden bounty into small, well-deserved indulgences. Explore common garden herbs that refresh, relax, invigorate, and intoxicate! Learn how to process lavender for use in creating a bath fizz, a lavender pillow sachet, and lip balm, all suitable for gifting or a small dose of self-pampering. Cost for members of American Horticultural Society \$60; non-members \$70. Visit the website: <https://connect.ahsgardening.org/river-farm-events/2020/garden-spa-workshop---non-members>

SEE BULLETIN, PAGE 12



THIS YEAR'S WALK IS EVERYWHERE.

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BULLETIN BOARD

FROM PAGE 11

SATURDAY/OCT. 3

Free Flu Shot Clinic. The Alexandria Health Department will host a free flu shot clinic this fall with support from the City of Alexandria. A walk-up only clinic will be held on Saturday, Oct. 3, from 9 a.m. to 3 p.m., at Francis C. Hammond Middle School (4646 Sem-

inary Road). Parking will be available. Visit alexandriava.gov/Health to learn more about free flu shot clinics.

TUESDAY/OCT. 20

Early Jamestown Women. 1-2:30 p.m. Zoom online network -- Mount Vernon Genealogical Society monthly meeting. Curator Kate Egner Gruber

will speak about women's lives and roles in early Virginia. Email registration by October 16 to contact-us@mvgenealogy.org. See http://www.mvgenealogy.org.

HISTORIC

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Historic Alexandria is excited to

announce that all city residents receive free admission to City-owned museums. These include:
Alexandria Archaeology Museum
Alexandria Black History Museum
Alexandria's History Museum at The Lyceum
Fort Ward Museum & Historic Site
Freedom House Museum

Friendship Firehouse Museum
Gadsby's Tavern Museum
Stabler-Leadbeater Apothecary Museum. Although most are still closed due to the pandemic, Alexandria Archaeology Museum, Alexandria History Museum at The Lyceum, and Gadsby's Tavern Museum have reopened with limited hours and capacities. Reservations for time slots to help promote physical distancing are recommended for some. To make your free reservation, visit alexandriava.gov/shop. If you prefer to come in person, let the museum staff know you are a City resident to receive your free admission.

ABSENTEE VOTING BEGINS

Absentee voting begins on Sept. 18 for the Nov. 3 general and special election in Alexandria. The ballot includes contests for President and Vice President of the United States, one member of the U.S. Senate, the member of the U.S. House of Representatives from the 8th Congressional District, and two amendments to the Constitution of Virginia. As of July 1, all registered voters in Virginia are eligible to vote absentee. Voters are encouraged to become familiar with ballot questions and voting procedures in advance, to reduce wait times at voting locations. Each registered voter may vote absentee by mail or in person. The absentee ballot may be received by mail, in person or at a drop box. Carefully review the information below to determine applicable deadlines, times and locations. Absentee Voting in Person -- The deadline to cast an absentee ballot in person is Saturday, Oct. 31, at 5 p.m. Contact the Office of Voter Registration & Elections, at voters@alexandriava.gov or 703-746-4050.

ALEXANDRIA LIBRARY'S AMNESTY PERIOD ENDS SEPT. 30

Alexandria Library's amnesty period will end on Sept. 30. During this period, the library is waiving fines and fees associated with materials which customers return during the amnesty period only. Damaged and lost items will incur a replacement cost, but overdue fines will be removed. Fines and fees associated with items returned before the amnesty period - items that were due before March 18 - will not be waived. As a reminder, you may return your items at your local library or in the book drops at all library locations. Please note that due to quarantining of items, your returned items will continue to show on your account for at least 96 hours, until they are checked in.

ANCESTRY LIBRARY EDITION ACCESS EXPANDED

Ancestry Library Edition is an online genealogy resource with 4,000+ databases of family information along with user-friendly search tools and comprehensive indexing. It includes billions of records in census data, vital records, directories and photos from many countries worldwide. Access to this resource has been expanded to library cardholders working remotely, courtesy of ProQuest and its partner Ancestry. To access this resource, go to the database page and click on the purple "Access Databases From Home" link at the top of the page. Visit the website: https://alexlibraryva.org/databases



CITY OF ALEXANDRIA
UNCLAIMED PROPERTY
FOR REPORT YEAR 2020

In conformance with the Commonwealth of Virginia's Unclaimed Property Act, the City of Alexandria is publishing a listing of unclaimed property held at June 30, 2019.

Property Code	Last Name	First Name	Property Code	Last Name	First Name	Property Code	Last Name	First Name	Property Code	Last Name	First Name
735813	1900 DUKE STREET LP		742426	CRP MARK CENTER HOTEL L L C		755244	KIDBY	JOSHUA	734496	RORLS	SABRINA
735814	1900 DUKE STREET LP		742427	CRP MARK CENTER HOTEL L L C		747254	KIM	HYUNG	732263	ROSEGREN TRUST/WILMINGTON	
733710	ABBOT	HENRY	732221	CUEVAS	FAYE	747326	KIMSEY	SARA		TRUST COMPANY	
735307	ABDOU	MOHAMED	749994	CUMMINS	MATTHEW	731279	KINGFISHER HOLDINGS, LLC		736142	SADEDDIN	HAZIM
749153	ADROIT COMMUNICATIONS, LLC		743788	DALE WARREN DOVER,		754433	KOMUGISHA	WIMANA	749376	SAHLEMEDIHIN	ROMAN
752224	AIMEE	LESSARD		ATTORNEY AT LAW		751434	KWABENA	AGYEKUM	751389	SCHARF	GORDON
754248	ALEXANDRIA LACROSSE CLUB, INC		733647	DAVIS	CARLA	747808	LANGE	KYLE	751390	SCHARF	GORDON
754124	ALFRED STREET BAPTIST CHURCH		748671	DEBNAR ALBERT A OR FILOMENA O		732920	LAW OFFICES MARK S. ALLEN		733729	SCHICK	JAMES
745177	AL-HARAZI	NUHA	755442	DEL-RAY GLASS CO., INC.		752702	LAWLESS	GEORGE	733628	SCOTT	ASHTON
743676	ARAYA	FESUM	746357	DESTA	ABIYE	749391	LILAC	SAFADI	733629	SCOTT	ASHTON
751320	ARCH DE CONSTRUCTION INC		730703	DOUGHERTY MORTGAGE LLC		731131	LOPEZ	JORGE	730240	SESAY	SONNA
733206	ARGUETA	GRISELDA	752294	DUARTE	TIA	731132	LOPEZ	JORGE	735334	SHAJAHAN	NISHA
751652	ATSPS/ BUDGET PROCESSING		745873	EDGE	CARLA	736962	LOYA	DAVID	735335	SHAJAHAN	NISHA
736010	AUSTIN	AMANDA	735559	ELDRIDGE	PAUL	736269	MACMURRAY	NATAKI	742570	SHAPIRO	LAUREN
732243	AZUR	SOFIE	744857	ELIZABETH	SHANKS	754415	MARCEC	SARA	747830	SISNEROS	MELISSA
748199	BAKER	TERESA	738972	EMERSON WETZEL TRUST		753696	MARCELO	VINCENT	752679	SMITH	CORY
742619	BALL	PATRICIA	729987	FEDERAL EXPRESS		744282	MARINA ELECTRIC INC		754000	SOLOKHA	YEVGENIYA
744049	BALL	STEPHEN	729988	FEDERAL EXPRESS		734080	MARKETSHARE		744590	SOUTH CAPITAL BRIDGEBUILDERS	
744050	BALL	STEPHEN	744347	FENOGLIO	CHRISTOPHER		PUBLICATIONS INC		739436	STAGNUM POOL SERVICES LLC	
744051	BALL	STEPHEN	746419	FINANCIAL SERVICES		742594	MAZDA MOTOR		750102	STIRK MANAGEMENT ASSOCIATES LP	
730002	BARILE	FRANK		VEHICLE TRUST			OF AMERICA INC.		753681	SWAN TITLE CORPORATION	
730003	BARILE	FRANK	746420	FINANCIAL SERVICES		121297	MCDANIEL	MICHAEL	740243	TATE	WILLIAM
750099	BEAUCHAMP	SHERRI		VEHICLE TRUST		121519	MCDANIEL	MICHAEL	749340	TAYLOR	MICHEL
738827	BELACHEW	YANIT	733698	FRANSMART ROYALTY LLC		738767	MCGAHEY	SHANNON	750661	THOMAS	RYAN
738448	BESREMO	AYUB		(USED IN VA B		734370	MEDLIN	HEATHER	753654	THOMAS	MANAHAT
751898	BEZZINA	EMMANUEL	745218	GEBREYESUS	YOHANNES	739926	MEJIA	CECILIA	748755	THOMAS	BRIAN
729900	BIRU	BETELHEM	744378	GIRON	DORIAN	749960	MENDOZA	JUAN	741465	TINDALL	CARL
747685	BLUSH	BRIAN	738667	GLASHEEN	MARGARET	746383	MICHAEL	CASSIDY	736693	TO THE ESTATE OF	
732695	BLUSH & COPPER, LLC		747902	GLIDEWELL	SANDRA	735311	MONARCH TITLE INC.			WILLIAM T ARCHEY	
741457	BOATENG	BRIDGET	744495	GREENFIELD	LINDSAY	748720	MONARCH TITLE INC.		744329	TODD	BERTIE
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730198	BRIMA	PRECIOUS	748269	HANSEN	KEVIN		LIMITED LIABIL		746990	UNIVERSAL TITLE, FAIRFAX	
755286	BRINSLEY	MICHAEL	743184	HARDY	EVAN	752227	NDIAYE	AWA	741972	VCFS AUTO LEASING COMPANY	
751392	BROSTOWICZ	HEATHER	747676	HILLER	ANTHONY	755314	NJIE	SAIHOU	753401	VERITE' HEALTHCARE	
734113	BROWN	TARA	731970	HINTON	JOHN	736041	PARKE	CAITLIN		CONSULTING LLC	
743128	BROWN	CHRISTOPHER	743106	HOLTBY	BRADEN	744543	PATRICIANNE	FRINKS	748763	VESTA SETTLEMENTS, LLC	
744001	BURGE	MATTHEW	748958	HUMPHRIES	LYNN	735316	PAYNE	NICOLETTE	742560	WAGNER	KODI
729877	BURTS	ALBERT	744266	IREK JR	JOSEPH	750012	PEAK SETTLEMENTS, LLC		738046	WALDHOFF	STEPHANIE
748898	BYRNES	DIANE	745953	J RIVER 515 ANNEX LLC		743315	PENSKI LEASING &		742993	WAPLETON CONDOMINIUMS	
732012	CANELA	ROBIN	753921	JAMES	ELIZABETH		RENTAL COMPANY			COUNCIL OF CO-OWNERS	
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If you or your company is listed above, contact the Accounting Division of the City of Alexandria's Finance Department prior to October 16, 2020. For more information concerning this ad, please contact: City of Alexandria, Finance/Accounting Division, P.O. Box 178, Alexandria, VA 22313 Telephone: 703-746-4288. The above shall be published in The Alexandria Gazette on September 24, 2020.



PHOTO CONTRIBUTED

REST IN PEACE - APD K9 Xigxag, who served the Alexandria Police Department for six years before retiring in 2019, died on Sept. 14. He was 9 years old. K9 XigXag served the Alexandria Police Department with distinction having received two Valor Awards in 2013. K9 Xigxag is shown last year with his handler, Officer Carlos Rolon Jr.

Obituary



EUNICE MARIA TROLLOPE

October 4, 1932 – June 30, 2020

Somewhere over the rainbow, Maria has joined her husband of 58 years, Richard, and is survived by her daughters Michelle Bessette and Sonja Vass, and grandchildren, Jordan, Jessica, and Jacob. As a wife, mother, Nana, teacher, artist, adventurer, volunteer, and as a kind friend, Maria inspired others with her joyous spirit.

Please join us in remembrance at her service at St. Michael's Church, 505 Broome St., Fernandina Beach, FL, Saturday, September 26, 11:15 am. In lieu of flowers, please make any donations to St. Michael's Church. Celebration presentation of Maria's life to be held after the service in the church hall (COVID guidelines).

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Legals

Notice is hereby given that Group Ride Service LLC, located at 8100 Russell Rd., Alexandria, VA 22309, has filed an application for a Certificate of Public Convenience and Necessity that would authorize the transportation of passengers for compensation as a common carrier over irregular routes in the Virginia cities of Alexandria, Fairfax, Falls Church, Manassas, Manassas Park and the counties of Arlington, Fairfax, Loudoun, and Prince William. The carrier will also be authorized to transport Medicaid recipients statewide as a Non-Emergency Medical Transportation carrier as defined in Code of Virginia section 46.2-2000.

Any person who desires to protest the application and be a party to the matter must submit a signed and dated written request setting forth (1) a precise statement of the party's interest and how the party could be aggrieved if the application was granted; (2) a full and clear statement of the facts that the person is prepared to provide by competent evidence; (3) a statement of the specific relief sought; (4) the name of the applicant and case number assigned to the application; and (5) a certification that a copy of the protest was sent to the applicant. The case number assigned to this application is MC2000221DD.

Written protests must be mailed to DMV Motor Carrier Services, Attn: Operating Authority, P. O. Box 27412, Richmond, VA 23269-0001 and must be postmarked on or before September XX, 2020.

Any protest filed with competent evidence will be carefully considered by DMV. However, DMV will have full discretion as to whether a hearing is warranted based on the merits of the protest filed.

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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

"Canceritis"

By KENNETH B. LOURIE



There are two generic types of cancer: the cancer that you have, and the cancer that has you. And the yin and yang is what defines 'canceritis.' The internal struggle between being defined by your disease versus living a life in spite of your disease. The former is easy; you're a victim of an insidious, in some cases, incurable disease that causes myriad problems, shall we say; physically, emotionally and psychologically. The latter is hard. Sometimes, overcoming the former in order to live the latter is much easier said than done. The reason being, primarily, that cancer isn't a killer because symptoms, treatment and side effects are always manageable and overall mental/emotional demands are easily compartmentalized. Nothing could be further from the truth. In fact, the truth is that if the disease, treatment and side effects and/or anxiety/stress about your diagnosis doesn't get you, the total disruption of your life and/or routine will.

Not that you lose free will, but you do lose a fair amount of control. While cancer is in the house, cancer rules the roost. Somehow, even though the disease and all is all about you, you must find a way (navigate) a path forward that enables you to set aside the physical and emotional demands of a terminator-type disease. With many patients, the cancer won't stop until it kills. And for the hundreds of thousands of cancer patients who die every year, wishing, hoping, praying and being compliant to their doctor's instructions, the outcome though hardly guaranteed is not particularly encouraging either. The disease takes its toll and despite all the efforts of the king's men to put Humpty back together again, the ravages of cancer often prevent the patient from ever being whole again.

Sometimes, the damage is already done as it usually is for non-small lung cancer patients who often are asymptomatic until they're not (as I found out, first hand). Then you're told you have a "terminal" form of stage IV lung cancer which is described as incurable which meant for me, being told I had 13 months to two years to live. The question I asked myself back in Feb., 2009: What the hell happened to stages I, II and III? This is what cancer can do: travel at warp speed and not leave too many clues. Finding some kind of work-around/plan "B" to deal with the loss of control and helplessness might keep the patient from descending into an emotional rabbit hole from which there's a scant chance of recovery. At this juncture, the cancer is in charge.

This is the challenge: overcoming a disease which in many instances, is beyond your doctor's/modern medicine's ability to control. Just imagine living with the knowledge that every day you wake up, is a day borrowed against future days when you might not wake up or if you do, might feel so poorly that the point of trying to feel better becomes more of a fool's errand than it does a practical alternative. Cancer is not literally a four-letter word but it's most definitely in its own category: a six-letter word which makes all four-letter words meek by comparison.

Somehow, you must restructure your understanding of your cancerous condition and philosophize: everyday you wake up and feel something isn't a day that's lost. It's a day that's found. Making the most of these emotional crumbs is not a guarantee of anything. Rather, it's an attempt to prevent things from getting worse. And as any cancer patient will tell you: it can always be worse. And until it's the worst, try to embrace whatever remains as the best.

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

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NEWS

APD Officer Appointed to Criminal Justice Services Board

Alexandria Police Officer Bennie L. Evans, a 28-year law enforcement veteran, has been appointed to the Commonwealth of Virginia Criminal Justice Services Board by Governor Ralph Northam. The announcement was made by Northam on Sept. 4.

"Officer Evans is an outstanding representative not only of the Police Department, but of Alexandria's community values," said Chief Michael L. Brown. "We are delighted the Governor has tapped Officer Evans to help pursue the same standards of excellence statewide that he helps push us to achieve here at home."

Through the Department of Criminal Justice Services, the Board conducts research and evaluation on criminal justice issues; develops criminal justice plans; distributes federal and state grants to improve law enforcement, prosecution, crime and delinquency prevention, juvenile justice, victim services, corrections and information systems; provides training and technical assistance; establishes and enforces minimum training standards for law enforcement, criminal justice and private security personnel; and licenses and regulates the private security industry.

After serving for four years in the U.S. Marine Corps, Evans joined the Alexandria Sheriff's Office in 1992. Evans joined the Alexandria Police Department in 1998 and currently serves as a Police Officer IV. Throughout his 20-year APD career, he has been frequently recognized for his work in patrol and community relations. Recent awards include: City of Alexandria Crisis In-



Officer Bennie Evans

tervention Team Officer of the Year (2011); Field Operations Bureau Police Officer of the Year (2015); U.S. Attorney General's Award for Distinguished Service in Policing (2016); Virginia Crisis Intervention Team Instructor of the Year (2016); and Chamber of Commerce Salute to Veterans Outreach Award (2018).

Evans is one of the Department's lead Crisis Intervention Team instructors and also serves as the Department's homeless outreach liaison. Evans is a board member for Firefighters and Friends to the Rescue, which spearheads community school supply, coat and toy drives for families in need.

- JEANNE THEISMANN

New Beetle Species

FROM PAGE 7

Asia named after him in honor of his work protecting the environment.

"I couldn't think of anyone more deserving than Jim Sherald to name this beetle after" Steury said, beaming ear to ear.

"Jim was our Chief of Natural Resources for the National Capital Region," said Steury, the area of the National Park Service that oversees the protection of the Potomac Gorge. "I worked with Jim for over 15 years and he cared more about the gorge and the protection of its resources than anyone else I have known."

"I thought it only fitting to name this new soldier beetle after him. Jim was like a

soldier, protecting the natural resources of the gorge. Without people like him, those resources are at risk of development. The National Park Service only manages these lands for the public. We are charged with protecting them so that future generations can enjoy them as we have. Thank God for people like Jim."

Dr. James L. Sherald retired from the National Park Service (NPS) in January 2010 after 35 years. During his career he was a research plant pathologist and later Chief of Natural Resources and Science for the National Capital Region (NCR) which manages National Parks in the Washington metropolitan area.

Let Us Know Your View

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

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Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors
& drums, check tire condition and inspect all hardware. Pads only.
MACHINE ROTORS ADDITIONAL.

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CALL FOR AN APPOINTMENT AT **703-684-0710** OR SCHEDULE ONLINE AT **ALEXANDRIATOYOTA.COM**

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

#WeAreAlexandria



VIRTUAL OPEN SAT 9/26, 1:30PM

Braddock Heights | \$1,475,000

Light-filled 4-bedroom, 3.5-bath renovated colonial features a large dining room, kitchen with walk-in pantry, family room with built-ins. Master bedroom with en-suite bath. Finished lower level. Screened porch overlooks spacious backyard. 3106 Russell Road #A
Jen Walker 703.675.1566
www.JenWalker.com



Mount Ida | \$1,299,000

Incredible 3-bedroom, 3.5-bath expanded & updated Colonial! Main level offers a formal dining room, large living room with wood-burning fireplace, sunroom/den, and a family room with gas fireplace adjacent to the wonderful custom kitchen. 3001 Russell Road
Kim Peele 703.244.5852
www.ThePeeleGroup.biz



Rosemont | \$1,100,000

Classic Rosemont charm on a quiet street! Stunning 4-bedroom, 3.5-bath home has hardwood floors and welcoming front porch. Top floor is a private suite. Detached garage and finished basement. Easy walk to Old Town & King Street Metro.
Ann McClure 301.367.5098
Shirely Mattam-Male 571.220.9481



OPEN SUN 9/27, 1-4PM

Alexandria/Mount Vernon | \$799,000

Situated on a cul-de-sac halfway between Old Town & Mt. Vernon, this gracious 4-bedroom, 2.5 bath home is ready for new owners. Classic center-hall layout, PLUS a 26' x 36' great room addition that is simply fabulous! Backs to Hollin Hills Community pool! 2500 Toron Ct.
Peter Crouch 703.244.4024
www.CrouchRealtyGroup.com



OPEN SUN 9/27, 2-4PM

Rosemont | \$795,000

This charming 2-bedroom Cape welcomes you home in style. Smart, thoughtful upgrades provide comfortable living spaces with turnkey convenience. Beautifully landscaped with lush easy maintenance plantings create a private oasis with no mowing! 103 E Walnut St.
Robin Arnold 703.966.5457
www.RobinArnoldSells.com



OPEN SUN 9/27, 2-4PM

Jefferson Manor | \$530,000

Ideally located a stone's throw from Metro, this updated 2-bedroom, 2-bath duplex features a remodeled open kitchen and basement with a custom bar, cozy seating area and fireplace. Screened-in front porch and covered rear deck overlooking yard. 2616 Jefferson Dr.
Jodie Burns 571.228.5790
www.JodieBurns.com



Briary Farms

\$489,000

Spacious and sunny townhome with gleaming hardwoods on main & upper levels! Lovely eat-in kitchen, with pantry, new quartz countertops, stainless appliances, and new sliding back door. Spacious brick patio right off the kitchen, is perfect for grilling, dining, or just enjoying the weather!

Kim Peele 703.244.5852
www.ThePeeleGroup.biz

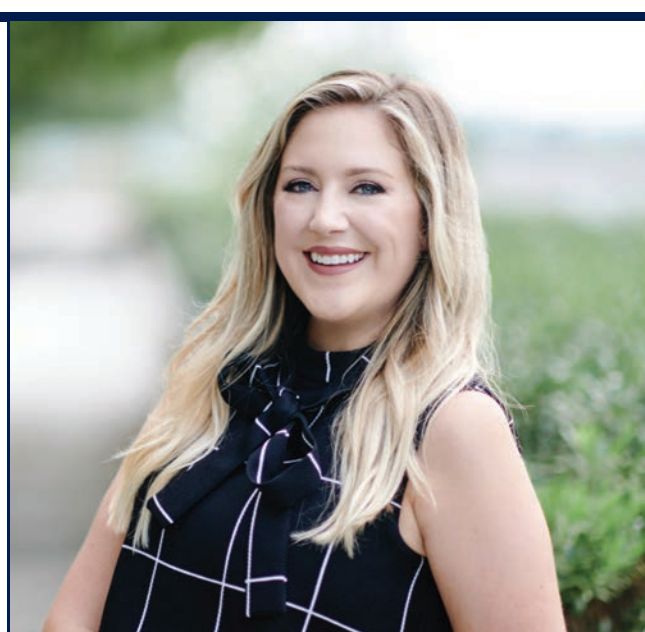
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