

Mount Vernon Gazette

MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER

JULY 7, 2022

Home of the Brave “Flags For Heroes” on display at Cedar Knoll.

BY JEANNE THEISMANN
GAZETTE PACKET

The strains of a lone trumpeter filled the air as hundreds of American flags stood overlooking the Potomac River as part of the 5th annual Flags for Heroes opening ceremony June 26 on the grounds of Cedar Knoll Restaurant. “Today is about honoring those who serve our country, those who have given without thought to themselves,” said Alexandria Rotary Club president Pam DeCandio.

“This is an opportunity for everyone to honor the unsung heroes of our community.”

— Rotary Club president Pam DeCandio

Sponsored by the Rotary Club of Alexandria, the Flags for Heroes project provides community members an opportunity to dedicate a flag to honor a hero in their life. A card attached to each flag bears the name of the hero – a friend, family member, veteran, health-care worker, first responder or other hero -- along with the name of the individual sponsor.

“I have five flags here today,” DeCandio said. “One for each of the fathers of five of my childhood friends. They were all military and were like my other fathers. Only one is still living and I wanted to honor them all.”

Speakers at the event included the Hon. Allison Silberberg, who gave the keynote address, and Akale Kinte, president of the Thomas Jefferson High School Interact Club.

Boy Scouts from the region joined Rotary Club members and volunteers in unfurling more than 300 flags at 6 a.m. the previous day to set up the display, which will remain in place through July 10. Rotarians from Mount Vernon and Alexandria West partnered with Alexandria in the program.

This year’s Flags for Heroes program raised in excess of \$24,000, which will benefit Alexandria Rotary Club community projects and provide direct financial support to more than 40 local charities and nonprofits.

“This is our most successful year yet,” said organizer Sharon Meisel. “We had great weather and loyal support from our corporate sponsors.”

Rotarian Jim Lindsay closed the ceremony with a reading of the names of club members who have died. The ringing of a bell accompanied each name as it was read followed by the playing of Taps by trumpeter Paul Johnson.

“Our club is amazing,” DeCandio added. “Every year I get to honor people who have meant very much to me throughout my life. This is also an opportunity for everyone to honor the unsung heroes of our community.”

www.alexandriarotary.org



Attendees recite the Pledge of Allegiance at the opening ceremony of the Flags For Heroes display June 26 at Cedar Knoll Restaurant along the Potomac River. The annual event is a project of the Rotary Club of Alexandria.



Paul Johnson performs at the opening ceremony of the Flags for Heroes program June 26 at Cedar Knoll Restaurant



Organizers gather at the June 26 opening of the Flags for Heroes display on the grounds of Cedar Knoll Restaurant. Pictured are Rotary Club president-elect Denny Kuhns, past president John Moorman, and members Nancy Van Gulick, Jim Carmalt and Bob McClure.

Alexandria Rotary Club president Pam DeCandio, left, is joined by president-elect Denny Kuhns, Akale Kinte, president of the Thomas Jefferson High School Interact Club, and the Hon. Allison Silberberg at the opening ceremony of Flags For Heroes June 26 at Cedar Knoll Restaurant.

PHOTOS BY JANET BARNETT/GAZETTE PACKET

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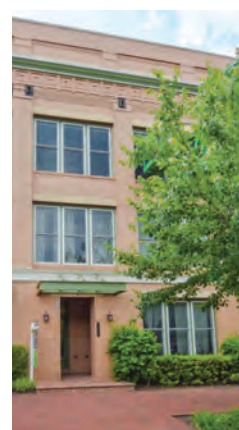
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News



Fireworks over the Tauxemont community July 4th celebration.



Fun and games at the Tauxemont community July 4th celebration.

Celebrating on the 3rd of July

The Tauxemont community held their July 4th celebration on July 3 in Wellemeyer Field, a community-owned park. The event featured many excited youngsters, homemade decorations, smoky sparklers, grilling aromas and fireworks.

Professional dulcimer player Tauxemont Brian Clauss provided music and explained to Mara Surovell how to play the instrument.



Sparklers were part of the celebration.

PHOTOS BY
GLENDA BOOTH



Professional dulcimer player Tauxemont Brian Clauss provided music and explained to Mara Surovell how to play the instrument.

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THEATER



PHOTO BY HOWARD SOROOS

Elizabeth Replogle and Anne Paine West as Joanna and Margie in the Aldersgate Church Community Theater production of *The Best Worst That Could Happen* playing July 8-24.

'The Best Worst That Could Happen'

ACCT debuts poignant Koppen comedy.

BY JEANNE THEISMANN
GAZETTE PACKET

Joanna is worried about her mother's failing memory. Margie is concerned about her daughter's career and love life. Deep down, both are terrified about how they will handle the worst that can happen - Margie contracting Alzheimer's Disease - in the poignant Jean Koppen comedy now in production at Aldersgate Church Community Theater.

"The Best Worst That Could Happen grabbed my attention and my heart from the first staged reading I saw," said producer Charles Dragonette. "Jean [Koppen] sent me the script and I knew it was perfect for ACCT. We're so grateful to her for letting us bring it to the stage for its first full production."

Margie Wells is an energetic, fun-loving widow and retired college drama professor. She is mother to Joanna, a middle-aged romance writer who feels like the opportunity for love and partnership has passed her by.

An unlikely new housemate enters their lives followed by an unexpected visit from his movie producer brother, setting Margie and Joanna on the path to discover the best that can happen even in the worst situation.

"Joanna has accepted that being alone might just be her fate," said Elizabeth Replogle of her character. "Outwardly she bristles at her mother's constant digs about finding someone but I think inside she does long to find that partner in life, especially

as she faces the loss of her mother, who has been her only constant in life."

Anne Paine West plays Margie, who slowly journeys from a capable, independent life to a life that requires assistance for daily living.

"A message from this play is that we all need love and support from those around us as we are all only temporarily 'abled,'" West said.

Rounding out the cast are Brad Sperber as Paul and Nate Tatro as Paul's younger brother Lewis.

"Paul is a sincere, kind, and awkward middle-aged fellow trying to make sense and meaning of what his life has become," said Sperber, while Tatro added that "Lewis is a deeply insecure Hollywood executive who presents himself as more successful than he actually is."

Acclaimed director Joanna Henry guides the stellar cast in what she calls "a beautiful story about a mother and daughter who are forced to deal with a difficult situation."

"These women have a close relationship, and each has a different way of coping," said Henry, whose own mother suffers from dementia. "By the end of the play, they have accepted Margie's plight and are

dealing with this worst condition in the best way they know."

Henry has known Koppen for many years, saying, "Jean Koppen has a way of infusing humor into challenging circumstances. We've all experienced events in our lives that have knocked the wind out of us. How we deal with that is what defines us. In the end there is always hope. There is always a light, even in the darkest of times."

The Best Worst That Could Happen is playing weekends July 8-24 at Wesley Hall of Aldersgate United Methodist Church at 1301 Collingwood Road in Alexandria. For tickets or more information visit www.acctonline.org.

"There is always a light, even in the darkest of times."
— ACCT director Joanna Henry

Rallying FCPS Pride Children and Parents Face Protesters Outside Meeting

Fairfax County School Board presents LGBTQI+ Pride Recognition and Adopts Updated Student Rights & Responsibilities (SR&R).

BY MERCIA HOBSON
THE CONNECTION

As the Fairfax County School Board prepared to recognize LGBTQI+ Pride Month 2022 in Fairfax County during its June 16 meeting at Luther Jackson Middle School in Falls Church, what should have been a joyful FCPS Pride rally outside the school instead illustrated conflict and divide.

Shortly after 6:30 p.m. and before the school board presentation, FCPS Pride and LGBTQI+ students, staff, families, supporters, and members of allied organizations, held their celebratory rally outside the school.

The LGBTQI+ Pride Month Recognition reads: "In the spirit of One Fairfax, the Fairfax County School Board urges all to respect and honor our diverse community and to build a culture of inclusivity and equity, not only during LGBTQI+ Pride Month but

SEE PRIDE, PAGE 12



Pride supporter Kimberly Adams serves as president of the Fairfax Education Association (FEA).



From left, Emily VanDerhoff of Springfield, Cheryl Binkley, and Elias Benner, 11, of Burke hold the FCPS Pride banner at the rally.

PHOTOS BY MERCIA HOBSON/CONNECTION NEWSPAPERS

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JULY 21 - SHIMA SHANTI

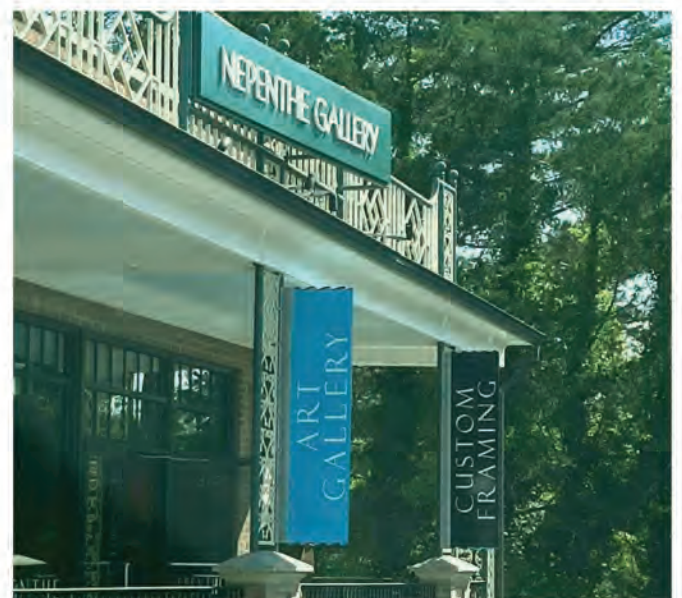
SHIMA SHANTI IS A SAN DIEGO-BASED ARTIST WHO IS REPRESENTED BY NEPENTHE GALLERY AND WHO WORKS IN ENCAUSTIC, THE ANCIENT ART OF PAINTING WITH BEESWAX. SHIMA WILL BE AT NEPENTHE GALLERY TO DELIGHT AND INFORM GUESTS WITH HER DISCUSSION OF HER WORKS AND HOW THEY REVEAL THE REALISTIC AND MYSTICAL HARMONY IN THE FLOW AND FUSION OF MOLTEN BEESWAX.

JULY 28 - BRIDGET ARTMAN

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Just to the east of the Huntington Metro station, one building is under construction.

Construction at Huntington Part of Embark Picture

Huntington is also known as the North Gateway section.

BY MIKE SALMON
THE GAZETTE



The housing is part of transit-oriented development.

Near the top parking lot at the Huntington Metro station, an apartment building is going up about 50 yards from the lot, which will allow residents an easy walk to the station, reducing the number of cars on Richmond Highway and North Kings Highway. At the bottom entrance to the station, another building called The Arden is going up right on Huntington Avenue, a block from the station. It will have 126 units of affordable housing along with 7,500 sq. ft. of office space, the website said.

A Huntington resident was walking to the station to get to his job at Reagan National Airport, which is also right on the metro line. All the construction is a little stressful, but, "It will honestly be good in the long run," he said.

All these projects are a classic example of transit-oriented development, which includes a mix of commercial, residential, office and entertainment uses very near transit. Dense, walkable, mixed-use development near transit attracts people and adds to vibrant, connected communities, the Federal Transit Administration said.

Successful transit-oriented development depends on access and density around the transit station, and in this case it's Huntington Station on Metro's Yellow Line. Convenient access to transit fosters development, while density encourages people to use the transit system. Focusing growth around transit stations capitalizes on public investments in transit and provides many benefits such as increased ridership and the revitalization of neighborhoods, the

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FTA said.

One of the benefits the FTA listed is economic returns to surrounding landowners and businesses, such as the Jefes Tex-Mex Restaurant that recently opened. (See accompanying story)

Transit-oriented development primarily occurs when regional or local governments encourage it through land use planning, zoning laws, and changes to building codes, among other things. When transit-oriented development coincides with a federally funded transit project, FTA may provide financial assistance, technical assistance, training, and other resources to complement the regional or local TOD.

At The Arden, housing is available to those earning 80% of the local median income and below. It was financed by twin 9% and 4% Low Income Housing Tax Credit, Fairfax County Subordinate Financing, the Virginia Department of Housing and Community Development, National and State Housing Trust Fund Loan and a Virginia Housing Development Authority Amazon REACH Grant.

In the big picture, there are six "Community Business Centers" on the stretch of Richmond Highway in Fairfax County, and those are North Gateway/Huntington, Beacon Hill, Hybla Valley/Gum Springs, Penn Daw, South County and Woodlawn/Fort Belvoir. They are all pieces in the bigger plan called Embark Richmond Highway.

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U.S. Supreme Court Puts Virginians Safety at Risk

BY SEN. SCOTT SUROVELL

The U.S. Supreme Court on June 23 issued a disturbing decision on guns, the New York State Rifle & Pistol Assn. v. Bruen case, which clarified the scope of firearms rules declared by the Supreme Court in a previous case, D.C. v. Heller, decided in 2008. This is yet another disappointing decision from that court, like the one I wrote about last week, the Dobbs case, which would severely limit women's reproductive rights.

Before 2008, American courts interpreted the Second Amendment as authorizing states the freedom to regulate their militias – today's National Guard. In Heller, the Court invalidated the District of Columbia's handgun ban and requirement that rifles in the home be stored with trigger locks and unassembled. This was the first time the Court found such a right existed.

Today, New York requires every gun owner to obtain a license to own or possess a gun and to meet certain character standards. If a person wants to carry a concealed firearm outside the home, he or she has to demonstrate "good cause," which courts have found is "a special need for self-protection

distinguishable from that of the general community," such as specific threats.

New York's concealed handgun ban dates to 1905 and it was one of only six states where concealed carry permits are discretionary. In Virginia, concealed carry permits must be issued unless you fall within one of 18 exclusions such as a felony conviction, mental illness or have specific misdemeanor convictions.

The NY Rifle case abandoned tests that had been settled on by the federal appellate courts and set aside the New York rule by creating a new test stipulating that all firearms rules must be "consistent with this Nation's historical tradition ... when the people adopted them" and consistent with the "public understanding" of the amendment.

This "historical tradition" test is preposterous. At the time our country was founded, it took eight to 10 seconds to put one bullet in a musket. The effective range of an 18th century musket was 50 to 100 meters. George Washington would not recognize today's firearms, you could not carry a pistol with 33 bullets in your pocket, and it is un-



Surovell

likely James Madison ever stuffed his musket rifle in his jacket while he perused grocery store aisles. Concealable guns did not exist.

The Court also discussed what kinds of "sensitive places" firearm regulation might be allowed including some "government buildings," such as courthouses, but it did not clarify the scope. Given this discussion, Virginia's rules prohibiting firearms on school property, in Richmond's Capitol Square or in state government buildings could be at issue.

In 2020, I helped pass several historic laws that could be at issue because * Universal background checks;

❖ "Red Flag" laws allowing police to seize guns from mentally unstable people in an emergency;

❖ Allowing only one handgun purchase per month; and

❖ Allowing localities to regulate firearms on government property and at government-permitted events.

I was especially proud to carry the local authority bill after several men from Hopewell, Virginia, carried AR-15 rifles around the

Alexandria Farmers Market while my father and son tried to buy a baguette and ham biscuits. Since then, many Virginia localities have adopted ordinances prohibiting firearms in government centers, libraries, local parks and during parades, protests or other government-permitted events.

All of these ordinances are now at risk. Background checks, red flag laws and gun purchase limits did not exist in 1776 and I have no idea what the Supreme Court thinks the "historical record" says about these rules.

The Court has also created this new legal regime out of thin air. It effectively requires legislators and judges to become historians. History is often written by the victors, filled with the period's prejudices and interpretation is subject of debate. Law schools do not teach historical analysis and our system is wholly unprepared for this new "legal test" which is going to result in a legal feeding frenzy which is one reasons courts often avoid overruling precedents.

Confidence in the Supreme Court is at an all-time low today because today's Court operates more as a legislature instead of nine impartial jurists who follow the U.S. Constitution or law enacted by democratic legislatures.

New Changes to Marijuana Laws

Possession of up to an ounce still legal in Virginia.

BY SEN. ADAM EBBIN AND
DEL. PAUL KRIZEK

One year ago legal possession of marijuana became law in Virginia, making us the first state in the South to allow for the legal simple possession of up to an ounce of cannabis in public. Much of the 210 page legalization bill from the 2021 session dealing with the legal sale and licensing of cannabis required additional legislation during the 2022 session. After passing the Virginia Senate, this legislation disappointingly died in a House Subcommittee on a party-line vote. While much work remains in order to stand up a safe, equitable, and regulated retail cannabis market in the coming year, several important changes to marijuana policy went into effect last week, on July 1.

Three important changes were added into the biennial budget bill which was signed into law by Gov. Glenn Youngkin on Tuesday, June 21.

The first is a new misdemeanor or penalty for possession of over four times the current legal limit (four ounces of marijuana in public). The budget language states that public possession of over four ounces, but less than one pound of cannabis is a Class 3 misdemeanor punishable by a \$500 fine; second or subsequent offenses will be treated as class 2 misdemeanor punishable by up to 6 months in jail and/or a \$1,000 fine.

The second amendment removed several legal gray areas relating to personal cultivation of marijuana. As of last summer, Virginians are allowed to cultivate four marijuana plants in their home so long as they tag those plants with their name and driver's license number, shield them from public view, or prevent access by those under 21. However, violations of this law could lead to harsh penalties — up to a class six felony. We were glad to include a provision in the budget to clarify that possession of cannabis in

one's residence for personal use is not subject to penalty and reduce the class six felonies related to personal cultivation to simple \$25 fines for minor infractions.

The third change included in the budget is focused on the proliferation of synthetic cannabinoids which have recently popped up

for sale in gas stations and convenience stores (products like delta-8 and delta-10 THC). The budget language prohibits the retail sale of any product containing THC that is ingestible "orally or by inhalation" to those under 21 and prohibits packaging products

SEE NEW CHANGES, PAGE 13

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Alexandria Man Charged in Richmond Homicide & I-95 Pursuit

At approximately 11:01 p.m. Sunday, July 3, 2022, a Virginia State Police trooper observed a Toyota 4Runner traveling north at an excessive rate of speed. The trooper confirmed the vehicle's speed at 101 mph in the posted 70 mph. The trooper activated his emergency lights and sirens to initiate a traffic stop on Interstate 95 near the 127 mile marker in Spotsylvania County. The Toyota refused to stop and, instead, accelerated and sped away from the trooper. A pursuit was initiated and continued north through Stafford County and into Prince William County, with

the Toyota passing vehicles on the shoulder and traveling in excess of 100 mph. The Toyota exited I-95 at Exit 161 in Lorton and headed north on Route 1. When the Toyota attempted to turn onto Sacramento Drive in Mount Vernon, the driver lost control and the SUV ran off the road, struck a utility pole and then a tree.

The driver, Derrick R. Adjei, 24, of Alexandria, Va., was taken into custody. He was transported to a nearby hospital for treatment of minor injuries sustained in the crash. Adjei was then transported to Rappahannock Regional Jail.

A firearm was recovered from the Toyota.

State police charged Adjei with one felony count of eluding police and for reckless driving. Further investigation resulted in the state police making contact with the City of Richmond Police concerning that agency's ongoing homicide investigation.

The Richmond Police Department has charged the suspect in shootings on West Main Street. Derrick Adjei, 24, of Alexandria, was taken into custody by Virginia State Police.

RPD detectives, investigating

the West Main Street shooting, have charged Adjei with malicious wounding. Other charges are pending.

Detectives have identified the victim of the shooting as Kyle Stoner, 36, of Richmond. Sunday at approximately 10:28 p.m., officers were called to the 1300 block of West Main Street Richmond for the report of a shooting. RPD officers responded and located an adult male, Stoner, on a patio of a business, down and unresponsive suffering from an apparent gunshot wound. He was pronounced dead at the scene.



After a crash, an Alexandria man was arrested on multiple charges.

The Medical Examiner will determine the cause and manner of death.

An adult female and an adult male were also injured during the incident and have received treatment for injuries that were not considered life threatening.

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VDOT Virginia Department of Transportation

**Richmond Highway (Route 1)
Speed Limit Study
Fairfax County**

Virtual Public Information Meeting

Wednesday, July 20, 2022, 7 p.m.
<https://www.virginiadot.org/Route1SpeedLimitStudy>

Find out about a study assessing the 45 mph speed limit on about eight miles of Richmond Highway (Route 1) between Belvoir Road/Meade Road and I-95/I-495 (Capital Beltway) to improve safety for all users, including pedestrians, bicyclists, drivers, and transit users. Study recommendations will be presented at the meeting.

The meeting will be held as a **virtual/online meeting**. Information for accessing and participating in the virtual meeting is available at **<https://www.virginiadot.org/Route1SpeedLimitStudy>**. The study team will make a short presentation beginning at 7 p.m. and answer questions for about an hour after the presentation.

Review study information and meeting details on the webpage above or during business hours at VDOT's Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030. Please call ahead at 703-259-2409 or TTY/TDD 711 to make an appointment with appropriate personnel.

Give your comments during the meeting, or by **August 1, 2022** via the comment form on the study website, by mail to Ms. Jessica Paris, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030 or by email to meetingcomments@VDOT.virginia.gov. Please reference "Richmond Highway (Route 1) Speed Limit Study in Fairfax County" in the subject line.

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*In case an alternate date is needed, the meeting will be held
Wednesday, September 21, 2022 at the same time.*

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FIREFLIES

Fireflies need leaves and dead plant material for winter cover.

By GLENDA BOOTH
GAZETTE PACKET

Not only did fireworks light up the skies over the July 4th weekend, nature is putting on a light show too. As night falls, fireflies are twinkling in the dark in some areas across Virginia.

Fireflies, which many people call lightning bugs or glow-worms, are not flies nor true bugs, but are beetles found all over the world, with 2,200 species documented worldwide. There are 165 species of fireflies in the United States and Canada. The flashing species occur mostly east of the Mississippi River, experts say. The flashing firefly, the most familiar nocturnal species, emits short, bright flashes of light at night. Some firefly species do not flash.

Why do some species flash? This process, called bioluminescence, is thought to discourage predators by signaling toxicity. It is also a way for adults to attract mates and communicate. Firefly experts can identify their types of flashes very specifically as a “glow,” a “flash” or a “flicker.”

Fireflies undergo complete metamorphosis in four stages: egg, larva, pupa and adult. For most species, females lay eggs in the summer in the ground. Eggs hatch in late summer and the larvae usually persist until the following spring. They pupate underground, in rotting logs or in tree bark furrows. Firefly adults typically emerge in late spring or early summer. Flashing adult fireflies spend most of their day on the ground and become active at dusk.

The mid-Atlantic and southeastern states have the most species diversity, according to Sara Lewis, author of Silent Sparks: The Wondrous World of Fireflies. In the U.S., fireflies thrive in wooded areas, marshes and fields near water.

Some Are in Decline

While acknowledging the need for more data, a 2021 study in the PLOS One journal, revealed that one-third of firefly species in the U.S. are “doing well,” wrote Lewis, but at least 18 species “face some risk of extinction.” Many of these are in the mid-Atlantic, Southeastern or Southwestern U.S.

July 2-3 was World Firefly Day, when around 200 scientists from over 20 countries in the Fireflyers International Network raised awareness of threats to the world’s fireflies, largely human activities.

How to Help Fireflies

A 2020 study published in Bioscience concluded that habitat loss is the most serious threat to fireflies, followed by light pollution and pesticides, all attributed to people’s behavior.

Fireflies need moisture-retaining organic material like leaf litter or decaying branches



Fireflies and flowers.



Fireflies at night.

Fireflies Light Up Summer Nights

Leave the leaves
Turn off the lights
Don’t spray pesticides



Eastern firefly in Rock Creek Park.



Firefly.



Photinus pyralis, common eastern firefly.

to the survival of moths, butterflies, snails, spiders and dozens of arthropods.” Leaves are not litter. Leave the leaves, he recommends.

Artificial lighting, such as street and security lights, signs and billboards “disrupts natural process in many nocturnal insects,” wrote Wolfe. Artificial light can interfere with communication and mating because fireflies rely on their luminous signaling system in the dark. Turning off un-



necessary lights at night, installing light motion sensors and closing window curtains and blinds can help.

Pesticides, including lawn chemicals and mosquito sprays, can harm firefly larvae and other insects, degrade habitat and reduce prey populations. Fireflies naturally control grubs, slugs and snails.

We can save these “jewels of the night” if we choose to, say firefly scientists.

Catching Fireflies

In a long-established rite of summer, many youngsters delight in catching fireflies and watching them glow or flash in a jar. While scientists do not consider this to be a serious threat to fireflies, they advise caution. Use a net. Handle them gently, make sure any jar lid has an opening and add a moistened unbleached coffee filter or paper towel for a humid environment. Do not confine them longer than a day or two and release them at night when they are most able to avoid predators. On the other hand, about their favorite beetle, the Fireflyers International Network advises, “Watch us, don’t catch us.”

More Information

<https://www.xerces.org/publications/brochures/firefly-conservation-guide-to-protecting-jewels-of-night>
<https://www.iucnredlist.org/>

ENTERTAINMENT

3 Dates to Circle in July

BY HOPE NELSON
GAZETTE PACKET

The summertime swelter is upon us – but blessedly, we’ve got plenty of food and drink adventures to cool us off (or, at least, help us endure the heat and humidity)! Here are some of the month’s top picks.

Old Town Pub Crawl, July 9

Back from its covid-era format, the Port City Old Town Pub Crawl is ready to hit the streets in its original form once again. Eight different stops in one afternoon: It’s a challenge, but a worthy one. Pop into the likes of Virtue Feed and Grain, Bugsy’s Pizzeria, Union Street Public House and Black-wall Hitch for food and drink (but pace yourself!). All done stamping your event passport? Return it to a Port City tent for a

commemorative pint glass. 1:30-6 p.m. Visit portcitybrewing.com for location information.

“Wines of Spain and Portugal” Four-Course Dinner at Trademark Drink & Eat, July 29

Celebrate some of the best wines Spain and Portugal have to offer with this four-course meal pairing. Beginning with gazpacho soup, stopping off at cod paella and braised duck leg and finishing with an almond tart, you won’t go home hungry. Nor, given the course pairings, will you leave thirsty. (But do partake responsibly.) 6 p.m. \$79 per person. 2080 Jamieson Ave.

“The History of Ice Cream” at Lee-Fendall House Museum & Garden, July 30

What could put the month on ice – in the



Lee-Fendall House
MUSEUM AND GARDEN

The History of Ice Cream

July 30th 11:00 AM - 3:00 PM

best way possible – better than a deep dive into the history of ice cream (and maybe a sample or two)? Have a taste of 18th- and 19th-century ice cream flavors and try your hand at making some from scratch during this family-friendly event. Registration recommended. 11 a.m. 614 Oronoco St. \$7 for adults; \$3 for students and children.

Award-winning columnist Hope Nelson 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

ART CAMP 2022

Del Ray Artisans invites youth ages 8-12 to Art Camp 2022 for a week of professional art instruction! Campers will have an immersive creative journey: painting, sculpting, journaling and other artful planned activities. During nice weather, campers will even have outdoor time to get fresh air, unwind, and replenish their creative energy. All art supplies are provided. Choose July 18–22 or July 25–29; \$350/child; scholarship support available. Registration at DelRayArtisans.org/art-camp.

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.washingtonmodernism-show.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 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,



The U.S. Air Force String Quartet will appear on Sunday, July 10 at Sherwood Regional Library in Mount Vernon.

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.

FRIDAYS/JULY 8 AND 22

Trivia Nights at Historic Sites. 7 to 9 p.m. At Lee-Fendall House Museum & Garden, 614 Oronoco St., 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.

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.

SATURDAY/JULY 9

Old Town Pub Crawl. 2-6 p.m. hosted by Port City Brewing Company. At various locations throughout Old Town, Alexandria. This popular event is returning to the original live and in-person format for 2022. Visit eight of Port City’s top bars and restaurants in Old Town, enjoy their daily specials and stamp your pass at each stop. Then turn in

your completed pass for this year’s Pub Crawl Pint Glass.

SATURDAY/JULY 9

Backyard Composting Basics. 10-11:30 a.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. (Adults) Mother Nature can help you compost plant material into luscious amendment for your lawn and garden. Visit Green Spring’s composting station to learn different composting methods, materials to use and not use, proportions, aeration, screening, critter control and compost use. \$19 per person. Code 0B1.NK0K.

JULY 9-10

Del Ray Artisans’ Summer Art Market 2022. 10 a.m.-4 p.m. An indoor event featuring original creations by local artists in a variety of mediums, including ceramics, glass, jewelry, mixed media, photography, and more. Shop original work from local artists at Del Ray Artisans gallery at 2704 Mount Vernon Avenue, Alexandria—perfect for gifts or treat yourself. Different artists each market day, so visit both days. Details at DelRayArtisans.org/summer-art-market

JULY 9-31

“Tick, Tick...Boom!” Presented by Monumental Theatre Company in Alexandria. The story follows an aspiring composer, Jon, in New York City in 1990 who worries he made the wrong career choice as he approaches his 30th birthday. Tickets will be available online at <http://www.monumentaltheatre.org/>

SATURDAY/JULY 9

“The Quanders” with Rohulamin Quander. 6 p.m. At Lee-Fendall House Museum & Garden, 614 Oronoco St., Alexandria. Join an evening with Rohulamin Quander, founder of the Quander Historical and Educational

SEE CALENDAR, PAGE 11

RESTAURANT

Taco Tuesday a Hit on Huntington Avenue

Newly opened Jefes attracts a local crowd.

By Mike Salmon
The Gazette

Every Tuesday, a group of neighbors from an aging apartment building along Huntington Avenue heads down to Jefes Tex-Mex restaurant for a bite to eat. Steve, one of the group, likes their new dining option, especially on Taco Tuesday. "Group of us guys in the building," he said.

Steve has followed the progress on Jefes beginning in the winter when Covid restricted many eateries and the restaurant struggled with permits and paperwork. Now he's glad they're open since he wasn't impressed by other restaurants in the vicinity. He orders the street tacos. "I'm a bit of a foodie," he said.

Jefes is about a block east of the Huntington Metro station in an area that is changing, with apartments and condominiums going up and occasionally flood waters impact Huntington Avenue. The menu is made up of Tex-Mex choices and Orlando, the shift manager said the fajitas have a big following too. "We have a very good dinner crowd, Taco Tuesday is very popular," he said. The ribs are a hit too.

Other items on the menu include burritos (\$10.95-\$13.95), salads (\$5.95-\$16.95) and main dishes of steak, pork and chicken (\$16.95-\$23.95).

The purple paint, colorful lettering and sombreros dominate the motif outside,

PHOTOS BY MIKE SALMON/GAZETTE



Menu specialties are in tune with the local crowd.

which attracted a group of women from Pennsylvania. One of the group was moving to the area in the near future and they were in to try out the food, starting with nachos as they waited for the main lunch course. "We love tacos," said Carrie Miller, "good chips are always a positive sign," she said.



Shift manager Orlando knows customers love Tex Mex cuisine.



The colorful exterior pulls in customers from Huntington Avenue.

CALENDAR

FROM PAGE 10

Society, as he discusses his book *The Quanders* – Since 1684: An Enduring African America Family Legacy, which introduces stories that constitute the Quander Family legacy as one of the oldest consistently documented African American families in the United States.

SUNDAY/JULY 10

U.S. Air Force String Quartet. 3-4 p.m. At Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria. The U.S. Air Force Band has many different musical ensembles and Sherwood is proud to present their string quartet (part of the USAF Strolling Strings group). Visit the website: <https://librarycalendar.fairfaxcounty.gov/event/9180518>

TUESDAYS, JULY 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 13

King Teddy. 7:30-8:30 p.m. At Lee District Park Amphitheater, 6601 Telegraph Road, Franconia. This five-piece combo features a song list that dares the foot not to tap. King Teddy has a single-minded musical mission—to swing, baby, swing! Call 703-324-SHOW (7469) for inclement weather updates.

JULY 18-22 OR JULY 25-29

Summer Art Camp. 9 a.m. to 4 p.m. At Del Ray Artisans Gallery, 2704 Mount Vernon Ave., Alexandria. Del Ray Artisans invites young campers ages 8-12 years old to spend a week creating art with professional local artist instruction. All artist supplies are provided. Details and registration: <https://delrayartisans.org/programs/creative-summer/#event=art-camp-2022>

THE BIRCHMERE

At 3701 Mount Vernon Ave., Alexandria. All shows are at 7:30 p.m., unless otherwise noted. Tickets available at [Ticketmaster.com](https://www.ticketmaster.com). Contact The Birchmere at 703-549-

7500 or www.Birchmere.com.

JULY

Fri. Jul. 8: GINGER BILLY'S Backwoods Comedy Tour \$45/\$75
Sat. Jul. 9: Newmyer Flyer Presents LAUREL CANYON \$35.00
Sun/Mon. Jul. 10 & 11: GRAYSON CAPPs to open for John Hiatt & The Goners.
Mon/Tue. Jul. 11 & 12: JOHN HIATT & THE GONERS Featuring SONNY LANDRETH \$75.00
Thu. Jul. 14: HERMAN'S HERMITS starring PETER NOONE \$49.50
Fri. Jul. 15: Tarsha Fitzgerald Production Presents VOICES OF MOTOWN \$35.00
Sun. Jul. 17: THE HIGH KINGS \$65.00
Tue. Jul. 19: COLIN JAMES & TORONZO CANNON \$29.50
Wed. Jul. 20: STEVE EARLE & THE DUKES with Special Guest The Whitmore Sisters \$65.00
Sun. Jul. 24: CROCE PLAYS CROCE Performed by A.J. CROCE \$39.50
Tue. Jul. 26: Herb Albert & Lani Hall \$65.00
Thu. Jul. 28: STEPHEN KELLOGG \$35.00
Fri. Jul. 29: ANTHONY BROWN & Group Therapy \$39.50
Sat. Jul. 30: WHO'S BAD – The Ultimate Michael Jackson Experience \$39.50

BULLETIN BOARD

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

GIANT FOOD ANNOUNCES LOCAL PRODUCE BOXES

Giant Food announces the relaunch of its Local Produce Boxes featuring locally sourced, in-season produce sold exclusively through Giant Delivers. Available throughout the summer without a subscription or commitment, the boxes retail for \$20.00 and contain six or more items from local farms in Maryland, Virginia and Delaware. For more information and to purchase a local produce box, visit <https://giantfood.com/pages/giants-local-best>.

METRO TRANSIT POLICE TO USE BODY WORN CAMERAS

The Metro Transit Police Department will equip officers with body worn cameras (BWC), adding a new tool to MTPD's crime fighting initiatives. The program is designed to create an additional layer of transparency for sworn officers who protect Metro customers and employees. MTPD is in the initial stages of developing the program, supported by a grant award from the U.S. Department of Justice

(DOJ) of approximately \$905,000.

VIRGINIA ABC EXTENDS CLOSING HOURS IN 31 STORES

To provide greater customer convenience, the Virginia Alcoholic Beverage Control Authority (ABC) has extended Monday through Saturday closing hours from 7 p.m. to 9 p.m. in 31 stores. Customers are encouraged to visit Virginia ABC's website at www.abc.virginia.gov to search for stores and view operating hours, as well as order spirits online for in-store or curbside pickup, or home delivery in select areas.

VOLUNTEERS NEEDED

STEM VOLUNTEERS. The American Association for the Advancement of Science (AAAS) needs scientists, engineers, mathematicians, and physicians to assist K-12 STEM (Science, Technology, Engineering, Mathematics) teachers in the Northern Virginia Area, during the 2016-17 school year. In the 2015-16 school year, the numbers of STEM volunteers in Northern Virginia were: Fairfax County - 40, Arlington - 20, and Alexandria - one. Details of the collaboration are worked out between the teacher and the volunteer, and may involve giving demonstrations, assisting in

SEE BULLETIN, PAGE 13



Jesus Saves: A protester holds signs from The Family Foundation, and Stand Up Virginia.



Protestors hold signs by Stand Up Virginia and The Family Foundation that, according to its website, advocates “for policies based on Biblical principles that enable families to flourish at the state and local level.”



Family Foundation material.

Pride Children and Parents Face Protesters

FROM PAGE 4

throughout the entire year as well ... The urgency of its charge [is] to foster a responsive, caring, and inclusive culture where all feel valued, supported, and hopeful, and [to] advance policies that seek to protect LGBTQIA+ students and staff.”

At 5:30 p.m. and continuing through the time that FCPS Pride rallied, a counter protest was also taking place.

Members of the Family Research Council and others gathered outside the school near the street’s sidewalk. Individuals distributed information by the Family Foundation and carried signage by the Foundation and Stand Up Virginia.

At the counter-rally, speaker Sebastian Gorka said, “My effort is to stop the insanity and protect our children from the transgender extremists.” Gorka is former deputy assistant to President Donald Trump (2017), and appeared in the media as a spokesman for the Trump administration. “The correct use of pronouns in a transgender environment is just one aspect of a much deeper, invidious, and, I would say, diabolical scheme. The transgender movement in America today is evil.”

Retired FCPS teacher Robert Rigby, co-chair of FCPS Pride, called it, “A disturbingly grotesque counter-rally.”

“Individuals harassed the young FCPS Pride children and their parents, approaching within inches of a child’s face; after being encouraged to move further away, they continued to talk about burning people at the stake,” Rigby said.

Speaker Stephanie Lundquist-Arora said she objects to the Student Rights & Responsibilities document regarding the misgendering and deadnaming of students. “It is a violation of the First Amendment rights,” she said.

Deadnaming refers to calling a transgender person by a name they have asked people not to use.



A child’s sign at the FCPS Pride rally.

The school board also adopted the Student Rights and Responsibilities that evening in its annual review. The changes reflected stakeholder engagement by staff, students, families, community members, advisory committees, independent parent and teacher organizations, legislative updates, and the proposed Trust Policy, staff said.

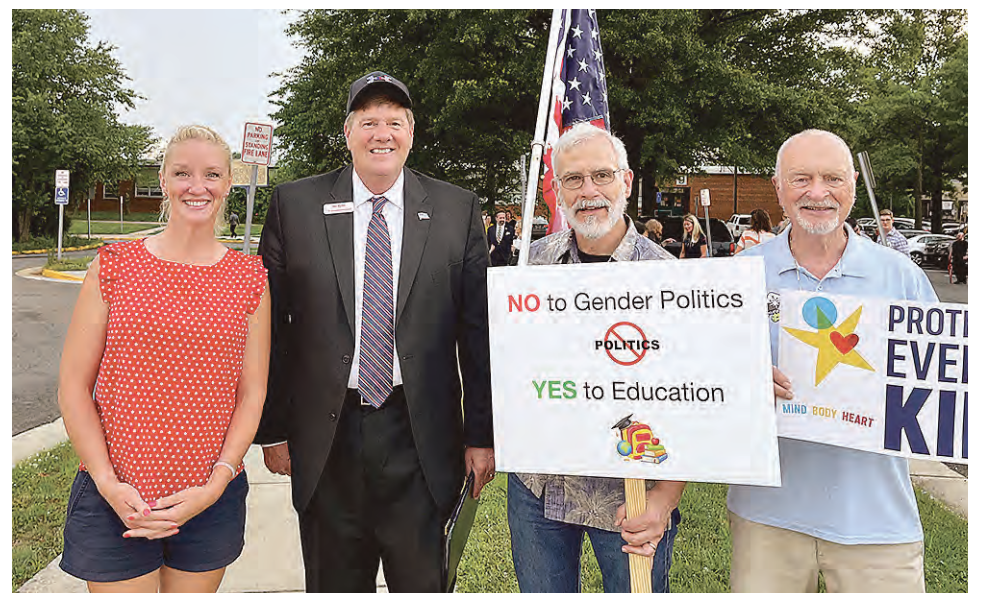
The SR&R is “a work in progress... It is not perfect,” said Karen Keys-Gamara, school board representative at large, during the June 16 meeting. The Student Rights and Responsibilities document undergoes review and approval by the school board annually.

Keys-Gamara highlighted some changes, including cell phone use and some mandatory reporting to law enforcement would require ongoing advocacy.

“And we clarified protections for student identities that allow our students to feel that they will not experience reprisal because of their identity,” said Keys-Gamara. The new policy removes the phrase “intentionally or not” from the definition of deadnaming, “deliberately or accidentally” from the definition of misgendering, and adds the term “malicious” to the glossary. Malicious outing extends to citizenship or national origin, immigration status, and malicious removal of religious garb.



Center back, Sebastian Gorka, former deputy assistant to President Donald Trump (2017), watches protestors hold signs from Stand Up Virginia and The Family Foundation. “The transgender movement in America today is evil,” Gorka said.



From left, speaker Stephanie Lundquist-Arora, Jim Myles, 2022 GOP candidate for the 11th Congressional District and two protestors.

News

New Changes to Marijuana Laws

FROM PAGE 6

to look like common brand name products.

The General Assembly also took an important step to improve medical cannabis patient access. Current law requires the Virginia Board of Pharmacy to approve all medical patients before they can begin to receive treatment. This has led to an unnecessary backlog of patients waiting for several months for their certification before they can receive treatment. Especially for those using cannabis for pain and nausea management while in late-stage illness or palliative care, this backlog was unacceptable. Legislation signed earlier this year eliminates the requirement that patients register with the Board of Pharmacy after receiving their written certification from a registered practitioner. Patients will only need their written certification to shop at one of the state's medical cannabis dispensaries. Patients can now purchase medical cannabis at the newly opened "Beyond Hello" dispensary located at the former location of the Great American Steak Buffet at 5902 Richmond Highway in Mount Vernon.

As members of the Virginia Cannabis Oversight Commission, we will continue to work in the interim to craft legislation which stands up a well-regulated retail marijuana industry which prioritizes consumer safety, public health, and social equity, as well as build a strong tax base for investments in historically underinvested communities, education, and public health.

BULLETIN BOARD

FROM PAGE 11

lab experiments, lecturing on special topics, assisting with homework, etc. The hours are flexible, and volunteers attend a one-day training in September before being assigned to schools. To see how volunteers are assisting their teachers, view the video clips at www.seniorscientist.org. To volunteer, contact donaledge@aol.com.

Assistance League of Northern Virginia is an all-volunteer non-profit organization that feeds, clothes and provides reading assistance and books to children in need. Assistance League's programs touch the lives of hundreds of children in Fairfax and Prince William Counties and the City of Alexandria. There are many volunteer opportunities for community members to contribute to helping those in need. To learn more, email info@alnv.org, or visit www.alnv.org.

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Progressively More Irritating



By KENNETH B. LOURIE

Recently, after years of radio and television advertising/sponsorships, I blinked. I switched from one frequently advertised auto insurer to another. And sure enough, there was savings to be had. More than enough in fact to compensate me for the time spent on the phone comparing policies, provisions, premiums, et cetera. Every month when I make my new payment, I feel the joy. The joy being that I saved so much money that I was nearly able to pay for my new homeowner's policy without increasing the cash flowing out.

Part of the inducement to make the change was the prospect of additional savings in a few months. That inducement by way of a device to be installed in my car/under the driver's dash, which measures – presumably, my driving tendencies (speed, acceleration, aggressive stops and so forth) in some algorithmic way to evaluate the driver's actual risk to the insurer. On paper, as a careful between-the-lines driver, I saw no downside (actually, I'm not sure if my rates can increase if my driving fails to match expectations) so I agreed and have installed the devices in both our cars. I suppose I'll know in six months if there is damage yet to be done. I kind of remember a timeline but can't recall if there were any potential rate-type consequences. No matter, overall, it sounded reasonable, and the savings were enticing so the change was made.

Off paper, there have been consequences, and they have nothing to do with price. They have to do with people. One of those consequences involves my wife, Dina and the other involves me (actually, they both involve me). The part which specifically involves my wife is the part of the device that beeps three times if it doesn't like the stopping speed/braking pressure. The beeping serves as a friendly reminder to the driver to moderate some aggressive tendencies and to drive more defensively. The beeping also serves to bring attention to the passenger – usually my wife, Dina, of my driving skills or lack thereof – according to her, and therein lies the problem. What was once unseen/unnoticed/lost in the shuffle of every day traffic has now become front and center/in my wife's face, and in turn in my ear and as a result, has now become the bane of our driving togetherness. That damn beeping is interfering with our driving compatibility – which was never great to begin with, is now worse than ever. Previously, it had more to do with getting lost and my having a poor sense of direction than it did with yours truly stopping short or accelerating through a yellow light. Now my driving indiscretions – which I didn't really think I had, have been laid bare not simply to me, but to my wife. And for those of you who share regular time in your vehicles with a significant other with whom you've already shared a significant amount of time/life together, there might be a slight risk of too much of good thing is not a good thing anymore.

The emotional issue aside, I wonder if there will be rate consequences when my new rate is renewed after this initial six-month trial-type interval has ended. Will that new rate be based on actual real-time data, or will it continue be on than favorable presumptions/lower rate which enticed me to change carriers in the first place? I suppose I can always switch to yet another carrier if there are rate consequences. There's certainly enough of them around and one insurer's experiences are different than another's so my past indiscretion might not be so obvious. But for me, the real problem isn't the insurer, it's the passenger.

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

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WELLBEING

Preventing Teen Summer Suicide

What to look for and
where to go for help.

By MARILYN CAMPBELL
THE CONNECTION

Summer camp, trips to the beach or marathon video gaming sessions are some of the hallmarks of summer for many teens. For those who struggle with anxiety, depression and suicidal ideations, this time of year can mean a loss of mental health resources and monitoring by school psychologists, guidance counselors and teachers.

“[Summer] can sever important linkages for children and families that are reliant on schools for social work support,” added Kurt Larrick, Assistant Director, Arlington County Department of Human Services.

“Though suicide happens in all age groups, it is the ... 2nd leading cause of death for youth [between] 10-14,” added Lisa Jackson-Cherry, Ph.D., who is Professor and Director, School of Counseling at Marymount University, and co-author of the book, “Crisis Assessment, Intervention, and Prevention.”

While families with health insurance have access to a variety of resources, local health departments want parents and caregivers to know that there is free or low-cost mental health assistance as well as the warning signs that such intervention might be needed.

“At my agency, the DHS Children's Behavioral Healthcare Bureau provides a wide range of services to children and their families experiencing mental health and substance use issues,” said Larrick. “We focus mostly on youth from low-income and uninsured households whose needs cannot be met elsewhere and who do not have alternative resources.”

Local health departments offer mental health assistance to teens, parents are caregivers. “Our agency has counselors, workshops, trainings and other resources to help reduce youth suicide and substance use,” said Lisa Flowers, Director of Communications and Public Information Officer, Fairfax-Falls Church Community Services Board.

In addition to knowing that there are resources for mental health services, parents should be aware of the signs that a child needs help, advises Stephanie Will, LCPC, Mental Health Services Program Manager, Montgomery College.

“Adults should be looking out for signs of withdrawing from loved ones and usual interests, feelings of hopelessness and helplessness, engaging in risky behaviors like substance abuse, unsafe sex, driving too fast, acting out, giving away prized possessions, and saying goodbye through notes, texts, or

Get Help

The toll-free National Suicide Prevention Lifeline at 1-800-273-TALK (8255), available 24 hours a day, 7 days a week. The service is available to anyone. All calls are confidential. <http://www.suicidepreventionlifeline.org>

CITY OF ALEXANDRIA:

❖ Teen Wellness Center: Teen Wellness Center | City of Alexandria, VA (alexandriava.gov)

❖ Community Regional Crisis Response 844-627-4747 to access 24-hour rapid response to youth and adults facing a mental health and/or substance use crisis who may be at risk for hospitalization.

social media posts,” said Will. “Other signs to look for include self-harming behaviors like cutting or burning their skin and significant changes in mood. Most importantly if someone tells you they are thinking about suicide, believe them and get them help.”

“There is not one specific profile or checklist of a suicidal individual,” added Jackson-Cherry. “Some mental health concerns that may increase suicidal risk are a history of mood disorder, including bipolar and major depressive disorder; anxiety, schizophrenia, eating disordered behaviors, and substance use.”

Create an environment that can mitigate some of the mental health issues that lead to suicide include several tools, advises Jackson-Cherry. “It is also important to know

**Suicide is the second
leading cause of death
for youth ages 10-14.**

that there are protective factors that include a strong family and social support system, access to resources, sense of belonging and acceptance, sense of purpose, hopefulness, ability to problem solve and work through prior conflicts.”

Be sure any suicidal person does not have access to firearms.

According to the National Institute of Mental Health, in 2020 suicide was the second leading cause of death among individuals between the ages of 10-14 and 25-34, the third leading cause of death among individuals between the ages of 15-24, and the fourth leading cause of death among individuals between the ages of 35 and 44.

In 2020, there were nearly two times as many suicides (45,979) in the United States as there were homicides (24,576). In 2020, firearms were the most common method used in suicide deaths in the United States, accounting for over half of all suicide deaths (24,292).

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