



ACPS Athletic Hall of Fame inductees unveil the Hall of Fame Wall Sept. 18 at Alexandria City High School.



Members of the 1956 George Washington High School state championship basketball team are inducted into the ACPS 2021 Athletic Hall of Fame Sept. 18 at Alexandria City High School. Pictured are (l-r): John Welch, Jerry File, Eddie Dyson, Phil Yates and George Coburn.



Members of the 1971 TC Williams football team prepare to be inducted into the ACPS Athletic Hall of Fame Sept. 18 at Alexandria City High School.

PHOTOS BY
JANET BARNETT
GAZETTE PACKET

ACPS Athletic Hall of Fame Class of 2020, 2021 newest inductees.

BY JEANNE THEISMANN
GAZETTE PACKET

Sports stars from across the city converged on Alexandria City High School Sept. 18 as the Alexandria City School Board inducted its newest members into the ACPS Athletic Hall of Fame.

A joint induction ceremony was held honoring both the class of 2020 and 2021 due to

the postponement of last year's event. A "wall of fame" was unveiled revealing the plaques dedicated to each individual inductee.

Along with the ceremony on Saturday, inductees were introduced during halftime of the ACHS football game Friday evening, the first played under lights at a renovated Parker-Gray Stadium.

The 2021 ACPS Athletic Hall of Fame members include: Troy Bailey, Baseball, T.C.

SEE ACPS ATHLETIC, ON PAGE 4

Alexandria Couple Donates Edward R. Murrow World War II Microphone to the National Press Club

Alexandria residents Renee Freedman and Michael Freedman, past president of the National Press Club, (left) and National Press Club Executive Director William McCarren and Casey Murrow at the display of the Edward R. Murrow microphone. Casey Murrow's father, broadcaster Edwin R. Murrow, used this microphone for his legendary radio broadcasts from London rooftops to describe live Germany air raids during World War II. The Freedmans acquired and donated the microphone for permanent display in the Edward R. Murrow room at the National Press Club.



Legendary editor Kemal Kurspahic died Sept. 17 at the age of 74.

**Legendary Editor
Kemal Kurspahic Dies,**
OBITUARY PAGE 10

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Casting a Ballot

Recent changes to voting make casting a ballot easier than ever.

BY MICHAEL LEE POPE
GAZETTE PACKET

Today is, essentially, Election Day. And so is almost every day leading up to Nov. 2. That's because of a series of significant changes to how elections work in Virginia, one of the first orders of business for the new Democratic majorities in the House and Senate last year.

Gone are the excuses voters used to have to give to cast an absentee ballot. Gone is the requirement that voters have to show a photo ID to vote. These days, anyone who registers for a driver's license is automatically registered to vote. And Election Day is a new state holiday, replacing the racist salute to insurrectionist generals Robert E Lee and Stonewall Jackson. Like the old Confederate statue that once stood at the intersection of South Washington Street and Cameron Street, the roadblocks to voter participation have now been removed to allow for unobstructed access to the ballot box.

"Voters should familiarize themselves with the ballot," said Alexandria Registrar Angela Maniglia Turner, adding that sample ballots are available on the city's website. "There are several contests on the ballot, and when voters get into the booth they're ready to make a decision."

More changes to voting are on the way. Next year, people will be able to register to vote and cast a ballot on the same day. Democrats in the House and Senate approved this change last year, but added a delayed enactment to make sure registrars across Virginia had the right kind of software to make sure people weren't casting ballots in multiple locations on Election Day. Currently newly registered voters have to wait five days before they are able to cast a ballot. The bill to allow for same-day registration next year was introduced by Del. Hala Ayala (D-51), who is currently a candidate for lieutenant governor.

"Same-day registration is one of the easiest ways to make voting more accessible to all Virginians," said Ayala. "Voter registration cuts off disproportionately younger voters and people of color because these voters move more frequently."

RECENT ELECTIONS have seen



One of the recent changes to how elections happen in Alexandria is the addition of a drop box at the registrar's office on North Royal Street. Last year, more than 10,000 votes were cast at the drop box. That's about 12 percent of the votes in Alexandria.

Like the old Confederate statue that once stood at the intersection of South Washington Street and Cameron Street, the roadblocks to voter participation have now been removed to allow for unobstructed access to the ballot box.

so many changes to voting that it's hard to keep track of them all. One of the more recent ones prohibits guns at polling places. That was a bill introduced by Del. Mark Levine (D-45), who took on the issue of gun-violence prevention as one of his signature issues during his time in the House of Delegates. The new law prohibits guns within 40 feet of the door to a polling place, and the maximum penalty is a year in jail or a \$2,500 fine.

"It applies to polling places, counting centers and recount centers," said Levine in February after his bill passed the House. "There were a couple of Virginians who went to Pennsylvania when they were counting the ballots to try to intimidate people with firearms and were arrested

there because they have that law there."

When the pandemic hit last year, the League of Women Voters filed a lawsuit challenging Virginia's requirement that every voter filling out an absentee ballot must open, mark and refold their ballot in the presence of a witness. The require-

"The new Democratic majority is committed to making participation in our democracy as easy as possible."

— Sen. Adam Ebbin (D-30)

ment for a witness signature was dropped temporarily for the 2020 election, but that requirement is now back in effect for 2021. Also, the addition of drop boxes last year has rewritten the rules for get-out-the-vote operations. Republicans have raised worries about what

they call "ballot harvesting," but Democrats dismiss those concerns as overblown.

"Nobody has to hand their ballot over to anybody if they don't want to. It's the voter's decision," said Del. Marcus Simon (D-53). "If somebody comes along and offers to help get their ballot where it needs to go, it's up to each voter to decide whether they want to trust that person to take the ballot or if they want to do it themselves. We're trying to make it as easy as possible."

VIRGINIA'S HISTORY of odd-year elections for governor dates back to 1851, the first year that voters were able to have a say in selecting a governor. Previous to the adoption of the 1851 state Constitution,

How to Vote Early

Registered voters can cast an early ballot at the registrar's office at 132 North Royal Street from now until the last day of early voting, which is Oct. 30. Starting Oct. 22, voters have an option. They can vote at either the registrar's office on North Royal Street or the satellite voting location at Beasley Library. Sunday voting will be available for the first time ever on Oct. 24 from 11 am to 3 pm. The last day for election officials to receive a request for a mail-in absentee ballot is Oct. 22 at 5 pm.

the General Assembly selected the governor. The first election for governor featured Democrat George Summers versus Whig Joseph Johnson. According to the Alexandria Gazette, the Whig candidate won Alexandria with 62 percent of the vote. But the Democrat swept most of the commonwealth with 53 percent of the vote overall. It was the first time Virginia allowed for people who were not landowners to cast a ballot, although voting was still restricted to white males.

"In the 1851 Constitution, they do, at that point, reach something like universal white male suffrage," said A.E. Dick Howard, a constitutional law professor at the University of Virginia. "And at the same time as the on the other side of the coin, they're saying, 'Well, let's be careful now, there's still some people that don't belong.'"

These days voting has become high tech and socially distanced as the pandemic has scrambled the geography of two polling locations in Alexandria. Two of the city's voting precincts are in senior centers, which need to be moved considering health concerns. Voters who normally vote at the Ladrey Senior Center will instead vote at the Charles Houston Recreation Center. And voters who normally vote at the Hermitage will instead vote at John Adams Elementary School. In addition to that, voters who normally vote at Macarthur Elementary School will be voting at the George Washington Masonic Memorial while the school is under construction.

"Voting is the most fundamental right, and it's important that there aren't barriers to voting," said Sen. Adam Ebbin (D-30). "The new Democratic majority is committed to making participation in our democracy as easy as possible."

PHOTO BY MICHAEL LEE POPE/GAZETTE PACKET

Halfway to St. Patrick's Day

Ballyshaners gearing up for 2022 parade.

The Ballyshaners, organizers of the city's annual St. Patrick's Day Parade, held a Halfway to St. Patrick's Day festival Sept. 18 at Waterfront Park.

"We are excited to be here today," said Jenny Considine who attended the festival with friends. "This is our town and we are looking forward to bringing back the parades and festivals and everything post-pandemic."

Making its return following a hiatus in 2020, the festival featured live entertainment, food and vendors dedicated to all things Irish. The event also raised funds to support the St. Patrick's Day parade, which is sponsored by the Ballyshaners organization.

The Ballyshaners was founded in 1980 to organize a St. Patrick's Day Parade in Old Town. Held on the first Saturday in March, Alex-



Crowds gather in Waterfront Park Sept. 18 for the Halfway to St. Patrick's Day festival.

andria was one of the few cities in the country that was able to hold a parade in 2020 prior to the nationwide shutdown of restaurants and businesses due to the COVID-19 pandemic. Plans are underway for a return of the parade in 2022.

For more information or to donate, visit www.ballyshaners.org

— BY JEANNE THEISMANN

"We are looking forward to bringing back the parades and festivals and everything post-pandemic."

— Festival attendee Jenny Considine



Terry Riley, John O'Donnell and James Patrick McGuinness of the Ancient Order of Hibernians Sept. 18 at Waterfront Park.



Kate Eltzroth, Charlotte Jewett, Jenny Considine, Meg Jewett, and dog Tivoli enjoy the Halfway to St. Patrick's Day festival Sept. 18 at Waterfront Park.

PHOTOS BY JANET BARNETT/GAZETTE PACKET



Dancers from the Kristen Butke School of Irish Dance perform at the Halfway to St. Patrick's Day festival Sept. 18 at Waterfront Park.



School board member Jacinta Green celebrates with TC class of 1984 track standout Roberta Elliott Speight, a 2020 inductee of the ACPS Athletic Hall of Fame Sept. 18 at Alexandria City High School.



Phil Yates and Jerry File with Titans football coaches Dennis Shaw and Glenn Furman at the ACPS Athletic Hall of Fame induction Sept. 18 at Alexandria City High School.

PHOTOS BY JANET BARNETT/GAZETTE PACKET



ACPS Athletic Hall of Fame inductee Lynwood Robinson.



Former Chief of Police Earl Cook and ACPS Athletic Hall of Fame inductee.

ACPS Athletic Hall of Fame

FROM PAGE 1

Williams High School Class of 1984; Earl Cook, Football, T.C. Williams High School Class of 1973; Louis Harris, Football, Basketball & Baseball, Parker-Gray High School Class of 1963; Jason Ingram, Basketball, T.C. Williams High School Class of 2001; Veda Nicely McCoy, Track and Field, T.C.

Williams High School Class of 1984; Corrin Reid, Basketball, T.C. Williams High School Class of 1997; Dianne Richardson Lewis, Basketball, T.C. Williams High School Class of 1977; Mike Tomasello, Track Coach, T.C. Williams High School 1967-71, 1974-80; 1956 Boys Basketball Team, George Washington High School; and the 1990-91 Girls Virginia

State Champion Indoor Track Team.

The 2020 ACPS Athletic Hall of Fame members include: Roberta Elliott Speight, Track and Field, T.C. Williams High School Class of 1984; Craig Harris, Basketball, T.C. Williams High School Class of 1977; Mike Hynson, Basketball Coach at TCW and GWHS Francis C. Hammond HS Class of 1959; Bob Kessler, Basket-

ball, George Washington High School Class of 1952; Cedric Matterson, Track and Field, T.C. Williams High School Class of 1984; Katherine McAdoo, Swimming, T.C. Williams High School Class of 2000; Lynwood Robinson, Football, George Washington High School Class of 1971; and the 1971 T.C. Williams High School Football Team.



PHOTO BY JANET BARNETT/GAZETTE PACKET

Firefighter Michael Kort, left, stands ready to collect donations Sept. 4 at Market Square as part of the annual Fill the Boot campaign benefitting the Muscular Dystrophy Association.

‘Fill the Boot’ Firefighters raise funds for Muscular Dystrophy.

Firefighters came to the rescue as members of the Alexandria Fire Department once again participated in the Muscular Dystrophy Association’s Fill the Boot Campaign.

Managed by Alexandria Fire Fighters Local 2141 of the International Association of Firefighters, proceeds from the boot drive helps local families with muscular dystrophy by funding research for new treatments, supporting MDA Care Centers, and sending kids to MDA Summer Camp.

This year’s campaign was a cooperative effort between AFD on-duty personnel, Alexandria Volunteer Fire Department person-

nel, and off-duty volunteers. Volunteers were also recruited from each of the labor groups – International Association of Fire Fighters, the Police Benevolent Association, Black Fire Service Professionals of Alexandria, and the Alexandria Professional Medics Association.

The partnership between MDA and the IAFF began in 1954 in an effort to raise awareness and funds for families living with muscular dystrophy, ALS, and over 40 related neuromuscular diseases. To date, the IAFF has raised more than \$585.5 million for the organization.

www.filltheboot.donordrive.com

—BY JEANNE THEISMANN



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Time to Address Climate Change Head on in Alexandria

This summer we learned without a doubt that the world is facing a climate disaster. There have been droughts and fires across the US and around the world. Flooding has been worse. When the temperature heats up the atmosphere holds more moisture and tropical storms are worse as the decreased temperature difference in atmospheric streams makes storms move slower. So storms drop more water and stay longer.

In Alexandria we are used to flooding and in the 2008 Waterfront Plan was a proposal for a \$33 million flood mitigation system that would be for 4 foot storm surge. The city now says we can expect 4-6 foot storm surges and the flood mitigation has never

been built. In Germany there are pictures of cars being washed away down river and into buildings. We have not reached that point here, but I have seen people climb into their cars that have a foot or two of water around them.

Yet, we have had waterfront development with underground garages and we allow cars still to be the dominant mode of transportation near the water. The 100 block of King has been closed for now but will it be closed permanently? I believe what we need is to rethink how our waterfront works and to fulfill the promise of the waterfront plan by creating a pedestrian zone with permeable surfaces that could absorb water from flooding, and where cars would not be in danger if it did flood, and businesses protected. But there is another connection, which is that we have to do our part to re-

duce emissions. Less driving, more walking can help achieve this. The trolley, which can also help reduce vehicle traffic, will now drop off at City Hall, which has always made sense to me, but as the majority of people can walk the last two blocks and will be more likely to visit shops and restaurants on foot. There could be trees planted down the middle of the street adding an additional cooling effect.

In June of 2019 "the Alexandria Democratic Committee called upon ... Alexandria to declare a climate emergency, and to use sufficient powers and resources to achieve the reduction in greenhouse gas emissions by the city and the entire Alexandria community by 45% no later than 2030, and to achieve net zero carbon emissions by 2050; initiate a massive mobilization to restore a safe climate and build a sustainable economy;

and to convey the urgency to its citizens by joining 558 other Councils across the globe representing over 65 million citizens in declaring a Climate Emergency." The city soon followed suit with its own declaration. On Oct. 22, 2019, the Alexandria City Council unanimously adopted its own resolution declaring a climate emergency, recognizing that climate change poses a grave threat to everyone in Alexandria and around the world. "The science is clear: humans are causing climate change and the results will be catastrophic if we don't act now," said Mayor Justin Wilson. "The costs of addressing this climate emergency are far less than the costs of ignoring it, and local governments have a critical role to play by working with businesses and residents to avert disaster." So what has Alexandria

SEE TIME TO ADDRESS, PAGE 7

ASO Launches Season with Beethoven's Fifth & Rhapsody in Blue

By MELINDA KERNIC

The Alexandria Symphony Orchestra will present Beethoven's Symphony No. 5 on Saturday, Oct. 2, 2021 (7:30 p.m.) and Sunday, Oct. 3, 2021 (3 p.m.) at the Rachel M. Schlesinger Concert Hall and Arts Center. This program is a repertoire change from the originally scheduled Beethoven's Ninth Symphony with the Alexandria Choral Society.

ASO is replacing the enormously popular choral symphony with another work of Beethoven, his iconic Fifth Symphony. Also on the program are George Gershwin's Rhapsody in Blue with pianist Michelle Cann, Copland's inspiring Fanfare for the Common Man, and Valerie Coleman's work Umoja: Anthem of Unity.

"We are delivering on our promise to ticket buyers by presenting three all-time orchestral favorites to replace the popular Ninth," said Hanson.

Renowned pianist Michelle



PHOTO BY STEVEN MAREZI WILLIS

Michelle Cann.

Cann has performed with the Philadelphia Orchestra, the Cleveland Orchestra and others. The Philadelphia Inquirer described her February 2021 performance with Philadelphia Music Director Yannick Nézet-Séguin as "exquisite." A champion of the music of Florence Price, Ms. Cann is recognized as a leading African-American performer dedicated to artistic excellence and community engagement. Ms. Cann appears by arrangement with the Curtis Institute of Music.

"The clarion call for transformation, diversity, unity and joy embodied by Beethoven's Ninth is being honored in our choice to combine his Fifth Symphony with Gershwin's Rhapsody in Blue and Valerie Coleman's anthem of unity, Umoja," says ASO Music Director James Ross. "With Copland's Fanfare kicking things off and Michelle Cann's pianistic prowess, we've created a big musical tent to celebrate our return to the stage."

Alexandria Symphony Orchestra is committed to providing a safe concert environment for patrons, musicians and staff. The concerts will be presented with no intermission. Schlesinger Concert Hall has been completely overhauled with a state-of-the-art ventilation system. Audience members, mu-

sicians, staff, and volunteers will be required to wear a mask for the duration of performances. All audience members, musicians, volunteers and staff must be fully-vaccinated to attend.

The Alexandria Symphony is a fully-professional orchestra drawing from the Washington, D.C. metropolitan region's wealth of musical talent. Many musicians perform with other orchestras and top military bands. Single tickets are \$20-\$85 for adults, \$5 for youth (18 and under), and \$15 for students (with ID). The ASO also offers senior and group rates and a special discount for military employees and veterans for this performance. For tickets and more information, visit www.alexsym.org or call (703) 548-0885.

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

SATURDAY/SEPT. 25

NPS Trash Cleanup. 9-11 a.m. At Belle Haven Park, Alexandria. Join the Friends of Dyke Marsh and the National Park Service on National Public Lands Day to clean up trash along the Potomac River shoreline. Free. Meet at the registration table near the Belle Haven Park south

parking lot to pick up supplies. NPS will provide gloves, tools, trash bags, and hand sanitizer. Please wear sturdy shoes, long pants and sleeves, and sun protection. Bring water.

SATURDAY/SEPT. 25

Deciphering Difficult Handwriting. 10 a.m. to noon. Virtual meeting. Learn about more than 20 techniques to help you decipher the seemingly illegible handwriting in your ancestors' records. Pam Vestal

SEE BULLETIN, PAGE 9

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Time to Address Climate Change Head on in Alexandria

FROM PAGE 6

done to act and what visible signs of action do we see? On Saturday the city passed a 5 Cent plastic bag tax and “under the state legislation, localities may use tax revenue for environmental cleanup; educational programs to reduce environmental waste or address pollution and litter,” so we may have some funding for improvements.

Climate change is likely to have a particular impact on Alexandria as a coastal community on the banks of the Potomac River. Scientists predict a potential sea level rise of four to six feet and increased severity and frequency of flooding events by the end of this century. This means adapting to climate change will be key to Alexandria’s environmental and economic future. There is so much more the city can do. Eco-city in 2008 and the environmental action plan were a start but there needs to be more than a collection of plans, awards and designations. We have a solar city designation but only 75 people have taken advantage of this program. For instance, the city has a “Electric Vehicle Charging Infrastructure Readiness Strategy” but no visible charging stations. Why don’t we have a charging station in front of city hall at Market Square or charging stations for city vehicles below city hall? It is getting hot and the climate is changing, and we will have to adapt quickly.

I was at city hall on a hot day, and the water fountains were turned off. We should also be providing water bottle refilling stations. We all need to cool off yet the fountain at Market square is off limits. This

would be a great community gathering spot if we made it a spray fountain we could all cool off in. The farmers market should expand to Tavern Square, and close off 1 Block of Royal street Saturday mornings so that there is more room for great local products and more room to walk.

Vendors could of course continue to use the space to park but not have to compete with traffic. Walking around Old Town, I can spot empty tree wells on almost every block even though trees are the easiest way to reduce carbon in the atmosphere. Is there a catalog of tree wells, or any program to plant more trees in them? They especially can have a cooling effect and provide carbon capture in urban areas.

So in my view, it is not just time to make declarations, and get awards, but time to put tangible improvements in place around the city, at a much faster pace, so that we are doing our part to avert disaster. We should have an idea bank so that this is a true dialog and collaborative process with citizens, who may see things city officials don’t, or have knowledge, know how and suggestions about how to fix things. We are in an emergency because according to science we have less than 10 years till we cross the tipping point, where it will be impossible to reverse the planet’s warming trend, and the catastrophic climate events that will follow. Alexandria should be doing its part.

Boyd Walker
Alexandria

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As an educator with 30 years of experience and the mother of three **ACPS graduates**, Tammy Ignacio is running for School Board to ensure all students have equitable access to programs and services. She earned her master's degree in education from George Mason University. Tammy has had a 30-year career as an educator: seven years as a teacher; 11 years as assistant principal at ACHS (formerly TC Williams High School); five years as ACPS (Alexandria City Public Schools) chief of staff; and, in her last position before retiring, the lead administrator for special education at ACHS.

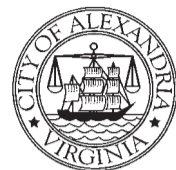
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- ✓ Increasing Student Achievement
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 <p>CITY OF ALEXANDRIA 2021 CAR TAX AND BUSINESS PERSONAL PROPERTY TAX ARE DUE OCTOBER 5, 2021</p> <p>Personal property tax (car tax) and the residential parking fee, if applicable, must be paid no later than October 5, 2021, to avoid a late payment penalty and interest. Business personal property tax must also be paid by October 5, 2021.</p> <p>City Hall is open for in-person payments and masks are required in all City facilities to prevent the spread of COVID-19. The City also offers many contactless payment options. Pay by credit card or eCheck on the City's website at alexandriava.gov/Payments. Car tax payments can be mailed to: City of Alexandria, PO Box 34710, Alexandria, VA 22334-0710. Business personal property tax payments can be mailed to: City of Alexandria, PO Box 34901, Alexandria, VA 22334-0901.</p> <p>Payments can also be made in person at the Treasury Division, City Hall, 301 King Street, Room 1510, between 8 a.m. and 5 p.m., Monday through Friday. However, the Finance Department strongly encourages those who prefer to pay in person to pay early to avoid the crowds, and to use the drop box on the Royal Street side of City Hall, which is available 24 hours a day. Payment must be in the drop box by midnight on October 5, 2021, to avoid the penalty.</p> <p>Have questions?</p> <ul style="list-style-type: none"> • For vehicle assessments or to receive a tax bill, email vehicletax@alexandriava.gov • For business assessments or to receive a tax bill, email businessstax@alexandriava.gov • For payment questions, email payments@alexandriava.gov • To speak with a Finance Department representative, please call 703.746.4800. <p>Please see the City's website at alexandriava.gov/Finance for more information.</p>	



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ENTERTAINMENT

Art on the Avenue

BY ASHLEY SIMPSON
THE GAZETTE

What did you do with all the downtime you had on your hands during quarantine in 2020? Maybe you trained a new puppy. Maybe you learned to cook. Perhaps you even started a new exercise routine. Or, like many others, you might have just laid low and recharged in anticipation of “normal.”

If you ask eleven-year-old Noura Barka what she did with all the time she had on her hands in 2020, she'd tell you she leveraged those hands in a big way – to create all kinds of crafts and artwork. She will be selling a lot of her productions at Art on the Avenue, a multicultural arts and music festival that will take place in Alexandria's historic Del Ray neighborhood on Saturday, Oct. 2.

Noura, a sixth grader at Stratford Landing Elementary School, has actually been preparing for this moment since before the world's period of quarantine, and she can't wait to show off what she's been working on.

“My family used to go to Art on the Avenue every year, and I always thought it would be really cool if I was there, selling stuff in the tents,” Noura said. “I was so excited when I found out I'd be a part of it all, and I've been preparing for this all year. It's been especially great because my best friend [Grace Barrett, classmate at Stratford Landing Elementary School] has been part of the process, too.”

THIS YEAR marks the 26th annual Art on the Avenue, an event to “celebrate the community's diversity through the arts.” Organizers are expected more than 50,000 people to attend this event, where they are greeted by more than 300 artists, musicians,



Grace Barrett and her Harry Potter inspired magic wands.

and food vendors.

Noura and her friend Grace Barrett will share a booth, and they are two of the three young artists selected to have their own booths at this year's Art on the Avenue.

As a budding artist and merchant, Noura has made a number of items to sell including greeting cards and an assortment of clay figurines.

“I've been getting ready for this all year, and I'm really prepared and excited,” Noura said. “I'll have clay ‘good luck’ ladybugs, fall pumpkin broaches, and trays. I've also been making lip gloss, lip scrub, soaps, and paint that is made of flowers. I will have a mini-art gallery including Mexican folk art and painted rocks. Then Grace has been making these cool wands.”

Grace Barrett's handmade wands really are something special.

“A few years ago I got into the Harry Potter books and looked online at tutorials for how to make Harry Potter themed decor,” Barrett said. “I liked making the wands best. They take a lot of work, but they look authentic when they are done. The two mod-



Noura Barka and her handmade art will be at Art on the Avenue in Del Ray Saturday, Oct. 2.

els I will have at the booth have become my most popular ones. No matter what, I'm so excited to have a booth at the Del Ray Art on the Avenue because it feels like a professional event. This is a huge honor and I hope we get to do more in the future.”

Noura and Grace will be showcasing their crafts from a booth that Noura has named Tezukuri.

“She's a huge fan of Japanese manga [graphic novels and comic books], and ‘Tezukuri’ is the Japanese word for handmade,” said Noura's mother Sonia Campos.

Campos has watched in amazement over the last year and a half as her daughter has churned out so many fantastic pieces, turning her pandemic downtime into creative opportunity.

“It seems like she wants to create something new every couple of days,” Campos said. “It's incredible to me [an artist myself] how much inspiration and motivation she has. She was actually selected for last year's virtual Art on the Avenue but was unable to take part. So this year is really special. She was chosen to participate through a jury selection, and she's only one of three youngsters participating with their own booths.”

Being selected to showcase her work at Art on the Avenue is only part of what makes



Noura Barka and her handmade art will be at Art on the Avenue in Del Ray Saturday, Oct. 2.

the 11-year-old Noura pleased with her art journey.

“I'm really happy about how far I've come in the last couple years with my art,” she said. “My style has changed for the better. It's definitely become more unique. I'd never made anything with clay, and I'd never made soaps, but during COVID, I saw some people do it and I thought, ‘why don't I do it?’ Grace has done the wands and helped with the cards, which has been great, because she loves art and she's my best friend.”

Noura's favorite pieces to craft have definitely been the greeting cards, which she predicts will be her hottest selling items.

To learn more about Art on the Avenue, visit www.artontheavenue.org. To see Noura Barka and Grace Barrett at the event, be sure to visit the ‘Tezukuri’ tent. Tezukuri Art: W 51 (Between E. Custis & E. Windsor) off of Mount Vernon Avenue.

CALENDAR

SATURDAY/SEPT. 25

Classic Car Show. 10 a.m. – 1 p.m. At the Alexandria History Museum at The Lyceum, 201 South Washington Street in Old Town Alexandria. Classic car show featuring a variety of Packards and other “orphan” vehicles. This show will bring together cars that are no longer manufactured – hence the term “orphans.” The show is free and is co-sponsored by Packards Virginia and the Alexandria History Museum at The Lyceum. Visit packards-va.org or call 703-424-5871.

SATURDAY/SEPT. 25

Hollin Hills House + Garden Tour. 12 to 6 p.m. Admission: Regular: \$50 per person; VIP: \$80 per person. (May be sold out) Registration at Hollin Meadows Elementary School, 2310 Nordock Place, Alexandria. This self-guided walking tour will showcase stunning examples of mid-century modern architecture, landscaping and interior design. New this year, participate in special activities throughout the day such as morning yoga, a furniture showcase and more. All ticket holders must check in at registration to receive a wristband

and program that includes a listing and map of all the homes and gardens open during the tour. The tour will take place rain or shine. Sponsors and VIP ticket holders can register beginning at 10 a.m. and access the tour early at 11 a.m. Visit hollinhillsmodern.com

SATURDAY/SEPT. 25

79th Historic Homes Tour, “Garden Glimpses.” 10 a.m. to 3 p.m. In Old Town Alexandria. The TWIG's 79th Historic Homes Tour, “Garden Glimpses,” will include 14 addresses located in the southeast quadrant of Old Town, the majority of which are new to the tour. The tour will include gardens and backyard areas, with docents narrating information about the property. Tour maps can be picked up the morning of the event at the Alexandria Visitor Center, TWIG Thrift Shop, Boxwood and Old Presbyterian Meeting House.

SATURDAY/SEPT. 25

Family Fall Festival. 9 a.m. to 3 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. There will be activities for all ages, including classes for children and



The 79th Historic Homes Tour, “Garden Glimpses,” will take place Saturday, Sept. 25 in Alexandria.

adults. Place a bid at the silent auction. Grab a meal at the food truck or a treat at the bake sale. Enjoy musical entertainment at the White Gazebo. Search for some new reading material at the book sale, and visit the vendors selling a wide assortment of plants and craft

items. Call 703-642-5173, or visit GreenSpringGardens.org.

SATURDAY/SEPT. 25

Hollin Hills House + Garden Tour. 12 to 6 p.m. Registration at Hollin Meadows Elementary School, 2310 Nordock Place, Alexandria. This self-guided walking tour will showcase stunning examples of mid-century modern architecture, landscaping and interior design. New this year, participate in special activities throughout the day such as morning yoga, a furniture showcase and more. All ticket holders are required to check in at registration to receive a wristband and program that includes a listing and map of all the homes and gardens open during the tour. The tour will take place rain or shine. Sponsors and VIP ticket holders can register beginning at 10 a.m. and access the tour early at 11 a.m. Visit hollinhillsmodern.com

SUNDAY/SEPT. 26

George Washington Patriot Run. George Washington's Mount Vernon, 3200 Mount Vernon Memorial Hwy., Mount Vernon. Join Mount Vernon and participants around the

country for a 10-miler and 5K. This race is live and in-person, with a virtual option for participants who are outside of the area. Admission: Sept. 15 to 26: \$60 for in-person 5k; \$80 for in-person 10-miler; \$35 for either virtual run. Call 703-780-2000. Visit www.mountvernon.org.

SUNDAY/SEPT. 26

Organ Concert. 10 a.m. At St. Paul's Episcopal Church, 228 South Pitt Street, Old Town Alexandria. Organ Concert by Grant Hellmers “Bach and Beyond.” 10 a.m. with reception following 11 a.m. church service. Contact St. Paul's at 703-549-3312 or grant.hellmers@gmail.com.

WEDNESDAY/SEPT. 29

Aging Considerations. 11 a.m. to noon. Via Zoom. Two women share wisdom for managing physical and emotional health when facing stressful and challenging life events. Join them for interactive discovery and learn about valuable resources. Maureen Desmond, Founder, Navigating Through Loss will discuss the benefits of

SEE CALENDAR, PAGE 9

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CALENDAR

FROM PAGE 8

elevating the conversation around loss and share tools and resources for moving forward through life's toughest experiences. Dana Hutson, Founder, Cancer Champions, will introduce the benefits of independent patient advocacy for increasing healthcare literacy and empowering you to be the best healthcare consumer you can be. Visit the website: <https://www.mountvernonathome.org>.

THURSDAY/SEPT. 30

The Taste of Old Town North. 3:30-8 p.m. At Montgomery Park, 901 North Royal Street, Arlington. The Taste of Old Town North is free, kid-friendly, and offers the chance to sample a variety of food from local restaurants including Cafe 44, Grateful Kitchen and St. Elmo's Old Town North. Visitors to the Taste can also shop at the local farmers' market, try their hand at Art in the Park with KidCreate, watch a karate demonstration from Seichou Karate, and picnic in the park. Live music will be provided by two local bands - Sally and the Mander, starting at 5 p.m. and Three Man Soul Machine, starting at 6 p.m. Visit www.oldtownnorth.org or call 703-836-8066.

SATURDAY, OCT. 2, 2021.

2021 is the 26th annual Art on the Avenue in Del Ray. Organizers are expecting more than 50,000 visitors to stroll down Mt. Vernon Avenue in Del Ray, between Bellefonte and Hume Avenues for the festival. They will be greeted by more than 300 artists (jewelers,

silversmiths & beaders, woodworkers, pottery makers, soap crafters, glass makers, unique painters, sculptors, fabric artists & more), musicians, (Irish, folk, rock-n-roll, country & more). And there will be plenty of food vendors (hot dogs, BBQ, Indian, Mexican, pizza, crab cakes, chocolate bananas dipped on sticks, homemade cider donuts & more). Kids activities have always been part of the festival. Get involved with your kids, stuff your own scarecrow, paint a pumpkin, lotus flower design, weave screen art, to name a few. www.artontheavenue.org

THE BIRCHMERE

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

Thu/Fri. Sept. 23 & 24: The High Kings \$55.00
Sun. Sept. 26: Five For Fighting With String Quartet \$39.50
Mon. Sept. 27: Christopher Cross "40th Anniversary Tour" \$59.50
Tue. Sept. 28: The Robert Cray Band \$49.50
Wed. Sept. 29: Tommy Emmanuel, CGP with very special guest Andy McKee \$59.50
Thu. Sept. 30: Keiko Matsui \$45.00
Fri. Oct. 1: Preacher Lawson \$45.00
Sun. Oct. 3: The Stylistics \$65.00
Mon/Tue. Oct. 4&5: Toad The Wet Sprocket w/ Althea Grace \$75.00
Thu. Oct. 7: Lori McKenna "The Two Birds Tour" with Mark Erelli \$29.50
Sat. Oct. 9: The Guess Who \$69.50

BULLETIN BOARD

FROM PAGE 6

is a professional genealogist and speaker, with a 20-year writing career. Sponsored by the Fairfax Genealogical Society. Visit the website: www.FairfaxGenealogicalSociety.org.

MONDAY/SEPT. 27

Public Interest Technology. 11:30-12:30 p.m. Zoom Webinar. Join in a discussion of public interest technology and its possible application in our communities. Visit the website: <https://www.cfnova.org/register/public-interest-technology>

SEPT. 27-OCT. 1, 2021

Act on Addiction Summit. Virtual event. Join the Inova Health Foundation and Fairfax County Public Schools for a free, online webinar series focused on mental health and addiction awareness. As part of Addiction Awareness Month (September), the Act on Addiction Summit: Tools for Fostering Success at Home, In School, and Throughout Life webinar series will provide information and tools for mental health wellness and management of stress and anxiety. Additionally, the event will provide resources and information for individuals and loved ones struggling with substance use disorder. Visit www.actonaddictionnow.org.

VOLUNTEER WITH AFSS.

<Alexandria Families for Safe Streets. Help spread the pedestrian street safety message by volunteering for 2-hour shifts to staff an Alexandria Families for Safe Streets (AFSS) table at one of the following Farmers' Markets: Dates available: 9/18,

10/9, 10/30, 11/6, Nov TBD. Del Ray Farmers' Market: 10/30 Old Town Farmers' Market: 10/9, 11/6 Visit the website: <https://www.alxflss.org/>

VOLUNTEERS WANTED

ACPS- Help Provide Meals to Children Alexandria City Public School (ACPS) will provide two days worth of breakfast and lunch meals with a snack pack free for any enrolled ACPS student on Mondays, Wednesdays, and Fridays. Friday distribution will include a meal(s) for Saturday.

Volunteers will meet at various schools to assist with packing boxes and loading buses with boxed meals. Then, volunteers will ride the bus along to distribute the meals while on site at a few ACPS mobile pop-up locations. Click on each location to sign up: Francis C. Hammond Middle School, TC Williams High School, or Jefferson Houston School. www.volunteerallexandria.org

Alexandria Dept. of Community and Human Services- Volunteer Guardian

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

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OBITUARY



Kemal Kurspahic with the editorial staff of the Sarajevo newspaper Oslobođenje in 1993.



Legendary editor Kemal Kurspahic died Sept. 17 at the age of 74.



Kemal Kurspahic, center, welcoming then-Senator Joe Biden to the ruins of the bombed headquarters of the Sarajevo newspaper Oslobođenje in 1993 at the frontline of the besieged city.

‘Courage in Journalism’ Kemal Kurspahic dies at 74.



Kemal Kurspahic with sons Mirza, left, and Tarik.



Kemal Kurspahic with his wife Vesna.



Kemal, Vesna, Mirza and Tarik Kurspahic on the Charles river in 1994.

BY JEANNE THEISMANN
THE CONNECTION

Kemal Kurspahic, the managing editor of The Connection Newspapers, died unexpectedly Sept. 17 as a result of a stroke he suffered after a minor surgery. He was 74.

“We are heartbroken and devastated,” said Connection Newspapers publisher Mary Kimm. “There aren’t words for what having Kemal as our heart and anchor at the Connection has meant to us, or how crushed we are by losing him.”

Kurspahic was the acclaimed editor-in-chief of Oslobođenje, Sarajevo’s daily newspaper, from 1988-1994. He oversaw the publication of the newspaper during the three-year siege of the city in the 1990s. During that time he survived serious injuries suffered during a car crash while under intense sniper fire, an incident that would leave him with a lifelong limp.

“Global journalism lost a hero today,” said NPR correspondent Tom Gjelten upon learning of Kurspahic’s death. “He published Sarajevo’s newspaper every single day during the siege, holding a multi-ethnic staff together in the midst of interethnic strife.”

“Global journalism lost a hero today.”

— Tom Gjelten,
NPR correspondent

Kurspahic was born Dec. 1, 1946, in Mrkonjic Grad, Bosnia Herzegovina. He became a correspondent for Oslobođenje as

a high school freshman in Sanski Most in October 1962. At Belgrade University Law School, he was an editor of the weekly magazine Student during student protests that swept Europe in 1968. He continued as a correspondent for Oslobođenje in Belgrade in 1969, and since then was a correspondent in Jajce (1971-1973), editor of Sports, Politics and Newsroom de-

partments in Oslobođenje (1974-1981), the UN correspondent in New York (1981-1985), and deputy editor-in-chief (1985-1988).

In December 1988 he became the first editor-in-chief elected by the editorial staff of Oslobođenje.

Under his leadership, the paper waged three battles for freedom of press: breaking from the League of

SEE KEMAL, PAGE 11

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PHOTOS CONTRIBUTED

OBITUARY

Kemal Kurspahic Dies at 74

FROM PAGE 10

Communists control; defending its independence against nationalist parties in power in 1991; and publishing daily from an atomic bomb shelter during the siege of Sarajevo, 1992-1996.

For his efforts, Kurspahic received numerous awards, including the Courage in Journalism Award in 1992 (International Women's Media Foundation); the International Editor of the Year (World Press Review) and the Bruno Kreisky Award for Human Rights in 1993; the World Press Freedom Hero in 2000 (International Press Institute); and the Dr. Erhard Busek Award for Better Understanding in the Region in 2003 (South Eastern Europe Media Organization).

"Dad was always looking to make the world and his community a better place and journalism was his tool to do that," said Kurspahic's son Mirza. "Bringing together good people that had a similar mission in their lives was what we were exposed to all along and because of that we owe a great debt of gratitude to him. We learned from him and everyone that he has been involved with how to try to make our own communities a better place."

In 2000, Kurspahic was named one of the 50 Press Freedom Heroes from the last 50 years by the International Press Institute, citing "significant contributions to the maintenance of press freedom and freedom of expression" and "indomitable courage."

"It's easy to see he was a hero to many but the humility he displayed taught us to be humble as well," Mirza Kurspahic added. "It is difficult to stay humble but he made that look so easy. It came natural to him – to never look down on anyone and always offer a helping hand."

Kurspahic was a Nieman Fellow at Harvard University, a Clark Fellow at Cornell University, and a Senior Fellow at the U.S. Institute of Peace. He held lectures and seminars at universities across the U.S. and advised the highest-level decision makers of U.S. foreign policy, including President Bill Clinton and then-Senator Joe Biden.

Kurspahic served as the Managing Editor of The Connection Newspapers in Northern Virginia, 1997-2001 and again 2007-2021. Former editor Steven Mauren was a longtime colleague of Kurspahic.

"When publisher Mary Kimm first received Kemal's resume with his international stature for a position as a community newspaper editor at the Connection, she

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Kemal Kurspahic with President Bill Clinton in Washington in April, 1993, six weeks after Biden visited Kurspahic and his paper in Sarajevo.

PHOTOS CONTRIBUTED

'Global Journalism Lost a Hero Today'

Tom Gjelten www.facebook.com/tgjelten

"Global journalism lost a hero today. Kemal Kurspahic, the legendary editor-in-chief of Oslobodjenje, Sarajevo's daily newspaper, died as an exile in northern Virginia after suffering a stroke following minor surgery. I met Kemal in Sarajevo in 1993. He oversaw the publication of his newspaper every single day during the three-year siege of his city by murderous Serb nationalists who were determined to shut the city down. Kemal negotiated with the U.N. for newsprint and with local warlords to get fuel on the black market to keep his presses running. He promised his staff that Oslobodjenje would continue publishing "as long as Sarajevo exists," and he kept that promise. The paper got smaller and the press run was limited, but Oslobodjenje under his leadership became a symbol for Sarajevo of its own determination to survive. But not just as a symbol of perseverance. It represented as well the city's commitment to its own multi-ethnic identity. A Muslim married to a Serb, Kemal presided over a multi-ethnic staff, and the newspaper thereby stood for Sarajevo's remarkable cosmopolitan character. He also insisted that his reporters tell the war story honestly and accurately, even when it meant challenging his own government's interpretation of events. I was so inspired by the Oslobodjenje story under Kemal's leadership that I wrote a book about it, seeing its struggle as representing the ideological element of the larger Bosnian war story. After suffering grievous injuries during a car crash under intense sniper fire, Kemal went into exile and wrote his own book, titled appropriately "As Long As Sarajevo Exists." Remarkably, he ended up in northern Virginia as editor-in-chief of the Connection newspapers, serving a suburban DC population that exemplified the same multi-ethnic character he had defended in Bosnia. His journalistic and human values are an example for journalists everywhere. RIP, Kemal."

thought we could benefit just from meeting him, never thinking he would join," Mauren said. "He did; and our newsroom benefited inestimably from his depth of experience, his collegial leadership, and his always unruffled, reassuring demeanor."

Kurspahic was the Chairman and Founder of the Media in Democracy Institute, based in the Washington, D.C., area and the author of four books.

As a diplomat he worked for five years (2001-2006) for the United Nations Office on Drugs and Crime, first as the Spokesman in Vienna and then as the Caribbean Regional Representative, responsible for 29 states and territories.

Kurspahic is survived by his high school sweetheart and wife of 52 years Vesna Kurspahic, their two

sons Tarik (Mary Beth), of Lexington, Mass., and Mirza (Kristine), of Centreville, and four grandchildren (Andrew, Brynna, Rory, and Nev).

"Having a leader like Kemal in our newsroom was special magic," Kimm said. "He was always teaching, sometimes directly, always by example. He embraced community journalism and helped reinforce how important local reporting is to the community."

Added Kurspahic's son Tarik, "Dad was always surrounded by brilliant people in all sorts of different fields. We are grateful to have been able to travel all over the world following his work, giving us such a broad perspective on life. But in the end to us he was just 'Dad,' larger than life and to me my hero."

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Obituary

Obituary



Raymond G. Curry, Jr., age 90, passed away on September 15, 2021 in Alexandria, VA. He was born at Sibley Memorial Hospital in Washington, D.C. Ray graduated from Washington-Lee High School and earned a B.S. in Civil Engineering from Virginia Tech in 1954. Following graduation, he served with the U.S. Army Corps of Engineers in Okinawa. After working for his father's high-rise construction business, Ray left in 1970 to form SMC Concrete Construction, Inc. During his 50-year career, he worked on more than 300 high-rise projects and some of Washington, D.C.'s most iconic buildings, including the Watergate Complex, Market Square, and the Tysons Corner Shopping Mall. In the 1980s, he founded Curry Development, Inc., focusing on office, residential, retail and industrial markets. He also acted as a consultant to Aeromarine Ltd. on projects in Saudi Arabia. In addition to his real estate interests, Ray served as Chairman and President of the Bank of Alexandria in the 1990s. During his tenure, he assisted in growing the bank and negotiated its sale to F&M Bank. Ray was a dedicated supporter of Virginia Tech and a lifelong fan of their football team. He served two terms on the Alumni Board of the Charles E. Via Jr. Department of Civil and Environmental Engineering Department at Virginia Tech. In 2007, Ray was inducted into the Department's Academy of Distinguished Alumni, and in 2012, he was inducted into the College of Engineering's Academy of Engineering Excellence. Ray was an active supporter of numerous civic organizations and charitable causes throughout Alexandria. He was a member of Grace Episcopal Church and Belle Haven Country Club, where he served two terms on the Board. Ray was happiest when surrounded by his family. He is survived by Madelyn, his wife of 52 years; his four daughters, Shannon Somerville, Allison McVay (Brian), Cristin De Silva (Asi), Meaghan Curry (Anthony); seven grandchildren; and three great-grandchildren.

Visitation will be held from 6 to 8 p.m. on Wednesday, September 22nd, at Everly-Wheatley Funeral Home, 1500 Braddock Road, Alexandria, VA. A memorial service will be held on Thursday, September 23rd, 1 p.m. at Grace Episcopal Church, 3601 Russell Road, Alexandria, VA. In lieu of flowers, donations may be made to the Raymond and Madelyn Curry Graduate Fellowship at the College of Engineering at Virginia Tech, <https://give.vt.edu/ways-to-give.html>



DESIGNER YARD SALE

Saturday September 25th, 2021

9:00 Am to 5:00 PM

119 Wolfe Street, Old Town Alexandria

(White House with Dark Green Shutters)

Furniture (Beds, Chairs, Tables, Bureaus, Chests, Office Furniture, Curios & More), Carpets, Lamps, Designer Fabrics & Pillows, Window Treatments, Artwork, Decoratives, Child Items (Highchair, Stroller, Car Seat, Cradle, etc), TV Stand/TV, Appliances, Garden Pots/Items, Jewelry, AND SO MUCH MORE!

RAIN DATE: Sunday, September 26th
Masks Requested for those not Vaccinated
All Owners & Helpers On Site ARE Vaccinated
Sale Fully Outside ~ Shopping Bags Provided
Light Loading Assistance Provided ~ Reserved Parking for Loading Only
Payment by card swipe (we hope), checks with ID and cash

SENIOR LIVING

It Takes a Village

Senior Villages ease aging in place.

BY JEANNE THEISMANN
THE CONNECTION

A generation or two ago, many Americans assumed that, when they grew older and frailer, they would go to a nursing home or assisted-living facility. But aging looks different now. According to a recent AARP survey, today's older Americans — 88 percent of those 65+ — prefer to stay in their home and community for as long as possible.

Villages are nonprofit, community-based organizations committed to helping people live and thrive in their own homes, surrounding them with the extra help they need to stay active and engaged. This "extra help" is provided by volunteers who share a passion for helping their neighbors age well in their homes. A Village offers many of the benefits of a traditional retirement community — all in the comfort of the family home.

Villages provide a way for seniors to stay connected, safe and engaged. Now especially, during and after the pandemic, Villages are a lifeline for seniors, providing transportation, grocery shopping, errands, and help both inside and out of their homes. Villages stay in contact with their members -- providing regular check-in phone calls to their more vulnerable members and offering engaging social activities, in person or online as circumstances dictate.

Loneliness and social isolation are linked to serious health conditions, and seniors are at the greatest risk. Perhaps the most essential Village offerings are the engaging online and in-person activities and events: book groups, current events discussions, virtual art tours, birthday celebrations, educational talks with guest speakers, and much more that keep seniors connected with one another. Villages are an essential component of a community's senior safety net.

The Washington area leads the country in the growth of senior villages, going from about five in 2010 to 60 that are up and running or in development today. In Northern Virginia, you can find villages in the City of Alexandria, Arlington, Mount Vernon, and elsewhere relying on volunteers to provide the extra help and connection that makes aging-in-place possible.

Arlington Neighborhood Village, Mount Vernon At Home and At Home in Alexandria are three of the Washington area's more than 60 senior Villages.

More information can be found at: Arlington Neighborhood Village — www.arlnvil.org; Mount Vernon At Home — www.mountvernonathome.org; and At Home in Alexandria — www.athomeinalexandria.org.

Pre-pandemic volunteer driver from Mount Vernon At Home getting ready to take a member to a medical appointment. Volunteers and members adhered to all the necessary safety protocols during COVID-19.



At Home in Alexandria executive director Cele Garrett, left, helps an At Home in Alexandria member with plant shopping.



Arlington Neighborhood Village volunteer delivering groceries for a member during COVID-19. Village volunteers stepped up to help members with contactless grocery shopping and medication pickup during the pandemic in 2020.



PHOTOS CONTRIBUTED

Obituary



On Sunday September 5th, **Johnny B. Hardy** transitioned to be with his Heavenly Father. His service will be September 30, 2021 at Ebenezer Baptist Church, 13020 Telegraph Road, Woodbridge, VA 22192. Viewing starts at 10 AM, service at 11.

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Senior Living, fourth week of every month.

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THE CONNECTION
NEWSPAPERS

Obituary



Mrs. Barbara Ann Hardin, age 85 of Brodnax, died June 23, 2020 in VCU/Community Memorial Hospital. She was a retired contracting officer with the World Import/Export Bank in Washington, D.C. Barbara was an avid bridge player over the years, in several bridge groups, while in Alexandria, Aquia Harbour, in Stafford, and South Hill, Virginia. She was an active member of the United Methodist Women, in the South Hill Methodist Unit of the Virginia Conference.

Barbara is survived by her husband of forty-five years Harry D. Hardin, Sr. of the home, four daughters; Marie Victoria Buffmire of Palmyra, Jacqueline Jean Schmiedeknecht and husband Terry of Front Royal, Helen Marie Resh and husband Timmy of Stafford and Jennifer Lyn LaGrange and husband John of Chester, a sister Bonnie Stephenson of Sterling Heights, MI, two nieces, seven grandchildren and thirteen great grandchildren. She was predeceased by three sons; Robert Paul Hudson Jr., Michael Perry Hudson and Harry Donald Hardin, Jr. The family had decided to cancel Mrs. Barbara Hardin's Memorial Service, last year due to the Covid-19 pandemic concerns.

Her Memorial Service is scheduled for Saturday, September 25th, 2021 at 2:00 pm, in the Rehoboth Methodist Church, LaCrosse, VA, followed by a reception in the Community Center. Please join the family to celebrate her life in-person or virtually online with ZOOM (see the link on the obituary on the www.crowderhitecrews.com website).

The family suggest memorial contributions be made to the Rehoboth United Methodist Church, P. O. Box 256, La Crosse, Va. 23950 or the American Heart Association, P. O. Box 5216, Glen Allen, VA 23058- 5216. Online condolences may be sent through our website, www.crowderhitecrews.com. Crowder-Hite-Crews Funeral Home and Crematory is serving the Hardin family.

Obituary

Obituary

Ruth Evelyn "Evie" DeMoss, beloved sister and aunt, passed away after a short illness on August 28th, 2021 in Alexandria, VA at the age of 91. She was preceded in death by her husband of 52 years Charles "Tex" Garland DeMoss; her parents, Oscar Orman Herring and Annie Foster Herring; her older sister, Dorothy Layman; and her younger brother, Oscar Sherwood Herring. She is survived by her twin sister, Robbie Elizabeth Cox and many nieces and nephews.



Evie was born on September 6th, 1929 in Richmond, Virginia. She spent her early childhood in the hills of Nelson County, Virginia surrounded by a large extended family. Her family moved to Alexandria in 1942 where they became active members of Baptist Temple. She graduated from George Washington High School in 1949. Soon after graduation and before marriage, she began a career at GC Murphy in Old Town, Alexandria. She would later retire from the financial offices of GC Murphy after returning to Alexandria following several military assignments abroad with her husband.

Evie and her widowed twin sister, Elizabeth were fortunate to have each other and to live together in their beloved Alexandria for the last 6 years of her life. They loved visiting Old Town where they would visit friends, reminisce about early family memories and talk about the many businesses that have come and gone through the years since they have lived here. Evie will be greatly missed by all who knew her.

A private family service will be held at a later date and burial will be at Mount Comfort Cemetery in Alexandria, VA.

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You Wanna Bet?



By KENNETH B. LOURIE

No. Not really. Ever since I asked my father for \$10 to pay off a gambling debt (from a card game) I incurred in fifth or sixth grade some 50 plus years ago owed that I owed to Joey Friedman, older brother of Barry Friedman, my best friend at the time, I have been penny-wise and rarely pound/dollar foolish. The card game we were playing was called "Split the Up-rights." Two cards were drawn and placed on the table and similar to Black Jack/"21" it was mostly arithmetic (I realize that's minimizing the strategy involved.) The hope was to have the next card drawn from the deck being numerically between the two cards facing one another, #2 and a #10 as an example, and thus needing a 5 or any other number greater than 2 and less than 10 to win the cash. There was no strategy per se, just the level of risk one is willing to assume to bet on the random card to be drawn to be in-between the two facing cards. Then you win. How I ended up owing Joey Friedman so much money is beyond me, other than the fact that my card's number kept falling outside the numerical perimeters. But they most certainly did, and to a related effect, I sort of learned my lesson. A lesson which has mostly lasted a lifetime. Other than proposing to my wife, Dina, I've rarely wagered anything of value over all these intervening years.

Oh sure, over the years I've occasionally dabbled in football point spreads, over/under point totals, Super Bowl squares and NCAA brackets, but never had I over extended myself as I had all those many years ago. And I've mostly been true to myself in this regard. However, now comes online betting services like Fanduel, DraftKings, Caesar's Palace and MGM Grand, among others and regular, recurring television and radio advertising offering all sorts of unheard/impossible-to-lose enticements attempting to lure in us unsuspecting punters: "If any basketball team hits a "3," if any football team scores a touchdown," or if any tennis player hits an ace, as but a few of their hard-to-lose bets. Now granted, you can't actually get the cash this initial bet made you, but you can parlay that into another bet where your risk of loss is much greater and your dollars are likely to make less cents. They don't call it gambling for nothing. Nor are they in business to reward your betting acumen with huge payouts. But unlike the local Lotto's motto where you have to play to win, with the online services, there is no motto other than play at your own risk. (And if you develop a gambling problem, call 1-800-IGAMBLE. And if you do indeed want some help, you better listen very carefully as the spokesperson speaks this advisory incredibly fast.)

So far however, unlike the Borg, resistance has not been futile. I have not as yet taken the bait as I fear it will be a "Roach Motel" kind of outcome: I won't die, but I'll go in/place my bet, but never come out alive/realize any profit. What I will realize is that I'm likely betting uphill, with very little reliable information at my disposal to help me win the day and enable me to actually take my winnings in cash rather than an amount of money with which I can continue to bet. Presumably, their business model doesn't show the bettors winning. It bets that once bitten we'll eventually throw whatever caution we had not just out the window but onto our credit card. Wham bam. Can you say Joey Friedman? I can and I have said so for many years. It won't simply be good money after bad. It will be any and all money for a chance to get whole again. The problem is, I doubt the online gambling services are interested in my ever getting whole again. I refer to this as "The Whole Truth."

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

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SENIOR LIVING

Can Mentally Challenging Games Prevent Cognitive Decline?

Consistent brain fitness connected to improved memory, reasoning and processing.

By MARILYN CAMPBELL
GAZETTE PACKET

Every Sunday evening after church, 78-year-old Roger Knight has dinner with his two children and five grandchildren at his home in Alexandria. He plays chess with his 16-year-old grandson and does crossword puzzles with his 8-year-old granddaughter.

"Playing games is a way of having fun with my grandchildren," he said. "They keep me feeling young, especially when I beat them."

In the same way that exercise is credited with maintaining physical health, mental exercise has been linked to slowing down cognitive decline that can come with age.

"Memory, reasoning and processing ... are three cognitive domains which do decline with age," said Catherine Diaz-Asper, Ph.D., Department of Psychology at Marymount University, who studies mild cognitive decline and Alzheimer's disease. "However, I think the message here should be that by engaging in mentally stimulating activities you are helping your brain, irrespective of what those activities may be."

Programs like ElderLink, a nonprofit partnership between Inova Health System and the Fairfax Area Agency on Aging Programs, can provide resources for seniors who are looking for mentally challenging activities. "We recognize that brain exercises reduce the risk of cognitive decline," said Trina Mayhan-Webb, director of the Fairfax County Department of Family Services' Adult and Aging Division. "We provide evidenced-based, structured, fun activities to enhance cognitive memory skills."

"Research demonstrates that there are several steps aging adults may take to maintain and support brain functioning," said Tracey Smith-Bryant, Professor of Psychology at Montgomery College. "Remaining mentally engaged is essential. Think of the brain as a muscle and activate it daily." She recommends apps like Lumosity and Elevate, and activities like chess, sudoku or working cross-

word puzzles.

AARP offers a brain health program called Staying Sharp, but cautions against believing that en-

gaging in mentally challenging games is a magic formula for eliminating cognitive decline.

"Games can be fun and engaging, but they are not the answer to prevent dementia the way many people think due to advertisements they have seen for brain games," said Sarah Lenz Lock, AARP senior vice president of policy, and Global Council on Brain Health executive director.

"People who use their brain like a muscle, exercising it by thinking, learning new things and challenging themselves seem to build up [their] cognitive reserve as they age

so they might be more resistant to adult cognitive diseases," Lock said.

Engaging in activities that stimulate your brain could delay onset of the symptoms of decline that some people experience as they age, said Lock. "Scientists describe that as cognitive resilience," she said. "If you truly want to slow cognitive decline, choosing a healthy lifestyle with habits like regular exercise and physical activity, a heart healthy diet, regular sleep, so-

cial interaction, and effectively managing stress combined with engaging your brain is recommended."

There are a variety of games that target specific areas of concern such as memory or processing. "Certain games help you practice particular skills," said Lock. "If a game encourages you to work on a particular skill enough, and ... what you do to play it becomes progressively more difficult, you will likely get

better at those skills over time. That is even true for skills that generally seem to get harder as we age, like recalling names or the ability to pay attention."

"While the science is still developing on this issue, there is some evidence that high

quality cognitive training can help you maintain your abilities because of the practice effects, and because that training becomes progressively more difficult so that you continue to learn new things," said Lock.

"My recommendation would be to seek out varied activities that interest you and really make you think," added Diaz-Asper. "You don't need to invest in expensive apps or computer training programs to see benefits."

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"Remaining mentally engaged is essential. Think of the brain as a muscle and activate it daily."

— Tracey Smith-Bryant,
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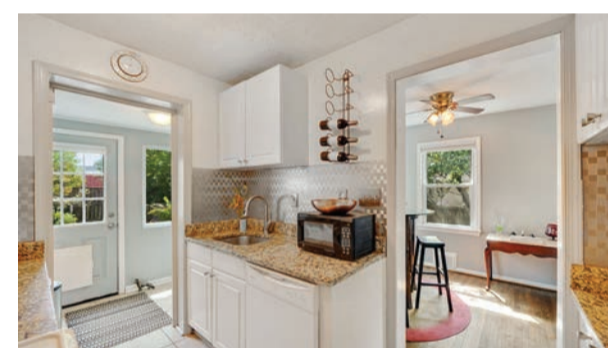
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