

Alexandria Gazette Packet



25 CENTS

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JUNE 30, 2022



Living history reenactors representing Union troops participate in Civil War Camp Day June 18 at Fort Ward Park and Museum.



Reenactors Jerry Lynes and Rae-Ann Voelkners showcase items used during the Civil War at Camp Day June 18 at Fort Ward Museum and Park.



Jeff Joyce portrays a private guarding the Officers' Hut during Civil War Camp Day June 18 at Fort Ward Museum and Park.

Defending the Nation Camp Day showcases Union troops at Fort Ward.

By JEANNE THEISMANN
GAZETTE PACKET

Fort Ward Museum and Historic Site, a former Union Army installation and fifth largest built to defend Washington during the Civil War, held its annual Camp Day June 18 with reenactors from across the country taking part in the living history event.

"This is living history where reenactors try to portray a federal soldier of the Civil War," said reenactor Jerry Lynes, who was portraying an Irish soldier of the 28th Massachusetts Volunteer Infantry. "The regiment was raised in December of 1861 by Governor

[John] Andrew and part of the Irish Brigade."

The annual event features civilian and military reenactors showcasing camp life activities, infantry and artillery drills and firing demonstrations.

In addition to the 28th Massachusetts Volunteer Infantry unit, reenactors from Thompson's Battery and Pennsylvania Volunteer Light Artillery participated in the demonstrations.

Special interpretations included a U.S. Army Quartermaster tent, a Union company surgeon, a Northern schoolmarm who interpreted 19th century education and pas-

sages for children, a display of Civil War dioramas, and a soldier in the reconstructed Officers' Hut portraying the daily routine and living quarters of an officer.

"The private was basically the backbone of the Union army."

— Reenactor Jeff Joyce

"Today I am a private assigned to the garrison at Fort Ward guarding the officers' hut and being an aide to the company commander," said reenactor Jeff Joyce. "Private was the entry rank for all enlisted soldiers and typically a company would have 100 men commanded

by a captain. Most of those men would be privates with a handful of corporals and sergeants mixed in as senior officers so the private was basically the backbone of the Union army."

Rae-Ann Voelkner demonstrated the role of women at Fort Ward while Lynes showcased a display of items typically carried by a Union soldier.

"These are representative of things soldiers carried," Lynes said. "They would not carry everything at once but these are the types of things you would find among the men – a 'junk on the bunk' kind of display."

The 8th Green Machine Regiment Band, a historical brass ensemble sponsored by George Mason University, presented a concert of Civil War music performed on authentic period instruments.

Fort Ward is listed on the National Register of Historic Places and has 90-95 percent of its earthen walls intact.

"Fort Ward was a pretty neat assignment at the time," said Joyce. "You are close to Washington City with access to things like food and entertainment. But as a private, your job is still basically to just follow orders."

www.alexandriava.gov/Fort-Ward

Go With the Flow Water fight welcomes summer.

By JEANNE THEISMANN
GAZETTE PACKET

From water balloons to soaker guns, the residents of Watergate at Landmark came prepared as they celebrated the beginning of the summer season with an "epic water fight" June 10 at the West End community.

What began as a graduation party has grown into a

celebration welcoming summer as children and adults alike take on drenching each other by any means available.

"This was a small graduation event four years ago," said resident and organizer Zohreh Khoshnamak. "It's grown into a big event for kids to come out with their parents and enjoy water balloons and water guns as well as ice cream and refreshments."

SEE WATER FIGHT, PAGE 10



A Watergate of Landmark resident enjoys a popsicle during the June 10 summer fun gathering.



Soaker guns were a popular choice during the June 10 water fight at Watergate of Landmark.

PHOTOS BY JANET BARNETT/GAZETTE PACKET

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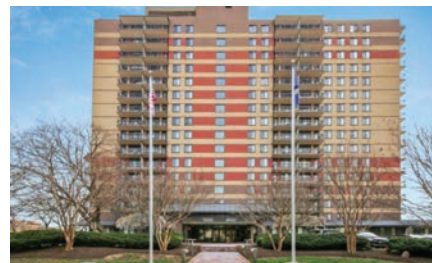
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Body of Law

The history of abortion in Virginia has many twists and turns.

BY MICHAEL LEE POPE
GAZETTE PACKET

The United States Supreme Court's decision to dismantle the right to abortion has upended the discussion over reproductive freedom. The Virginia General Assembly is about to consider outlawing abortion, and Alexandria's commonwealth's attorney is vowing to not prosecute patients who seek abortions or the doctors who perform them. Meanwhile, advocates on both sides of the issue are gearing up for an epic fight.

But this is a discussion that's been going on for centuries, long before Roe versus Wade granted a right that's now been vaporized.

Virginia outlawed abortion in 1847, a time when the abolitionist movement opposing slavery was gaining steam. At the time, abortion was entirely legal in Virginia. When the Constitution was written, women were able to get abortions under British common law up until quickening, the moment in a pregnancy when the movement of a fetus becomes noticeable. By the 1840s, several states were taking action to outlaw abortion.

"In the 1840s, we started seeing this idea that abortion might be morally wrong and that life begins before the woman can feel it," said Joanna Lahey, a professor at Texas A&M who has researched the history of abortion laws in the United States. "And they started having these new kinds of anti-abortion laws that punished women and punished doctors who gave abortions."

She says it's no coincidence that the Virginia General Assembly took action as the abolitionist movement opposing slavery was gaining steam. The debate over slavery was often lurking in the background of all kinds of policy decisions from the era, including whether Alexandria should leave the District of Columbia and return to the commonwealth of Virginia. The importance of the slave industry to Alexandria was an important motivating factor for leaving the District of Columbia, which was increasingly becoming a hotbed of abolitionists.

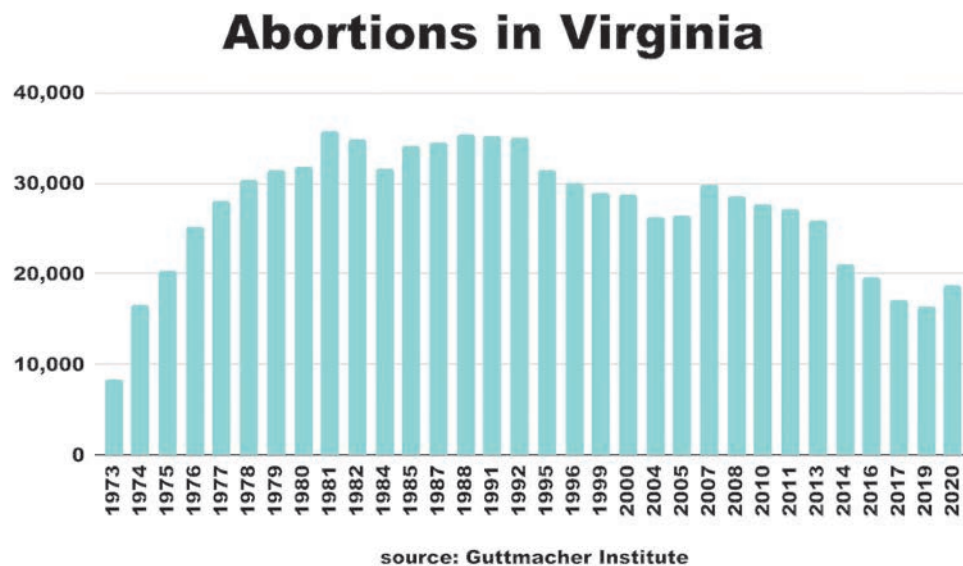
"People are pushing against slavery, and you've got a whole lot of turmoil happening in terms of these views of, are people chattel?"

AFTER WORLD WAR II, law enforcement officials began stepping up prosecutions of women who solicited abortions and the doctors who performed them as well as the people who aided and abetted the illegal activity.

In Fairfax County, Police Chief William Durrer went so far as to use secret listening devices to investigate women seeking abortions. His use of wiretaps became so controversial, he was asked to appear before the Senate Judiciary Committee in Washington to explain himself in 1966.

"We need this investigative aid in the fight against crime," said Durrer.

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"When you use a wiretap, do you go in the house?" asked U.S. Sen. Edward Long (D-Mo.).

"No," Durrer replied. "The men go up a pole down the street somewhere."

"Do you furnish your men with burglar tools and lock picks like some of the federal agencies do?" asked Long.

"No sir," replied Durrer.

BY THE LATE 1960S, opinions were starting to shift in Virginia. In 1966, Dr. Alan Guttmacher, a leading authority on birth control, told a statewide population conference that the time had come to be "more realistic" about birth control. He pointed out that aid for dependent children had increased 22 percent in the previous six years, and he argued that Virginia abortion laws should be liberalized. Gov. Albertis Harrison spoke at the conference, giving his stamp of approval to the effort.

"We have a simple message to get across, and that is that the size of any family is a matter for the individual to decide," said Gov. Harrison. "The alternative to planned and responsible parenthood is ultimately mass privation throughout the world."

At the time, abortion was legal only to save a mother's life. But the conservative Byrd Machine governor was adding his voice to those arguing that abortions should be allowed in cases of rape or incest. Colorado led the way with a law that created three-member abortion boards at hospitals to approve abortions if carrying the baby to term would cause permanent impairment of physical or mental health of the mother. The American Medical Association and the Medical Society of Virginia adopted resolutions supporting states to allow abortion in cases of rape or incest.

"This is a plea to do away with kitchen-table surgery done by ignorant dirty hands and to avoid the frightful deaths of young women at the early morning of their lives," wrote Dr. Christian Cimmino, a Fredericksburg physician in a 1969 editorial in Virginia Medical Monthly. "Perhaps generations yet unborn will look back on our present abor-

tion practices as we look back on theocracy's witch-burnings of colonial times."

AS THE 1970s APPROACHED, momentum grew for Virginia to relax its strict anti-abortion law. The Virginia Federation of Women's Clubs and the Virginia Council on Social Welfare passed resolutions supporting "therapeutic abortions." Abortions were already legal to save the life of the mother. But now many organizations were pressing lawmakers to allow abortions in cases of rape, incest or when the baby would be born with physical deformity or mental deficiency. Richmond's director of public health said abortion laws should be "brought up to 1969 thinking," and the Virginia Advisory Legislative Council eventually made a recommendation that the General Assembly liberalize Virginia's 1847 restrictive abortion law during the 1970 General Assembly session.

"This bill as presented is a conservative one," said Del. Lester Schlitz of Portsmouth during the debate on the House floor. "This is a humane bill, not a radical one. The medical profession is almost unanimous in support of it."

A few years later, the Supreme Court struck down state laws that outlawed abortion. That decision declared Virginia's old 1847 law on abortion unconstitutional. A few years later, in 1975, the Virginia General Assembly took action to align its criminal code with the new Supreme Court decision. The bill was paired in a "gentleman's agreement" with a separate attempt to impose a mandatory death penalty in cases of murder for hire, murder of a kidnapping victim and murder by a prison inmate. Part of the argument for revising the criminal code is that a successful court challenge would leave Virginia with no abortion laws at all, potentially allowing laymen to perform abortions.

"The question is not whether we approve or disapprove of abortion," said Del. Ford Quillen of Scott County. "What we're trying to do is protect people."

In the early 2000s, Republicans were able to create several new restrictions on access

HISTORY OF ABORTION IN VIRGINIA

- 1788: Virginia ratifies the U.S. Constitution; abortion is legal
- 1847: Virginia outlaws abortion with an exception for the life of the mother
- 1877: Virginia strengthens abortion prohibition, outlawing advertising for abortions or selling material to cause abortions
- 1970: Virginia allows abortions in cases of rape or incest
- 1973: Supreme Court guarantees right to abortion
- 1975: Virginia aligns criminal code with Supreme Court decision
- 2001: 24-hour waiting period is required for abortions
- 2011: hospital construction standards are required for abortion clinics
- 2012: ultrasound is required for abortions
- 2020: Reproductive Health Protection Act removes most restrictions on abortions
- 2022: Supreme Court gives states power to ban abortions

to abortion. In 2001, they required a 24-hour waiting period for abortions. In 2011, they required abortion clinics to meet hospital construction standards including the number of parking spaces available and the width of hallways. In 2012, they requiring an ultrasound at least 24 hours before receiving an abortion. All of those laws were repealed in 2020 when Democrats took the majority and passed the Reproductive Health Protection Act.

"No more will legislators in Richmond, most of whom are men, be telling women what they should and should not be doing with their bodies," said Gov. Ralph Northam at the time. "The Reproductive Health Protection Act will make women and families safer, and I'm proud to sign it into law."

Now Virginia is the only state in the south where abortion is available via telehealth. Patients can consult with prescribers virtually and receive pills by mail early in pregnancy (up to 77 days since the first day of the last period).

But the recent Supreme Court decision has opened a new debate about outlawing abortion. Gov. Glenn Youngkin is calling for a ban on abortion after 15 weeks of pregnancy, and state Sen. Travis Hackworth (R-38) is calling for a bill that would declare life starts at conception, which would likely lead to a ban on abortions for rape or incest.

Meanwhile, Alexandria Commonwealth's Attorney Bryan Porter was one of nine Virginia prosecutors to sign a letter saying he would not prosecute patients seeking abortions or the doctors who perform them.

"Our criminal legal system is already overburdened," the letter said. "Enforcing abortion bans would mean taking time, effort and resources away from the prosecution of the most serious crimes — conduct that truly impacts public safety."

Steve Descano, Commonwealth's Attorney for Fairfax County, and Parisa Dehghani-Tafti, Commonwealth's Attorney for Arlington County and the City of Falls Church also signed the letter.

Sole Providers Shoes, groceries distributed at Charles Houston.



A volunteer assists a local girl in trying on a new pair of shoes at the June 11 shoe distribution at Charles Houston Recreation Center.



A volunteer fits a child with a new pair of shoes June 11 at Charles Houston Recreation Center.



Volunteers and sponsors pose for a photo at the June 11 shoe distribution at Charles Houston Recreation Center.

PHOTOS BY JANET BARNETT/GAZETTE PACKET



A group of children poses for a photo after picking out new shoes at the June 11 shoe distribution at Charles Houston Recreation Center.



New shoes are lined up awaiting distribution June 11 at Charles Houston Recreation Center.

BY JEANNE THEISMANN
GAZETTE PACKET

Firefighters and volunteers from across the city gathered June 11 to distribute more than 240 pairs of new sneakers to underserved children in addition to bags of groceries for area families.

Spearheaded by the nonprofit Firefighters and Friends to the Rescue, the event was held at the Charles Houston Recreation Center and expands on the organization's mission to provide support for families in need throughout the region.

"We have expanded our mission from coats to include shoes that inspire confidence and encourage outdoor play," said Fairfax County Fire and Rescue Deputy Chief Willie Bailey, organizer of the event. "The addition of new shoes gives us the opportunity to help children in need all year round."

Shiloh Baptist Church gave out 500 bags of groceries and provid-

ed a food truck and ice truck that served over 200 children. InspireLit, with the assistance of the National English Honor Society, gave away over 500 books to needy children.

"We wanted the kids to start their summer off with a new pair of sneakers and books to keep up on their summer reading," said Bailey, a newly elected member of the Alexandria City School Board.

The organization also spearheads annual back-to-school drives, coat drives and holiday toy drives.

"Shoes are one of the most ex-

pensive items that families will purchase for their children," Bailey said. "We understand with the high cost of fuel, food, and other items that it's difficult for some families

to purchase the needed clothing for their kids. So today, we are doing our part to hopefully make it easier on those families."

tributing time out of their busy day," Pettigrew said. "The efforts we made together brought smiles to the families and children. Volunteering is for people who still believe in humanity and compassion, so thank you for being one of such people and thank you for believing in our mission and being an important part of it."

Sponsors for the event include: Alexandria Redevelopment Housing Authority; Operation Warm; Shiloh Baptist Church; InspireLit (Books); National English Honor Society (Books); Nationwide Credit Cor-

poration; Alexandria Department of Recreation, Parks & Cultural Activities; Psi Nu Chapter/Omega Psi Phi Fraternity Inc.; Departmental Progressive Club; Firefighter and Friends to the Rescue; and Educational Opportunities for All Alexandria.

"Without the support of our sponsors and the community this would not be possible," Bailey added. "We would like to make this a yearly event just like our annual new coat distribution so if anyone would like to make a donation they can go to www.operationwarm.org/firefighterandfriends."

"We have expanded our mission from coats to include shoes that inspire confidence and encourage outdoor play."

— Organizer Willie Bailey

Keith Pettigrew, CEO of the Alexandria Redevelopment Housing Authority, praised the volunteers.

"This would not have been possible without our volunteers con-

NEWS

ARHA Announces Headquarters Name Change

Housing advocate Melvin Miller to be honored.

BY JEANNE THEISMANN
GAZETTE PACKET

The Alexandria Redevelopment and Housing Authority has announced that it will rename its headquarters building in honor of the late Melvin Miller, a two-time ARHA board chair and staunch advocate for affordable housing.

"This is a deeply deserved honor for Melvin Miller," said ARHA CEO Keith Pettigrew in a press release announcing the renaming. "Mr. Miller made it part of his life's work to help those who were not as fortunate as he was, particularly when it came to housing. I want to thank ARHA Commissioner Willie Bailey for spearheading the committee that led to the board approval."

"We felt this was an appropriate way to honor Melvin's legacy in Alexandria."

— John Porter
on renaming ARHA headquarters

Miller, who died in 2015 at age 83, served as ARHA board chair from 1970 to 1977 and from 2001 to 2012. A lawyer for the U.S. Department of Housing and Urban Development, he played a significant role in creating a regulation requiring one-for-one replacement when public housing units are demolished.

Pettigrew also praised John Porter, former principal of what is now Alexandria City High School and former director of ACT for Alexandria, for leading the years-long campaign for the name change.

"We felt this was an ap-

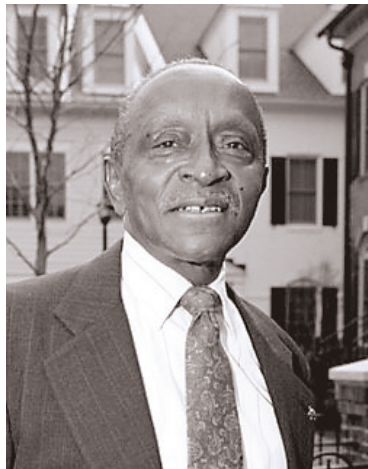


PHOTO BY NINA TISARA/
TISARA STUDIOS

The ARHA headquarters on Wythe Street will be renamed for the late Melvin Miller, a longtime housing advocate in Alexandria.

propriate way to honor Melvin's legacy in Alexandria," Porter said. "Melvin was very involved in education and civil rights issues, but his main focus was on equity in housing. And we thought naming the administrative building for him would be an ideal way to remember his contribution, so we made that recommendation to ARHA. Then, the pandemic struck and slowed down the process."

Porter added that this campaign was personal to him.

"I grew up in this community," Porter said. "I worked my entire career in this community. I still live in this community and my kids are back living in the community. You want those who come after us to know that it took a lot of people to make this community what it is."

In addition to his roles at HUD and ARHA, Miller also served eight years on the State Council of Higher Education in the 1970s and on the Alexandria Board of Education from 1986 to 1993, serving for two years as chairman. Miller and his wife Eula were honored as Living Legends of Alexandria in 2009 for their contributions to the city.

Ceremonies officially renaming the building, located at 401 Wythe Street, are tentatively scheduled for September. www.arha.us

The best time to learn all about RiverRenew is right around the corner.

Community Listening Sessions:

July 11 – Pendleton Street **July 13** – AlexRenew
July 12 – Royal Street **July 14** – Hooffs Run

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Living So Close to So Many Is Fine

As the founder of a local, grassroots pro-housing advocacy group, folks might wonder if I would personally choose to live next to the kind of housing I believe our city and region need more of. The funny thing is, I do. In my backyard sits Southern Towers, Northern Virginia's largest apartment complex, with 2,346 units.

Our home is basically in the shadow of the building called Ashlawn. Southern Towers has five times the population density of the surrounding census tracts. And I want you to know that living so close to so many people is fine. In fact, the experience is thoroughly neutral.

Day-to-day, coexisting with our apartment neighbors is blithely uneventful. My only annoyance with Ashlawn is that its HVAC facility can be loud in the summer. But the complex produces no other noise pollution except for the odd car alarm, and no traffic, crowding, or crime. Much more importantly, my family enjoys the benefits of living in an immigrant community, such as the exceptional Nazret Ethiopian Restaurant. Northern Virginia's phenomenal diversity is its most unique attribute and greatest strength.



Southern Towers, Northern Virginia's largest apartment complex, with 2,346 units.

My family sees tower residents regularly at Aldi, Burke Library, and Fort Ward Park. They are our neighbors, just nice, normal people. I have never quite understood the dread some suburbanites have of apartment buildings and apartment dwellers. Southern Towers could be less expensive but re-

mains attainable in an Alexandria housing market that gets more unaffordable every month, due to an acute and worsening housing shortage.

Living near our region's largest apartment complex makes me no worse off. If anything it is actually quite pleasant. I encourage my

fellow Alexandrians (and Northern Virginians) not to fear the denser housing our city badly needs, even if it is built right in your backyard.

The writer is the founder of YIMBYs of Northern Virginia.

Luca Gattoni-Celli
Alexandria

Liberal Hubris and Conservative Bumbling

Only a few alive today were old enough to recall the reaction to the Supreme Court's storied Brown v. Board decision mandating school desegregation, but surely there was as much angst as followed Roe v. Wade's reversal. Around Justice Hugo Black's kitchen table in Old Town, the nine justices came to consensus on Brown v. Board, but, despite the moral authority its unanimity conferred, this decision became the prototype for subsequent "judicial activism," often on 5-4 rulings.

LETTER TO THE EDITOR

The "substantive due process" notion on which it stood evolved out of FDR's long presidency, which allowed him to populate the Supreme Court with believers in an activist government, and a like-minded liberal Republican, Earl Warren. The 22nd Amendment limiting presidential terms acknowledged that FDR's long presidency was a mistake and Eisenhower later so acknowledged about appointing Warren. A de-

cade after Brown v. Board, hardly any Southern black students attended integrated schools because of local resistance, e.g., Superintendent T.C. Williams' fired cafeteria worker Blois Hundley who had joined an NAACP lawsuit against Alexandria's segregated schools. But as soon as obtaining consent of the governed, overcoming a dramatic filibuster, the number of Southern black children attending integrated schools quintupled in two years thanks to the 1964 Civil Rights Act enabling the federal government to sue school boards.

No less a civil libertarian than President Thomas Jefferson insisted: "To consider ... judges as the ultimate arbiters of all constitutional questions [is] a very dangerous doctrine ... which ... would make the Judiciary a despotic branch." But Jefferson's feared despotism did not actually come to pass until the Supreme Court embraced "substantive due process" which allowed it to base its rulings on the same factors a legislature would consider in crafting a law. Roe v. Wade's trimester

system, and Planned Parenthood v. Casey's viability standard which replaced it, are the sorts of factors legislatures weigh in making laws, unmistakably marking Roe v. Wade as "legislating from the bench." For half a century, conservatives have labored to shape a court willing to acknowledge this. Dobbs v. Jackson Women's Health Organization, reversing Roe v. Wade and Planned Parenthood v. Casey, undoes more

than the 50-year principle of abortion rights, but "substantive due process" itself.

Both sides made enormous errors en route to Roe v. Wade's reversal, starting with eschewing the common law notion of allowing abortion until "quickening" when the woman can feel fetal movement. Had conservative jurists acknowledged common law, Planned

SEE LIBERAL HUBRIS, PAGE 10

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A Connection Newspaper

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Aiding an Aging Parent

Professional advice key in estate planning.

BY DEBORAH TOMPKINS JOHNSON
SPECIAL TO THE GAZETTE PACKET

Many of the experiences I had with my dad, especially about the support he needed with healthcare advocacy and living arrangements the last four years of his life, continue to come to mind following his death in December 2019 at 91 years old. I wrote previously here about realizing later in my life that my dad showed his love through generosity and that I came to appreciate generosity as his love language. I also wrote about lessons I learned as his main caregiver.

In this article I share personal stories as well as tips from professionals on business matters related to banking, legal and medical documents we all need.

Accounts with Financial Institutions

Dad made me a joint owner (with rights of survivorship) on most of his bank accounts several years before his passing and even before he became ill. The decision to add me to his accounts helped me to ensure dad's bills were paid and deposits made in a timely manner. We were actually very fortunate this worked out for us and the rest of the family as naming a person as joint owner with survivorship is not always the best fit for a family.

Burke & Herbert's Executive Vice President Joe Collum pointed out that, "The challenge with a joint account with right of survivorship, is when the original account owner dies, all those assets transfer to the joint owner, bypassing the will. So, you must have a good understanding within the family as to whether that is what was intended and best for everyone."

A joint owner has total access and rights to the funds in the account. The joint owner with survivorship could also deplete the account and close it. So family dynamics and trust are important, Collum stressed.

Collum more often recommends having a joint owner without survivorship. The joint owner can assist with account handling to assist the main owner. The funds can still be accessed after the primary owner has passed. However, the funds would be administered per the deceased's last will and testament.

Another option for the account owner is to designate a trusted person as an agent under power of attorney (POA). The POA designation can be shown on bank forms and accounts.

Collum explained further that some families have a separate account with enough to take care of routine expenses and have a joint owner with survivorship on that account. The other account(s) with more assets could show an account owner without survivorship, or a power of attorney or beneficiary(ies).

A pay-on-death beneficiary does not have rights to use the account while the loved one is living, but the funds transfer upon death and can be accessed quickly, if needed, by presenting the death certificate.

Besides being on dad's banking accounts, he named me as his agent in his Power of Attorney.

Power of Attorney

A power of attorney document names someone (called an agent) to handle financial matters when one cannot. It is important to note that when someone passes, the POA expires. Many people do not realize that, says Collum.

Deborah Matthews, an estate planning attorney
WWW.CONNECTIONNEWSPAPERS.COM



JANET BARNETT/GAZETTE PACKET

Attorney Deborah Matthews, Burke & Herbert Executive VP Joe Collum and Deborah Tompkins Johnson discuss financial estate planning strategies June 27 in Market Square.

based in Old Town Alexandria, recommends having the power of attorney prepared by a legal professional. She adds, "Giving someone authority over our finances is important yet not without risk. Hiring legal counsel for our protection is the smart and safest way to handle and protect our assets. It has also been quipped, "The only thing more expensive than paying a lawyer to do something is paying a lawyer to fix something."

Matthews recommends reviewing the Consumer Financial Protection Bureau's publication for POA agents in Virginia. (Help for agents under a power of attorney in Virginia)

Medical Directive

Discussing the advanced medical directive and having dad make his decisions and sign it went easily. As Dad approached end of life, his medical directive expressed his choices and named me to make decisions for him when he could not. Having documents prepared before they are needed can allow time to create additional protection and ease of access.

Matthews explained that a medical directive communicates the kind of health care our loved one wants and authorizes an agent to make medical decisions if the person cannot communicate. Once you have the document, Matthews says it is important to make sure all health care providers have a copy. "They cannot follow your directions if they don't know them."

Last Will & Testament

Now to the will, which of course is used after death. The will is not effective until the court accepts it as a valid document, said Matthews.

Then, when the will needs to be acted on, you need to go to the court to have it filed (probated) with the clerk and become qualified to administer the estate. The court will provide a "Certificate of Qualification" that will be used when you are asked for proof that you are the personal representative (executor) of the estate.

These are difficult but necessary discussions. If you have a family member who does not have the documents discussed here or has not taken actions with financial institutions, please encourage them to do so — and we would do well to do so ourselves. The advice above just scratches the surface. Early discussions with family and then with respected professionals are key starters. Stay in contact as changes occur in life and keep documents current.

Collum and Matthews agree early planning and continuous follow-through will make it better for everyone involved.

Deborah Tompkins Johnson is an alumna of Leadership Alexandria and served for many years on the Alexandria Chamber of Commerce Board of Directors. She retired from Dominion Energy as Regional Policy Director. Instagram: @deborahmatthewsjohnson

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Wythe Street Little Free Pantry Turns a Year Old

BY HOPE NELSON
GAZETTE PACKET

A lot can happen in a year. Students graduate high school, couples get married, families move from house to house, economies grow and contract, wars start and end... ... and amid it all, a stalwart, bright-blue Little Free Pantry turns 1 year old.

The Little Free Pantry at 901 Wythe St., just in front of the Charles Houston Recreation Center, first opened its singular door on July 1, 2021. Over the past year, it has gone on to dish out hundreds of canned goods, packages of tuna, bars of soap, pouches of Capri-Sun, cartons of diapers and much more to anyone who needs it, free of charge and without any hoops to jump through. Now through a full four seasons, it has weathered the year with a stoic dignity, welcoming neighbors no matter the time of day or night.

Within a week of its launch last year, its popularity took off. Over the first 24 hours, it maintained the supplies it was originally stocked with, but shortly, out went a box of taco shells. Then a package of Hamburger Helper. Say goodbye to all eight juice boxes. Then a single-serve container of applesauce.

And IN came a new shipment of donations from unknown neighbors and passers-by. With each new can of Spaghetti-Os or jar of baby food came a bit of hope. Within days, it was clear the pantry would

IF YOU GO

Little Free Pantry first birthday celebration

When: Friday, July 1, 8:30-10:30 a.m.

Where: In front of the Charles Houston Recreation Center, 901 Wythe St.

MOST POPULAR DONATIONS

Any shelf-stable items are welcome at the Little Free Pantry, but here are some of the community's favorites:

- Packages or cans of tuna
- Single-serve microwavable meals (such as Compleats)
- Hamburger Helper
- Taco kits
- Dried pasta and spaghetti sauce
- Macaroni and cheese
- Peanut butter and jelly
- Bottles of water
- Fruit drinks or juice boxes
- Diapers
- Soap and shampoo
- Feminine-hygiene items

live up to the slogan of "Take what you need, give what you can."

Over the past year, the Little Free Pantry has offered up – and received, in turn – thousands of

"Take what you need, give what you can."

items to Alexandria's families and friends. The little blue friend has served as an amiable companion to the nearby Curative covid testing booth, perhaps offering a snack or cool drink to those being tested (or the testers working inside), and has been the chief greeter at



Wythe Street Little Free Pantry.



the Charles Houston Rec Center, offering visiting children and teens a container of bubbles to blow, school supplies to supplement their shopping list or, yes, the occasional Fruit Roll-Up.

The pantry hasn't been without a bit of struggle here and there: Once, its Plexiglas window was knocked out, and earlier this year a colony of ants tried their hardest to move in. But no good hero is without some challenges to overcome, and the pantry navigated these with ease.

And it's been privy to some larger struggles, as well. As inflation has risen and the economy has tightened, the pantry has

been more popular than ever, often coming up nearly empty just a day after being refilled. And as the need for supplies continues to grow, the need for donations does as well. Thankfully, the community is up to the task.

And now, just like that, the Little Free Pantry is turning a year old. On Friday from 8:30 to 10:30 a.m., it will be welcoming well-wishers for some coffee and doughnuts (first come, first served) to commemorate the occasion. What better way to celebrate than with a bite to eat?

The pantry couldn't have come to fruition without the steadfast support of the City of Alexandria, especially Mayor Justin Wilson,

who immediately signed off on the project, and Lucresha Murphy, the PARKnership manager with the city's Department of Recreation, Parks and Cultural Activities, who worked every step of the way to ensure its success and was on scene for its first day in operation!

And it's just getting started – another pantry is coming soon to a block near you. Stay tuned!

Award-winning columnist Hope Nelson is the manager of the Wythe Street Little Free Pantry, is 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 JULY 9

Retrospective Art Deco Exhibition. 11 a.m. to 6 p.m. At George Washington Masonic Memorial, 101 Callahan Drive in Alexandria. The first retrospective on the work of Art Deco designer Edgard Sforzina will open April 30th at the George Washington Masonic National Memorial during the Art Deco Society of Washington's 39th annual Washington Modernism Show. Discount tickets are available at www.washington-modernismshow.com.

NOW THRU AUG. 31

Creative Summer Programs. At Del Ray Artisans Gallery in Colasanto Center, 2704 Mount Vernon Ave., Alexandria. Learn techniques in drawing, mixed media, mosaic, jewelry, watercolor, and more from local artists. Delve into creative exploration solo or with friends. Sign up for the programs that



Take a tour of Historic Pohick Church on Saturday, July 2, 2022 in Lorton.

inspire you and make your own "stay-cation" art experience. Visit the website: <https://DelRayArtisans.org/programs/creative-summer/>

JUNE 28 TO OCT. 17

Hummingbird Photo Exhibition. At the Historic House at Green Spring Gardens, Alexandria. For those

who can't get enough of the beauty of hummingbirds, a group of local photographers are mounting an exhibition this summer. The title of the show is "A Bouquet of Hummingbirds," and it will feature works from more than 20 area artists and include hummingbirds from all over the Western Hemisphere. All profits from the sale of photos will be donated to the Friends of Green Spring, a non-profit organization devoted to maintaining the gardens and furthering public education and outreach.

JUNE 25-SEPT. 10

Yoga Sessions. 12-2:15 p.m. Yoga at the National Museum of the United States Army hosted by Honest Soul Yoga, 1775 Liberty Drive, Fort Belvoir. Honest Soul Yoga and The Army Historical Foundation invites you to take a moment to de-stress by enjoying an afternoon of yoga at the Museum. Join trained instructors for an afternoon of flow and

sound meditation. After class, grab a coffee and some healthy snacks in the Museum Café or take some time to explore the exhibits.

SATURDAY/JULY 2

Historic Pohick Church First Saturday Tours. 1-3 p.m. At 9301 Richmond Highway, Lorton (on U.S. 1 between Telegraph Road and Pohick Road). During the Colonial period, Pohick Church was the congregation of many of our country's most prominent families, including the Washingtons, Masons and Fairfaxes. The Historic Pohick Church Docent Guild will give free guided tours of the historic colonial church. Call the church office at 703-339-6572 or visit our website at <http://www.pohick.org>

SATURDAY/JULY 2

Used Book Sale: 10 a.m. – 4 p.m. SEE CALENDAR, PAGE 9

CALENDAR

FROM PAGE 8

at Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria. Selection of over 20,000 gently used children's books, fiction, history, biography, home and garden, cooking, crafts, sports, religion, travel, CDs, DVDs, and more. Unless specially priced, \$1 for hard backs, 50 cents for large paperbacks, and 25 cents for mass market paperbacks. Visit <https://www.fairfaxcounty.gov/library/branches/friends-of-sherwood-regional>.

MONDAY/JULY 4

An American Celebration at George Washington's Mount Vernon. 9 a.m. to 5 p.m. At George Washington's Mount Vernon, 3200 Mount Vernon Memorial Hwy., Mount Vernon. Salute the first commander-in-chief during Mount Vernon's annual Independence Day event. Meet George Washington, watch made-for-daytime fireworks, and observe a moving ceremony in which people from across the world become U.S. citizens.

TUESDAYS, JULY 5, 12, 19, 26

Simpson Park Demonstration Garden. Tuesdays 10 a.m. - 11 a.m., Simpson Park Demonstration Garden, 420 E. Monroe Ave., Alexandria. From The Ground Up - Garden Challenges? Simple steps to help your container garden or whole yard, whether it's adding soil amendments, the value of a soil sample, or other easy solutions. Contact mgnv.org.

WEDNESDAY/JULY 6

Natyaboomi School of Dance. 7:30-8:30 p.m. At Lee District Park Amphitheater, 6601 Telegraph Road, Franconia. This school offers dance instruction in the Mysore Style of Bharathanatyam, while also providing cultural education to its students. Call 703-324-SHOW (7469) for inclement weather updates.

FRIDAY/JULY 8

Alexandria History Trivia. At Lee-Fendall House & Gardens, Alexandria. Staff members at Carlyle House Historic Park and the Lee-Fendall House Museum combine their knowledge to create bi-weekly trivia nights throughout the summer in the beautiful gardens of the Lee-Fendall House. Test your knowledge on everything from pop culture to history. Registration must be done in advance. Limited capacity so register early!

Tickets are \$8 per person and include snacks and one complimentary drink. Additional drinks can be purchased at our bar. Teams are limited to 6 people, ages 21+ only.

SATURDAY/JULY 9

Alexandria Birthday Celebration. 6 to 9:45 p.m. At Oronoco Bay Park, 100 Madison St, Alexandria. The City of Alexandria celebrates its 273rd birthday and the USA's 246th birthday on Saturday, July 9, with a performance by the Alexandria Symphony Orchestra and a grand finale fireworks display at 9:30 p.m. Enjoy the return of the big birthday experience of years past with cupcakes, local vendors, live music and an extended runtime.

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Being Naïve Is Just Plain Stupid



By KENNETH B. LOURIE

Even though I was unexpectedly diagnosed at age 54 and a half with stage IV, non-small cell lung cancer, I never felt compelled to look for additional trouble by ever having an age-recommended colonoscopy – until recently, that is. I figured what I didn't know wouldn't hurt me or rather, I had already been hurt enough (my pre-existing cancer diagnosis). As such, I didn't consider that cancer has its own set of rules and presuming otherwise is not a prudent course of action – or in my case, inaction. Incorrectly, I also thought that having one cancer diagnosis would somehow mitigate against having another cancer. I must have thought that there was some logic to the process. I should have known better. Cancer and logic aren't usually a part of the same diagnosis/prognosis.

But I rationalized that since I was regularly being CT-scanned, MRI'd, bone-scanned and P.E.T. scanned, I thought – wrongly, that if there was cancer to be found in my body somewhere, all these scans would find it, even if they weren't exactly looking for it. I mean, who's having more diagnostic scans than a "terminal" cancer patient undergoing active treatment? Given how much diagnostic process I was already enduring, I didn't/never really grasped the importance of doing more. I figured I was already doing more than my share. Not that share has anything to do with fending off cancer. Nevertheless, it made for plausible deniability and so it wasn't until nearly age 67, almost 13 and half years after my initial lung cancer diagnosis in 2009, that I acted my age and not my shoe size. I scheduled the procedure and am relieved to report that all's well that ends well, except that I still have a "terminal" form of papillary thyroid cancer. 'Terminal' in that the medication I'm taking, and which is working to keep me stable, has a limited shelf life: three years, expiring Sept. 2023-ish. So either I'll need new medicine or a stronger shelf.

But I can't worry about any of that. I must live my life like everyday matters and that means getting scanned/examined like my life depends on it because you know what? It just might. And in the process of paying attention/following doctor's orders/age-related protocols, I just might improve my quality of life by lifting that bale and toeing that line because it's probably not going to happen by itself. I'm a humanities person, not a science person and so there are lots of substance that is lost on me. Certainly, I can keep my eye on the ball but it's the ball I'm sort of paying attention to. The problem is? There's a lot more than the ball I need to be paying attention to. Fortunately, delaying this most recent procedure hasn't complicated my life. In a way, it's sort of unencumbered me. I'm less afraid now that the next procedure will result in something bad because I've been through one that wasn't. Not that I was paranoid, but when you've been diagnosed with cancer at a relatively young/unexpected age (54 for me), your entire orientation, how you think and feel, how you prioritize and analyze and theorize changes. On the one hand, you live and learn, on the other you value each day as if it might be your last. And when an oncologist tells you your prognosis is "terminal," as mine told me in late February 2009, you take him at his word, that the next day really could be your last.

But that was a long time ago and somehow, I'm still alive. And though I've been given no assurances of anything living forward, I am grateful for each day and will try to care for myself in a way that doesn't hasten my demise but rather prevents it. And if that means having colonoscopies annually so, be it. It's a small price to pay/minor inconvenience to endure to take advantage of the blessings I've been given.

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

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OPINION

Liberal Hubris and Conservative Bumbling

FROM PAGE 6

Parenthood v. Casey may well have limited abortion to 18 versus 24 weeks. Abortion opponents' embrace of "fetal personhood" failed for so long to overcome the judicial activist viability standard because it would have required the Court to employ an even more naked form of judicial activism without any common law basis, while liberals allowed quickening to fall by the wayside this because their alternative viability standard afforded pregnant women an extra month to abort. When Democrats filibustered Neil Gorsuch, the best of President Trump's Supreme Court nominees who has joined with liberals on some decisions, they gave Republicans a green light to abolish the filibuster for Supreme Court nominees because Democrats had already abolished the filibuster for lower-level judicial nominees, thereby eschewing the one political tool which had for almost half a century ensured that enough Republican nominees would be judicial moderates.

Left with stare decisis (reliance on precedent) as their sole argument because substantive due process had become a sacred cow, liberals failed to stand up alternative arguments for abortion rights such as a "textualist" argument that abortion restrictions

violate the 1964 Civil Rights Act's ban on sex discrimination because such an argument would implicitly acknowledge that the Congress could carve out an abortion exception. Roe v. Wade "became and remains a storm center because the court ventured too far"; rather than resolve the issue, the court's broad ruling "halted a political process that was moving" to liberalize abortion, and instead launched the right-to-life movement that changed American politics, insisted the ACLU's Women's Rights Project's then head, Ruth Bader Ginsberg, who gave several speeches criticizing the court's handling of abortion, advocating a different legal rationale based on equal rights for women rather than privacy.

In a "We, the People" Constitution, the People have no effective recourse against a judicial fiat with which they disagree. But even liberal courts, which, much sooner than it took to overturn Roe v. Wade, backed off forced bussing opposed by huge majorities, understand that a judiciary which derives its legitimacy from such a constitution is unlikely to press a judicial principle which a majority of states continues to defy half a century later.

Dino Drudi
Alexandria

Water Fight Welcomes Summer

FROM PAGE 1

Billed as "the most epic water fight of the year," Khoshnamak said that the gathering is one of the most popular among residents.

"This is a chance to say goodbye to school and hello to summer," Khoshnamak said. "But it is also a chance for families to spend some quality time together and for parents to get to know each other. That does not happen often."

"This is a chance to say goodbye to school and hello to summer."
— Organizer Zohreh Khoshnamak

JANET BARNETT
GAZETTE PACKET



A resident of Watergate at Landmark gets soaked during the June 10 water fight welcoming summer.

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<p>BATTERY SPECIAL FREE BATTERY CHECK-UP INCLUDES: CHECK COLD CRANKING AMPS AND VISUAL INSPECTION OF BATTERY CONDITION. INCLUDES BATTERY CONDITION PRINT OUT. <small>TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 07/31/22.</small></p>	<p>LUBE, OIL & FILTER SPECIAL \$39.95 \$44.95 FOR SYNTHETIC OIL CHANGE INCLUDES: CHANGE OIL (UP TO 5 QTS.), INSTALL GENUINE TOYOTA OIL FILTER, INSPECT & ADJUST ALL FLUID LEVELS AND COMPLIMENTARY MULTI-POINT INSPECTION WITH PRINT OUT. <small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER ENDS 07/31/22.</small></p>	<p>ALIGNMENT SPECIAL \$89.95 4-WHEEL ALIGNMENT INCLUDES: 4-WHEEL ALIGNMENT, INSPECT SUSPENSION, BALL JOINTS, STRUTS & SHOCKS, TIRE CONDITION AND SET TIRE PRESSURE. <small>TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 07/31/22.</small></p>	<p>BRAKE PAD SPECIAL \$99.95 BRAKE PAD REPLACEMENT INCLUDES: INSTALL GENUINE TOYOTA FRONT BRAKE PADS, INSPECT FRONT & REAR ROTORS AND/OR DRUMS, CHECK TIRE CONDITION AND INSPECT ALL HARDWARE. TCM PADS ONLY. MACHINE ROTORS AN ADDITIONAL \$199.95 <small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER ENDS 07/31/22.</small></p>	<p>TOYOTACARE PLUS \$329.00 SPECIAL MAINTAIN PEACE OF MIND BY EXTENDING YOUR TOYOTACARE COMPLEMENTARY MAINTENANCE PLAN TO 4 YEARS/45,000 MILES! <small>TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 07/31/22.</small></p>	<p>SERVICE VARIABLE DISCOUNT THE MORE YOU SPEND, THE MORE YOU SAVE! \$10 OFF... WHEN YOU SPEND \$50-\$99 \$15 OFF... WHEN YOU SPEND \$100-\$199 \$20 OFF... WHEN YOU SPEND \$200-\$499 \$50 OFF... WHEN YOU SPEND \$500+ <small>TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 07/31/22.</small></p>
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OPEN SAT 7/2 & SUN 7/3, 12-2

Old Town | \$1,395,000

Gorgeous, fully-remodeled, end-unit features a formal living room with fireplace, wood floors, spectacular kitchen, & family room with access to the brick walled garden & patio. 2-3 off-street parking spaces. 3 bedrooms, 3.5 baths. 724 Gibbon St
Lauren Bishop 202.361.5079
www.LaurenBishopHomes.com



Sherwood Hall | \$1,250,000

Beautifully maintained home in an idyllic, natural setting. Deceptively large with 3 finished levels, 6 bedrooms, 4.5 baths, 3 wood-burning fireplaces, a 2-car, side-load garage, multi-tiered decks, patio, & spa pool. 1615 Sherwood Hall Ln
Tracy Dunn 571.212.3658
www.tracybdunn.com



OPEN SAT 7/2 & SUN 7/3, 1-4

Old Town | \$1,250,000

Charming single-family, brick home with original interior detail. Spacious light-filled rooms, beautiful hardwood floors on 3 levels. 4 bedrooms, 1.5 baths. Space in the lower level for rooms. One-car brick detached garage. 1501 Princess St
Sarah King 703.864.5050
www.saraheking.com



OPEN SAT 7/2 & SUN 7/3, 2-4

Hollin Hills | \$910,000

Carefully maintained Goodman contemporary with 3 additions has 3 bedrooms, 2.5 full baths and over 2,100 SF of versatile living spaces, including studio/bonus room & screened-in porch. Lovely .41 acre lot. 1952 Marthas Road
Jodie Burns 571.228.5790
www.JodieBurns.com



Somerville Hill | \$599,000

Lovely home on an expansive lot. Main level offers an open concept living & dining area, kitchen, 3 bedrooms, & full bath. Lower level features a family room with fireplace, bedroom, full bath, and laundry. 2 delightful decks. 3201 Hatcher Street
Tracy Dunn 571.212.3658
www.tracybdunn.com

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OPEN 6/30, 5-7 | 7/2 & 7/3, 1-4

Old Town Village | \$1,190,000

Stunning, 3-bedroom, 2.5-bath, brick townhouse located on a beautifully landscaped courtyard! Completely renovated primary bath

features a huge glass walk-in shower with multiple faucets/showerheads. 2-car garage, community pool and fitness center. 412 S Fayette Street

Lisa Groover 703.919.4426
www.LisaGroover.com



Potomac Terrace | \$897,500

Spacious 3-level townhouse with 4 bedrooms, 3.5 baths and elevator! Large living room, huge deck backs to green space.

Gourmet stainless kitchen, bedroom-level laundry, fabulous owner's suite. Walk to the library, farmers market, public transportation. 8104 Zoe Place

Robin Stevens Arnold 703.966.5457
www.RobinArnoldSells.com



Old Town | \$774,900

2-bedroom, 2.5-bath charming, historic townhome! Kitchen boasts stainless steel appliances and granite countertops. Gorgeous

hardwood flooring. Wood-burning fireplace. Bonus top floor loft! Walkable to King St, grocery store, bike path, Metro, restaurants & shops! 608 S Pitt Street

Jen Walker 703.675.1566
www.JenWalker.com



OPEN SAT 7/2, 2-4

Springfield | \$539,000

Beautiful, contemporary 3-bedroom, 3.5-bath townhome in well-maintained neighborhood! This charming home boasts a modern kitchen,

separate dining room, spacious deck, and a finished walk-out basement that leads to a gorgeous back patio backed by trees. 8819 Surveyors Place

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