

# Mount Vernon Gazette

MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER

JULY 28, 2022

## Mount Vernon Deals with July's Heat Wave

Hot temps bring out the frozen treats and creativity.

By MIKE SALMON  
MOUNT VERNON GAZETTE

**O**n July 24, the temperatures crept up into the upper 90s so folks around Mount Vernon adapted the way they always have. There were snow cones, ice cream, pools and just hunkering down in an air conditioned room. For those without air conditioning, the county stepped up with some recommendations.

Beginning this June, Fairfax County put out a county-wide heat advisory when the heat index reached 105 degrees, and listed places to stay cool such as libraries, community centers, Rec Centers, the Fairfax County Government center. Also the Department of Family Assistance provides the "Cooling Assistance Program" that is designed to help keep vulnerable residents cool during the summer months. The assistance can be in the form of money to pay electric



Water was a waste from the fountain along the Mount Vernon Bike Trail. The button was stuck and the fountain flowed.

bills, repairing air conditioners, purchasing whole-house fans and window air conditioners. Applications for Cooling Assistance will be accepted from June 15–August 15. To be eligible, at least one household member must be 60 or older, 5 or younger, or disabled according to Social Security, Medicaid or 100% Veteran's Administration.

Go to Heat Advisory Today with Hotter Temperatures this Weekend | Fairfax County Emergency Information ([wpcomstaging.com](https://wpcomstaging.com)) <https://fairfaxcountyemergency.wpcomstaging.com/2022/07/21/heat-advisory-today-with-hotter-temperatures-this-weekend/>



Everyone wanted a snow cone from Emily, who was parked just off Richmond Highway.



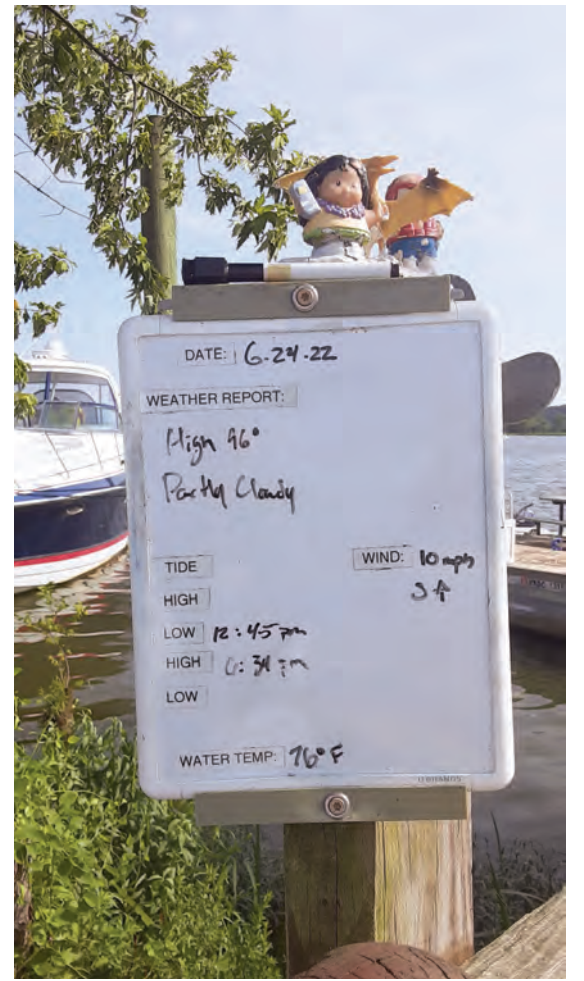
If there was any doubt, the West Potomac sign said it all.



Catching some rays while scooter-riding off Quander Road.



Red flags in the morning, a sailor's warning.



Even the water was warm at Belle Haven Marina.

PHOTOS BY MIKE SALMON/GAZETTE



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#WeAreAlexandria



### Old Town | \$1,650,000

Filled with light, this 18th century home offers historic elements with today's modern conveniences. 3 bedrooms, 2.5 baths, rich hardwood floors, custom built-ins, and an original fireplace mantel are just a few special elements. The gourmet kitchen addition features custom cabinets, quartzite countertops, Bertazzoni range and hood, and an expansive island. A fabulous breakfast room with banquette seating and French doors to a deep patio. Spacious bedrooms plus a library/tv room and an expansive deck overlooks the patio. 601 S Lee Street

**Babs Beckwith 703.627.5421**

[www.BabsBeckwith.com](http://www.BabsBeckwith.com)



### Chatham Square | \$1,300,000

Spacious four level townhome with an integral two-car garage, 3 bedrooms, 3.5 baths and a spacious rooftop terrace set up for outdoor gas grilling. Freshly painted with new carpeting, gas fireplace in the rec room and 2-zone heating and AC. 422 Oronoco Street

**Charlene Schaper 703.217.3666**

[www.cschaper.com](http://www.cschaper.com)



### Belle Wood | \$987,000

Expanded and updated split foyer on .45 acres has 5-6 bedrooms, 3 full baths and over 3400 SF with multiple living spaces and main level access to a huge deck overlooking the retreat-like yard, the highlights of which are an in-ground pool and hot tub. 4827 Peacock Ave

**Jodie Burns 571.228.5790**

[www.JodieBurns.com](http://www.JodieBurns.com)



### Dyes Oakcrest | \$895,000

The one you have been waiting for! Absolutely charming 3-bedroom, 3-bath house in a very popular area. Presented in immaculate condition both inside and out. Short walk to shops and restaurants. Easy I-395 commute. 1608 Crestwood Drive

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### Mount Vernon Grove | \$779,000

Wonderful, freshly-painted, 5-bedroom, 3-bath home situated on a flat, half-acre lot on a quiet street. The main level features an updated, eat-in kitchen, living room, and dining room with doors to an amazing screened porch. 9300 Craig Avenue

**Rebecca McCullough 571.384.0941**

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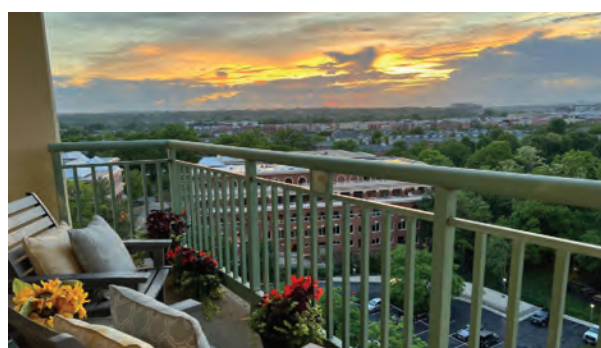


### Shirlington | \$635,000

With 4 stories holding 4 bedrooms, each with its own full bath, an open concept kitchen/dining room and a spacious living room, you have more than enough room. Located just off Shirlington Road close to parks and the W&OD trail. 2268 S Garfield Street #5

**Jillian Keck Hogan 703.971.7655**

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### Marina Towers | \$585,000

Beautifully renovated 2-bedroom condo with panoramic views of the DC skyline & colorful sunsets! This home has been freshly painted and has new luxury wide-plank flooring throughout. Amenities include pool, gym, sauna, & concierge. 501 Slaters Ln #1111

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[www.EnjoyLivingHere.com](http://www.EnjoyLivingHere.com)



### Arlington | \$341,500

Stunning and updated, 1-bedroom, 1-bath condo with hardwood floors, walk-in closet with ELFA, balcony, in-unit laundry, new systems, 1 covered parking space, and storage unit. Amazing building amenities but low condo fee! 2465 Army Nave Drive #201

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# NEWS

## Local Artist Pens Virginia Urban Posters

Posters, paintings and quirkiness run in the family at Urban Redeux in Hollin Hall.



BY MIKE SALMON  
THE GAZETTE

The Alexandria poster is a collage of drawings that local artist Wendy Wells put together as part of her latest poster collection featured at the Urban Redeux in Mount Vernon. Wells has done a series of posters like this that she calls “elemental art.”

“I wanted to represent the places in a unique, different way,” Wells said.

She aligns her work with a creative quote from Albert Einstein: “Imagination is more important than knowledge.” This can be seen in the Alexandria poster, whether it be her sketch of the waterfront, a couple of renditions of the Masonic Temple, or the now-defunct Confederate statue that seems to poke out from the rest. This statue, called “Appomattox,” stood at the intersection of Washington

and Prince Streets, but as part of the effort to remove Confederate statues, it was taken down in June 2020.

Wells puts on her artist hat and pulls out her colored pencils. “I make watercolor drawings and sketches of familiar icons or vistas of Old Town such as the original Torpedo Factory wharf and other related items and then add pieces of printed vintage renderings that I collect before starting a piece,” she said. She has another similarly drawn poster of Richmond and has one coming soon for Fredericksburg.

Amongst her artistic achievements are blue ribbons in juried art shows, honors for a one-woman exhibit, an Alli Award nomination, and being recognized in the Art Expo in New York City. She’s also dabbled in costume and set design for Grammy winning artists.

Her daughter Willow Wright owns Urban Redeux, an eclectic



Wendy Wells and daughter Willow Wright.

Wendy Wells works on the wall at Urban Redeux.

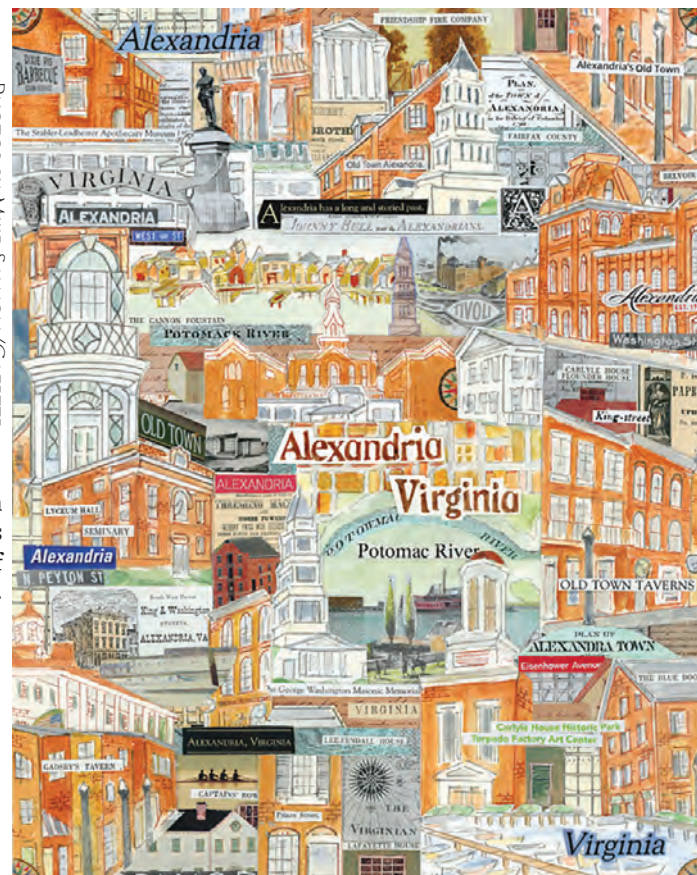
Hand-drawn Alexandria is a creation of Wendy Wells.

### Urban Redeux

7916 Fort Hunt Drive  
Alexandria, VA 22315  
703-780-4301  
info@urbanredeaux.com

shop in Hollin Hall shopping center where she sells art, antiques and collectibles. Everything has the “off the beaten path,” vibe to it, and the motto is “junque, funk furnishings.” There are funky lamps, statues, stuffed animals, furniture and even a table basket full of slides taken in Italy sometime in the 1970s. Who knows who the people are? People buy them though.

On one wall is a small exhibit of her mother’s art, including two abstract paintings and one gray picture of a man in a raincoat and hat, very artsy. Well’s art sense has rubbed off on Willow and Willow’s



daughter, and the three get together every once in a while, for a family art fest. “All three of us love being in a studio,” Wells said.

On the art instruction level, Wells is the founding member and past executive director of the Bay School Community Arts Center in Mathews County, Virginia.

### Another Side of Art

Art comes in many forms and Wells has a musical side too. Recently she branched out to guitar straps, and now has a patent for

a strap she invented called the “VeeStrap.” This is a revolutionary dual-shoulder strap that evenly distributes the weight of an instrument on the shoulders using a very simple design and sturdy construction. She plays guitar too and dabbled in bands such as the Kool-Rays who played at the famed CBGB’s in New York City in the past.

Her final quip from all this creativity? “There are ‘artists’ and there are ‘people who create’ — I fall into the latter group,” Wells said.

## Financing the Rampage Economic toll of gun violence is more than \$14 billion a year for Virginia.

BY MICHAEL LEE POPE  
GAZETTE PACKET

All those school security measures to harden your local elementary school add up. So do trips to the emergency room and the multiple surgeries needed to address gunshot wounds. While the human tragedy of gun violence often grabs headlines, the economic toll continues to mount with each mass shooting. According to Everytown for Gun Safety, the annual cost to Virginia is more than \$14 billion a year.

“We will pay this price tomorrow, the next day and every day thereafter until we, as a nation,



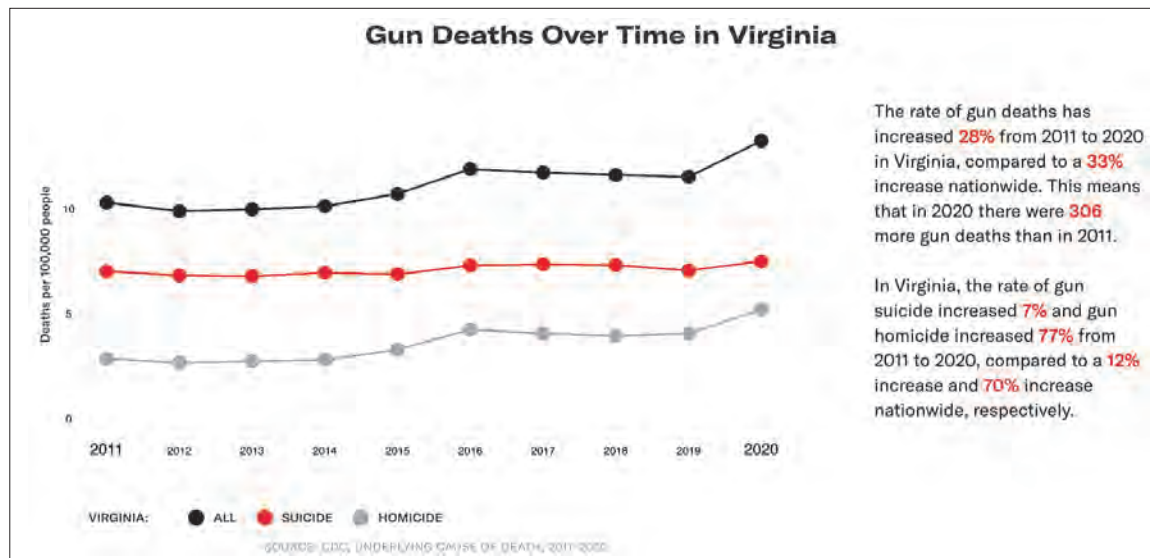
Beyer

toll of gun violence is borne by survivors, their families and our entire economy.”

As chairman of the Joint Economic Committee, Beyer recently led a hearing titled the “Economic Toll of Gun Violence: How Our Na-

SEE ECONOMIC TOLL, PAGE 12

decide to address this epidemic,” said U.S. Rep. Don Beyer (D-8). “From health care to education, business development to housing, the



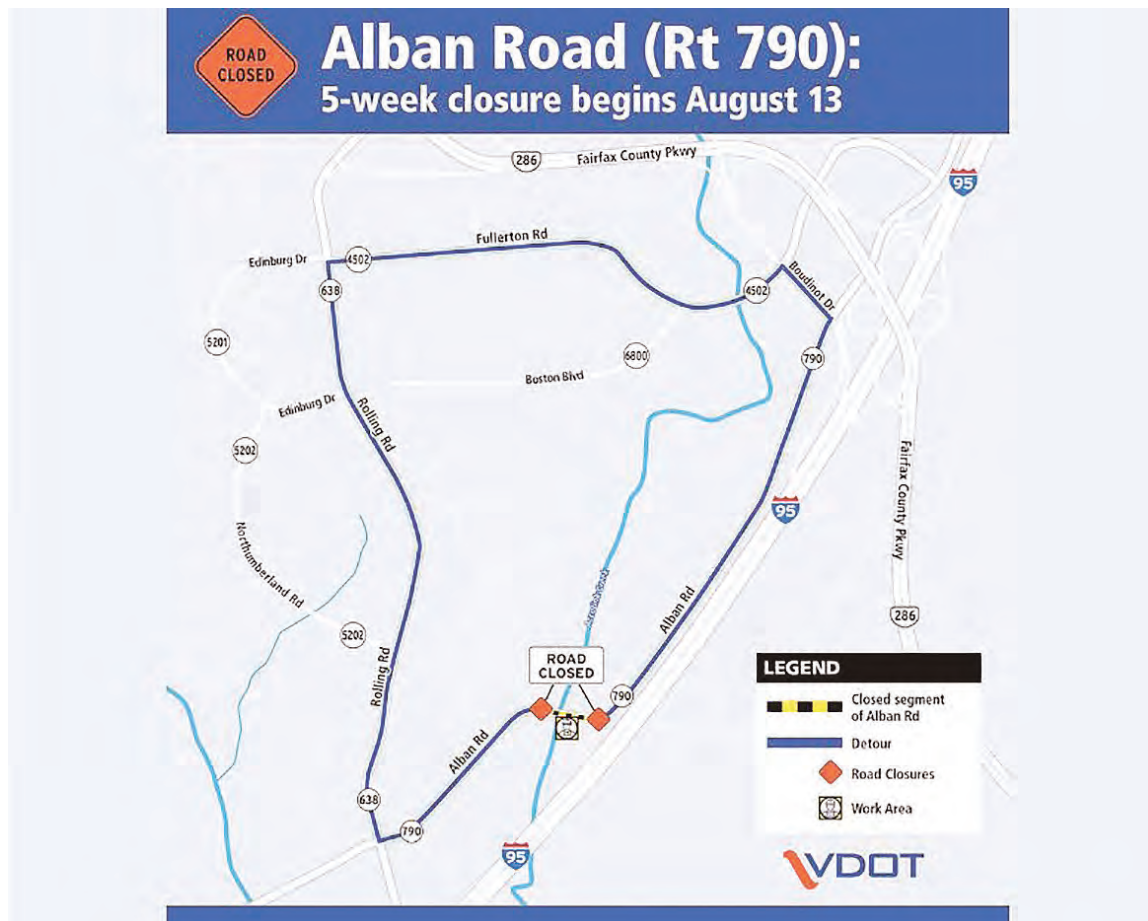




This is one of the 10,700 vehicles a day that cross this bridge on Alban Road.



Deteriorating concrete is one reason for the reconstruction.



## NEWS

# Bridge Rehabilitation Will Mean Five Weeks of Detours

Alban Road in south Springfield will be closed at Accotink Creek bridge.

By MIKE SALMON  
THE GAZETTE

**B**eginning Aug. 13, drivers that use Alban Road to access points in Lorton or southern Springfield need to look at other options when traveling through this area when the Virginia Department of Transportation closes a section of Alban Road for bridge rehabilitation.

Traffic will detour via Alban Road, Rolling Road, Fullerton Road and Boudinot Drive back to Alban Road, VDOT said.

There are a few businesses along Alban that will be impacted and the word about the closure hasn't yet gotten around. The residents on Mazzello Place, a residential street about 200 yards from the bridge, had not heard about nor had the manager of Crown Fried Chicken north of the bridge. "Lunch time is busy, this is not good for business," the manager said.

A few doors down at Bozelli's Deli, Conner Feysa behind the counter overheard some customers talking about it. "Not that big of a deal," he said.

This bridge was built in 1950 and repaired in 1991. Wear and tear from the crossing of 10,700 vehicles a day has caused some of the concrete to deteriorate, so VDOT will replace the concrete, reinforcing it with steel. VDOT plans to reopen the bridge in late September. Officials have not come up with a final price tag for this bridge repair.

This is not the first bridge in this area to undergo reconstruction. In March 2021, another bridge carrying Old Colchester Road over Pohick Creek in the Lorton area was reconstructed. It was falling apart and was part of a larger area of transportation assets that received a C-minus from the American Society of Civil Engineers.

VDOT has a "State of Good Repair," program that provides

funding for deteriorated bridges in "Poor Condition," or otherwise known as structurally deficient for bridges that are owned by the VDOT and/or localities, their information stated.

VDOT looks to rehabilitate, reconstruct, or replace deficient elements in the most practical and cost-effective manner and must also include measures to mitigate future deterioration. Bridge replacement projects are generally expected to be "in-kind" replacements. SGR funds are not intended to pay for increases of traffic capacity of a bridge or roadway.

### Bigger Bridge Picture

The Federal Highway Administration has an Office of Bridges and Structures that provides national policy and technical guidance related to the design, construction, inspection, evaluation, management, and preservation of the nation's inventory of highway bridges, tunnels, culverts, walls, and other ancillary structures. This is done through regulations published in the Code of Federal Regulations and in supporting policy documents such as memos and technical advisories, the FHWA said.

The Office of Bridges and Structures manages over 610,000 highway bridges, more than 500 tunnels, and numerous other structures across the entire USA. Under the Federal-Aid Highway Program, FHWA annually distributes funding of approximately \$7 billion to assist transportation agencies plan, design, build, repair, rehabilitate, and inspect such bridges and structures.

VDOT's bridge reconstruction announcement comes right on the heels of over \$330 million in new funding from the Northern Virginia Transportation Authority for construction on critical projects throughout the county, including the purchase of electric buses, widening of key roads, and commencing work on "The One," the new Route 1 Bus Rapid Transit system. While this particular bridge is not part of that, transportation improvements have a trickling effect on the whole transportation picture.

PHOTOS BY MIKE SALMON  
THE GAZETTE

There will be signs but no alternate creek crossing at the construction site.

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## Workers Must Benefit Too

BY: DELEGATE PAUL KRIZEK

I am a glass half full kind of person. As volatile as our economy is, I try to be optimistic, yet still realistic. And, with our COVID-economy in transition, I see the light at the end of the tunnel, especially for our workforce here in Virginia, even though it is unclear whether we are headed towards a recession in an attempt by the Federal Reserve to curb inflation with sharp interest rate hikes. So, even though the world may feel more chaotic than ever, I am determined to stay positive, and you should too, because we live in a wonderful community in the greatest nation on earth, where it is still possible to live the American middle-class dream. Yes, we have war in Ukraine, gas topping \$5 a gallon, and volatility in the financial markets. But the Ukrainians are persevering under tremendous odds, and with help from the West, gas prices have been dropping every day for well over a month, and the stock market is stabilizing. Most significantly, the labor market is tightening, and workers have the opportunity to flex their muscles by organizing to up their pay, improve their working conditions, and increase safety on the job. Moreover, during the 2022 session of the General Assembly earlier this year, we won the legislative fight to protect the good labor reform laws we passed in the sessions of

2020 and 2021 from getting repealed or watered down. For example, the minimum wage is still going up (In fact, this week marked the anniversary of when the federal minimum wage was last raised to \$7.25, which was too long ago - 2009) from its current \$11 an hour to \$12 an hour next January 1st. Even more important for worker empowerment is that this week saw the Richmond City Council join our Northern Virginia jurisdictions (as already has occurred here in Fairfax County) to vote for providing its employees with the power to collectively bargain. I am also encouraged that Northern Virginia localities are passing ordinances requiring prevailing wages for construction workers and piloting Project Labor Agreements for our public works.

Indeed, we are amid a national labor resurgence. After decades of declining union membership, labor organizing is on the upswing. The reasons why are many, but it looks like workers are finally in a position to benefit. It's not that workers have not wanted better working conditions, higher wages, and better benefits before. But now you are seeing young people, especially, taking jobs to organize workers, like Starbucks' baristas are doing at over 250 locations across the country. Union representation



Krizek

petitions (to have the NLRB conduct an election to determine if the workers wish to be represented by a union) filed this fiscal year are up 58 percent, already far beyond the number from last year. In May, nationally, there were more than 11 million job openings - 4.5 million more than before the pandemic. Currently, robust hiring is broad-based across all sectors of the economy.

Meanwhile, here in Virginia, we have a strong labor market, which has produced 61,000 jobs in the first three months since January, driving strong growth in payroll withholding to give our state budget a surplus. There were 113,000 more Virginians employed in April 2022 than there were in April 2021, an increase of 2.7 percent year-over-year. Payroll employment was estimated to have grown 3.2 percent in April versus the prior year. While Virginia has underperformed the nation in jobs recovered since the pandemic, ranking 47th overall, momentum is building. For the first four months of this year, Virginia ranked 16th among the states for employment growth.

The outlook for continued job growth is positive as more Virginians are returning to the workforce. After falling much more than the nation during the pandemic, Virginia's labor force par-

ticipation rate has increased 0.9 percentage points since December. In Virginia, payroll employment rose 3.2 percent in April from April of last year. Employment in Northern Virginia rose by 3.0 percent, Hampton Roads rose 1.8 percent, and Richmond-Petersburg rose 2.1 percent. The seasonally adjusted unemployment rate was unchanged at 3.0 percent and stands at 1.3 percentage points less than a year ago. (All statistics are from the Secretary of Finance's May revenue report.)

So, it's no coincidence that we're seeing waves of support for unions. While companies are posting record profits, workers in essential industries have not seen their wages keep pace with inflation. According to the AFL-CIO's Executive Paywatch Report, in 2021 real wages for workers fell by 2.4%, while CEO pay rose by 18.2%. Labor unions give workers the opportunity to come together and bargain for wages and benefits that are fair for workers. The public knows that union members were at work during the worst of COVID, keeping our economy from tanking and dedicated to getting the job done. The bottom line is that this economy is giving workers a chance to balance the power dynamic between them and their employers by organizing and sharing with businesses their financial success. And this progress is long overdue.

## Letter at Large:

Global climate change is our reality and it is forcing us to rethink urban design to accommodate increased variability in the weather. Part of rethinking design will be attempting to channel and control water. However, the idea that funding should be spent

on building flood walls or levees in a drained flood plain does not represent sound decision making. The time and money spent on these projects would be better served designing communities and controlled flood zones, as opposed to maintaining unsustainable systems well past their environmental due.

In the case of the flood control measure discussed in the last issue of the Mount Vernon Gazette, the overarching premise that flood walls and a levee system will protect communities in and around Bellevue from increased flooding

is mis-guided. The Bellview community sits on a drained marsh/flood plain. Portions of the plain are below river level requiring the building of canal networks. Flooding occurs simultaneously from

SEE LETTERS, PAGE 10

## Life and Struggles after Roe

DELEGATE KENNETH R. "KEN" PLUM



Plum

The history of our country has been one of ever-evolving rights and freedom to fulfill the promises contained in the Declaration of Independence and the Constitution. The one notable exception oc-

curred last month when the Supreme Court overturned the Roe v Wade decision of almost 50 years ago that had given women some control over their reproductive health decisions. It was, as so many have cried out in horror, the first time the Supreme Court had taken back a right that had been granted to citizens! The decision

SEE LIFE AND , PAGE 10

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Valter L. Alcorn  
Board Matters

Supervisor Walter L. Alcorn (D-Hunter Mill) presents the Joint Board Matter he and Supervisor Rodney Lusk (D-Franconia) brought forward.



Supervisor Rodney Lusk (D-Franconia)



Chairman Jeffrey C. McKay (D- At-large)



Bryan J. Hill, Fairfax County Executive

# Can't Get a Foot in the Door

## Housing discrimination found in Fairfax County.

BY MERCIA HOBSON  
GAZETTE PACKET

Recently released findings by the Equal Rights Center, contracted by Fairfax County, observed discernable differences between housing providers' treatment of White and Black testers in eight of 25 rental tests. The Equal Rights Center observed discernable differences between housing providers' treatment of White and Black testers in eight of 15 Mortgage Lending tests. And ERC observed discernable differences between real estate agents' treatment of White and Black testers in six of 14 sales tests.

The testing showed housing providers were more likely to give white testers more detailed information, respond more frequently to their messages, and offer more favorable terms than their matched-pair counterparts, said Supervisor Walter Alcorn (D-Hunter Mill) on June 7, at a regular meeting of the Fairfax County Board of Supervisors.

Testers reported certain housing providers lacked the training to provide the same level of treatment to deaf individuals as they do to hearing individuals.

"The numbers reported for the lending and sales markets were more troubling," Alcorn said. "They clearly show that historical practices of segregating neighborhoods through steering or offering no or worse loans to Black individuals are still very much an issue today."

At the June 7 meeting, the Fairfax County Board of Supervisors approved the Joint Board Matter, Review of Enforcement Program for Fair Housing, which was proposed by Alcorn and Rodney Lusk (D-Franconia). The vote was unanimous.

"This should not be happening. This is horrible," said Lusk during the discussion at the board meeting. "It's making my stomach

turn to even talk about it."

Lusk said the Board must educate the community, adding he never thought he would be treated differently when going through the housing process. "It is unfortunate this sort of activity is still occurring," he said.

Lusk said they needed to identify what they were doing and how to partner with others. "There might be a role that Fairfax County takes, even separately, to make sure we are protecting our residents," Lusk said.

**"The numbers reported for the lending and sales markets were more troubling. They clearly show that historical practices of segregating neighborhoods through steering or offering no or worse loans to Black individuals are still very much an issue today."**

— Walter Alcorn, Hunter Mill Supervisor

The board directed the Fairfax Office of Human Rights and Equity Programs to review its enforcement program for fair housing and provide the Board with a plan to enhance its education and training activities that includes an ongoing review of the effectiveness of these activities.

Fairfax County's policy is to provide housing throughout the County without regard to race, color, sex, religion, national origin; marital or familial status; disability; sexual orientation and gender identity; elderliness; military status; or source of funds, said Alcorn.

In 2019, Fairfax County contracted with the Equal Rights Center (ERC) to provide

email, phone, and in-person testing services in the rental, lending, and sales housing markets.

During the contract term, June 2019 to March 2021, the Equal Rights Center conducted and analyzed 122 tests in the county based on race, national origin, and disability. The Fairfax County Human Rights Commission recently provided a summary of the results of these tests in the Fair Housing Rental, Sales, Lending Testing Report (<https://www.fairfaxcounty.gov/humanrights/sites/humanrights/files/assets/documents/pdf/fair%20housing%20testing%20report.pdf>).

### RENTAL TESTS

Equal Rights Center analyzed 25 rental tests based on race, which compared treatment between a Black tester and a White tester. The ERC observed discernable differences between housing providers' treatment of White and Black testers in eight tests. The Leasing Agent:

- ❖ Quoted the Black tester a higher rent amount than the White tester
- ❖ Told the White tester the apartment they were viewing was available now, but told the Black tester it was not available until later
- ❖ Told the Black tester about more fees

### LENDING TESTS

Equal Rights Center analyzed 15 lending tests based on race, which compared treatment between a Black tester and a White tester. The ERC observed discernable differences between housing providers' treatment of White and Black testers in eight tests. The Loan Officer:

- ❖ Only offered the Black tester first-time homebuyer loan products
- ❖ Gave the White tester a loan quote without asking their income
- ❖ Only generated a quote for the White tester

### RENTAL TESTS

Equal Rights Center analyzed 13 rentals based on disability, all of which compared treatment between a Deaf tester using either an IP relay service or a video relay service and a hearing tester using a traditional phone service. The ERC observed discernable differences between housing providers' treatment of Deaf and hearing testers in six tests. The Leasing Agent only:

- ❖ Questioned the Deaf tester on how they found out about the complex
- ❖ Asked the hearing tester for their contact information
- ❖ Offered the hearing tester a live tour
- ❖ Told the Deaf tester about more stringent application requirements than the hearing tester

### HIGHLIGHTS OF SAMPLE DIFFERENCES

Source: Fair Housing Rental, Sales, Lending Testing Report, Fairfax County Human Rights Commission, Fair Housing Program



# The Potomac River Is Healing, but Problems Remain

River groups hope to open beaches for swimming along the Potomac.

BY GLENDA C. BOOTH  
THE GAZETTE

While the Potomac River is no longer “a national disgrace,” as then-President Lyndon Johnson decried in 1965, it still faces challenges, two river stewards told a July 20 gathering of 40 at Alexandria’s Athenaeum.

The river’s water quality grade rose from a D in 2010 to a B- in 2020, reported Hedrick Belin, President of the Potomac Conservancy, adding, “There is still work to do.”

Nancy Stoner, President of the Potomac Riverkeeper Network (PRK) credited the 1972 federal Clean Water Act for much of the river’s improving health and commended Alexandria for being on schedule to meet the 2025 deadline for the \$454.4 million River Renew project, an initiative designed to keep 140 million gallons of untreated sewage out of waterways each year.

## Challenges Loom

Despite some advances, “There is one glaring red mark,” Belin warned, stream-side trees. “In fact, forested buffers, as we call them, received a flat-out F in our report card,” he cautioned.

Trees, shrubs and other plants near waterways help filter out pollution, stabilize stream banks and keep streams and rivers cool in hot weather. Without riverside vegetation, silt, sediment, trash and other pollutants flow into rivers during rain storms.

“Currently there is a real supply chain issue around having enough trees to plant,” Belin said, offering two solutions. The Conservancy helped persuade the Maryland General Assembly to finance the planting of five million trees over the next 10 years and to require that at least 10 percent or half a million trees be planted in underserved communities.

This fall, the Conservancy will launch “Tomorrow’s Trees,” a program that will organize acorn and other hardwood seed collection that will then go to tree nurseries, providing what Belin called, “much needed stock. Today’s seeds will become tomorrow’s trees.”

At 18 sites, Potomac Riverkeeper volunteers monitor turbidity, pH, temperature and E. coli bacteria weekly from May to September by taking samples and analyzing them in their floating lab, the Sea Dog. Among other sites, the group collects samples at Orono Bay, Belle Haven Marina, Little Hunting Creek, Pohick Bay and National Harbor. Their online Swim Guide reports results for E. coli bacteria. The July 20, 2022, report found, for example, that the water at the marina “meets water quality standards,” but water quality at Little Hunting Creek, “failed to meet water quality standards.”

Showing a 1918 photo of swimmers on a three-tiered platform in Washington’s Tidal



Hedrick Belin, President of the Potomac Conservancy and Nancy Stoner, President of the Potomac Riverkeeper Network speak at the Athenaeum in Alexandria on July 20.



Historic photo from the Tidal Basin

Basin, Stoner said that the network wants to make the river swimmable and to create public swimming beaches. The group’s website says that “the water is sometimes still too polluted for safe recreational use,” but asserts that some areas are “often clean enough to swim at public access points such as the Tidal Basin, Hains Point and Fletcher’s

Cove.” They are advocating repeal of the District of Columbia’s swimming ban imposed in 1971.

She showed a slide identifying six possible sites for swimming beaches in the Washington region. In Virginia, possible sites are Jones Point Park, an area just north of Belle Haven Park and Gravelly Point Park. Site se-



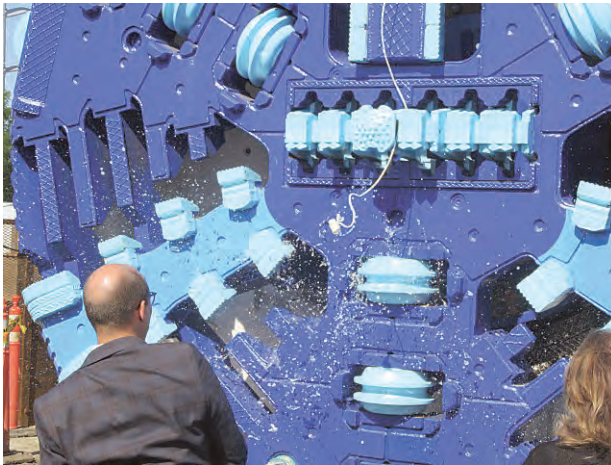
An Alexandria wastewater official explains the River-Renew project to keep untreated sewage out of area waterways.



A forum on the health of the Potomac River at the Athenaeum in Alexandria on July 20.



On July 14, AlexRenew introduced the public to the German-made tunnel boring machine which they named “Hazel.”



On July 14, Alexandria Mayor Justin Wilson christened Hazel by breaking a bottle of treated wastewater on the machine.

## Potential Beach and Potomac Swimming areas in the DC region



Map of potential public beaches

lection criteria include good water quality and publicly-owned lands, Stoner said in a follow-up call. The PRK released a swimmable Potomac report on July 23.

## Will We Swim in “Bathwater”?

Both speakers cited a warming planet as a serious threat. Rising temperatures make

water warmer, Stoner said, and warmer waters hold less dissolved oxygen which can harm fish and other aquatic species.

Belin also said that the warming atmosphere is bringing more extreme weather and flooding to the region. More severe storms dump more sediment and pollution into rivers. Droughts are becoming longer. A



Paddlers on the Potomac River



Group paddling at Key Bridge.

Conservancy 2021 report titled “Rising to the Challenge” examines what the warming climate means for the Potomac and the Washington, D.C., area.

The report says, “Washington, D.C., is coming off its hottest decade on record (2011-2019) and temperature rises have been observed in every state within the Potomac River watershed.” The study predicted that by 2080, “the number of days when the heat index tops 95 degrees Fahrenheit in the nation’s capital may double by mid-century and triple by 2080.”

During a July 2019 heat wave, “the Potomac River felt like bath water,” said the report, with a record water temperature of 94

degrees Fahrenheit at Little Falls.

Belin also said that the Potomac “has risen almost a foot in the last century, and it’s expected to rise another three feet by 2080.”

The Conservancy has enlisted the University of Maryland’s Dr. Sacoby Wilson to help address environmental justice concerns, Belin said. Wilson has written that racial-discriminatory housing practices, called “redlining,” have resulted in lower-income communities having fewer ecological amenities like tree canopy and green spaces, and more impervious surfaces which absorb and re-release heat. One study found an eight-degree temperature difference between redlined versus non-redlined areas.

Stoner urged cooperation. “We’re proud of what we’ve accomplished and if we continue to work together, we’ll have a cleaner river that everyone can enjoy,” she said.

The event also featured an art show titled “Potomac River Life” with 40 local artists participating and proceeds going to the artists and the Riverkeeper organization. The exhibit catalog is here: <https://www.nvfaa.org/potomac-river-life-catalog>.

Information:  
Potomac Conservancy, [www.potomac.org](http://www.potomac.org);  
[www.swimguide.org](http://www.swimguide.org)  
Potomac Riverkeeper Network, <https://www.potomacriverkeepernetwork.org/>



## OPINION

# Life and Struggles After Roe

FROM PAGE 6

was concurred in by justices who had lied to get confirmed in their positions by saying that the issue of abortion was settled law.

Vice President Kamala Harris came to Virginia last Saturday to hold a roundtable discussion with state legislators and community organization members on the steps that need to be taken to overcome the ramifications of this unfortunate Supreme Court decision. She was adamant that the administration was going to be taking all the steps it could to get the standards in the original Roe decision to be written into federal law and to protect those innocent victims who in the meantime would be hurt by the reversal.

She is also encouraging states to take action to protect women and their rights to control their own health care decisions. I was honored to be part of the discussion. The public part of the roundtable can be viewed at <https://youtu.be/fdrnGwCcSYs>

Virginia women legislators provided pointed testimony that their own daughters would have fewer rights than they did in growing up. At a time when women are achieving such incredible success in the business and political worlds this setback was unwarranted. A majority of members of the Democratic caucus in the House of Delegates are women. Virginia is the first state in the South to be a safe haven for abortion.

That came about when Democrats controlled the legislature and the governorship. It has not always been so.

In the half century since the Roe v Wade decision, the Republicans in the state put into place a number of measures designed to make it more difficult for a woman to get an abortion since they could not prohibit it outright. There was the requirement for an ultrasound examination that medical doctors testified was unnecessary, but the requirement was passed anyway along with waiting periods and counseling requirements. Already 15 states have passed laws to ban abortions, and the governor in Virginia has indicated support for a ban after 15

weeks without exceptions for rape, incest, or health of the mother.

In the years I have been in the legislature I have heard incredibly moving testimony as to why abortion as an option must be left in place. Real stories of rape and incest told by the victims, fetal abnormalities, and health threats to women are realities as well as the myriad of circumstances that women face in making decisions about their reproductive health — all of this makes it clear that the government must not make the decisions for them. Support and vote for candidates for office that will keep Virginia the safe haven that it is for women and their reproductive health decisions.

FROM PAGE 6

the river rising, but also from the drainage of water from the surrounding communities into Dyke Marsh. Even the best designed flood wall and levee system can not compete with this kind of geography.

If there is concern about housing stock in and around this section of Northern Virginia, a suggestion for a solution comes in the form of the Route One corridor. Portions of the Route One corridor are significantly above the Potomac River and away from marsh land that accompanies it. Furthermore, there are already plans in the works for increasing mass-transit and multi-modal transit infrastructure in that space, which would lead to an overall decrease in the cost of living at these locations.

If the funds from the levee and flood wall project were to be divided into projects attempting to better utilize the Route One corridor, including but not limited to the de-

velopment of multi-modal and mass transit systems, plus developing green infrastructure potential along Route One and in the Bellview community, this would reframe the issue of global climate change and flooding into a potential regional economic driver.

It is easy to imagine a time in the not too distant future where land is allowed to go to prevent flooding in other spaces, combined with different kinds of urban farming programs, alternative energy generators, to create a community that is conscious of global climate change and is also using that change as a means to create a more healthy and sustainable future. This is the future that we must place our capital into. Not into preserving an antiquated understanding of place and design.

Northern Virginia has the opportunity to be a national leader in green infrastructure projects and reinvigorating an economy to benefit, not fleeing, from global climate change. The proposal at Bellview is flawed not only from an engineering sense but also

from an ideological sense; and we, the community, vote no.

**Colin Chadduck**  
Alexandria 22314

## Criminal Conspiracy To Undermine Our Freedom

To the Editor:

The January 6th hearings have wound down for the moment but I won't forget what I learned — that what happened that day wasn't an isolated attack on our Capitol. It's part of an ongoing criminal conspiracy to undermine our freedom to vote and to choose our elected leaders.

Trump and his pals worked together to try to stop the peaceful transfer of power because the 2020 presidential election didn't go their way.

Now, they're working to make sure all of our elections go their way in the future, whether we vote in their favor or not.

Never before have we seen so many candidates running for office on a platform that promises to destroy our democracy from the inside out. Worst of all, many of these right-wing extremists are looking to take over election administration, running for offices like secretary of state and county clerk. Once they're sworn in, many won't hesitate to overturn future elections if they or their MAGA allies lose.

The only way we are going to protect our elections is to fight back and make our voices heard. If our vote wasn't powerful, insurrectionists wouldn't be working so hard to take our freedom to vote away. It's up to us to hold election deniers accountable at the polls and elect democracy defenders up and down the ballot on November 8th.

**Patricia Rowell**  
22308

### BULLETIN BOARD

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

**CELEBRATE NATIONAL FARMERS MARKET WEEK, AUG. 7-13**  
Fairfax County Farmers Markets

will join farmers markets across the nation in celebration of National Farmers Market Week, August 7-13. Farmers Market Week highlights the role of farmers markets in supporting healthy communities, stimulating local economies, and supporting local farmers. The mission of the Fairfax County Farmers Markets is to provide

residents access to locally grown products and create market opportunities for area farmers and food producers. Join us as we celebrate the contributions our local farmers and food producers to the Fairfax community!

Visit each of the 10 farmers markets August 7-13 to support local

farmers and businesses, learn how to prepare fresh ingredients at our cooking demonstrations, participate in fun & educational activities, listen to live music, and enjoy delicious foods from local producers. Farmers Market Week is also Bike to Market Week in Fairfax County. We invite you to bike to your local Fairfax County farmers market. To

find a safe route, see the Fairfax County Bicycle Map. While you're at the market, stop by the Fairfax Alliance for Better Bicycling (FABB) table to learn about safe biking strategies and more.

Supplemental Nutrition Assistance (SNAP) EBT cards can be used  
SEE BULLETIN BOARD, PAGE 11



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## NEWS

### Driver Charged in Death of Pedestrian

**D**etectives from Fairfax County Crash Reconstruction Unit have charged the driver of the 2007 Toyota Camry from the July 6 fatal pedestrian crash. The driver, Diego Juarez Gomez, 19, of Maryland was traveling south on Richmond Highway, struck McPhail in the roadway and did not stop at the scene.

Detectives obtained warrants for Juarez Gomez for felony hit and run and driving without a license. On July 7, Juarez Gomez turned himself in at the Adult Detention Center where the warrants were served. He was released on his own recognizance.

Victim advocates from our Major Crimes Bureau's Victim Services Division have been assigned to this case to ensure the victim's family is receiving appropriate resources and assistance.

The fatal crash occurred July 6 in the 5600 block of Richmond Highway in the Fairfax County section of Alexandria. Officers responded at 10:20 p.m. for a pedestrian

struck by an initially reported dark-colored, older-model SUV on Richmond Highway near Huntington Avenue. The pedestrian, Doris Anita McPhail, 56, of Alexandria, was taken to a nearby hospital with injuries considered life threatening. McPhail succumbed to her injuries the next morning.

Detectives determined the driver of a 2007 dark-green Toyota Camry was traveling southbound on Richmond Highway. McPhail was crossing Richmond Highway outside of a crosswalk in a dimly lit area when she was struck in the left lane of the roadway. The driver did not stop to assist or render aid.

As detectives were investigating the crash, the driver of the striking vehicle called 911 and notified dispatchers of their involvement in the crash. Detectives presented details of the investigation to the Office of the Commonwealth's Attorney. Preliminarily, alcohol and speed do not appear to be factors in the crash.

#### BULLETIN BOARD

FROM PAGE 10

at select Fairfax County Farmers Markets. Thanks to partnerships with Virginia Fresh Match, FRESHFARM, Cornerstones, Arcadia and Britepaths, you can use your EBT card at the McCutcheon/Mount Vernon, Annandale, Reston and Lorton Farmers Markets. We DOUBLE SNAP benefits so you can purchase fruits and vegetables for free! Visit [www.fairfaxcounty.gov/parks/farmersmar-](http://www.fairfaxcounty.gov/parks/farmersmar-)

kets/farmers-market-week for the Farmers Market Week schedule and list of activities.

#### VOLUNTEERS NEEDED

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

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# ENTERTAINMENT

## 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/>

## NOW THRU 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.

## NOW THRU 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.

## FRIDAY/JULY 29

**The Hot Lanes Jazz Orchestra Performs.** 7 p.m. At the Vienna Town Green, Vienna. Join them in a night of cool jazz. Free, outdoors.



**Jane Franklin Dance: Watch the River Flow will be presented Saturday, Aug. 6, 2022 at The Athenaeum in Alexandria.**

## Jane Franklin Dance

Watch the River Flow. 7 p.m. At The Athenaeum, 201 Prince Street, Alexandria. Watch the River Flow is inspired by artworks from NVFAA's current exhibit “Potomac River Life.” Works explore the Potomac River, its vital role in the regional ecosystem. Artworks by Michael Gessner River Vessel, Eric Jackson LargeMouth Bass, Potomac River, 2022, Elizabeth Matthews Great Falls at Dusk, Alison Sigethy Freshwater Microverse and David Whitmore Extant motivate a response in movement. Ticket Link: <https://janefranklin.com/performance/watch-the-river-flow>

## SUNDAY/JULY 31

**The Science Behind Harry Potter Specialty Tours.** 10 a.m. to 8 p.m. At the Apothecary Museum, 105-107 S Fairfax Street, Alexandria. In honor of Harry's birthday on July 31st, the Apothecary Museum is offering a special guided tour for families (and adults who missed their Hogwarts letter) that will explore the old Apothecary and the historic Muggle medicines that inspired the Herbology and Potions of Harry's wizarding world.

## FRIDAY/AUG. 5

**Sports 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/AUG. 6

**Friendship Firehouse Festival.** 9 a.m. to 2 p.m. At Friendship Firehouse Museum, 107 S Alfred St., Alexandria. Head to the 100 block of South Alfred Street to celebrate Friendship's 248th year. Visit the historic Friendship Firehouse Museum, learn about fire safety today and in centuries past, and see City firefighting equipment up close. There will be displays by community organizations, local vendors, and food and beverages available. Children receive free Friendship fire hats.

## SATURDAY/AUG. 6

**Used Book Sale:** 10 a.m. – 4 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane, SEE CALENDAR, PAGE 13

## Economic Toll of Gun Violence is More than \$14 Billion a Year for Virginia

FROM PAGE 3

tion Bears the Cost.” The hearing examined how the increasing scourge of gun violence in America is a financial drain on school systems and emergency rooms, diverting money away from other priorities to respond to the immediate crisis posed by the increase of mass shootings.

“If you talk to any school superintendent, mayor or trauma surgeon in a town that has experienced a shooting, they can produce a long list of costs that extend far beyond the immediate items we are counting,” said Sarah Burd-Sharps, senior director of research at Everytown for Gun Safety Support Fund. “These include costs to address the trauma of children who don't want to return to school, costs to neighborhood businesses and home values.”

**GUNSHOT WOUNDS** pose a significant challenge to emergency rooms, and the long term strain on health-care premiums is spread out across the system. A recent study from the Government Accountability Office

found that firearm-related injuries account for 50,000 emergency room visits each year with an average cost of \$1,500 each. And that's just the initial visit. Those emergency room visits are followed by 30,000 more hospital stays at an average cost of \$31,000 each. Total cost: more than \$1 billion.

“Unsurprisingly, treating gunshot wounds is far more expensive than treating other kinds of violent injuries, such as stab wounds,” said Dr. Chethan Sathya, director of the Center for Gun Violence Prevention at Northwell Health. “Patients who require long term care because of their firearm injuries see skyrocketing costs, and the cost is borne by both public and private insurers.”

In his testimony to the Joint Economic Committee, he pointed out that the initial costs of firearm injuries are three times more expensive than other injuries. He pointed to studies showing firearm injuries are five times more expensive than motor-vehicle injuries,

and children with gunshot injuries are more likely to need expensive medical imaging than those with other injuries.

He also presented research showing that the cost of caring for serious gunshot wounds is increasing in part because fatalities after surgery are increasing while admissions for gunshot wounds are increasing.

“As other parents are helping

**”From health care to education, business development to housing, the toll of gun violence is borne by survivors, their families and our entire economy.”**

their kids get ready for school in the morning, picking them up from soccer practice in the afternoon, and cooking them dinner at night, my fellow doctors and I will still be here, rushing to meet ambulances,” said Sathya. “We'll continue to do everything in our power to save as many children as possible, one surgery at a time.”

**SCHOOL SYSTEMS** across Virginia are also taking a financial hit as they spend increasing amounts of money to protect students from the threat of gun violence. Last year alone, the federal government spent more than \$3 billion to help schools upgrade security in anticipation of more gun violence. And that's a threat that is not expected to decline anytime soon. The total is expected to increase 8 percent each year indefinitely. The recent bipartisan legislation to address gun violence last month includes \$1 billion for schools to create “safe and healthy learning environments,” as well as an additional \$300 million for training and equipment that can help during a threat of violence.

“For children exposed to a fatal school shooting in their local area, antidepressant use increases significantly for years following an incident,” said Beyer. “Students that experience these incidents experience more frequent school

absences and have a greater chance of repeating a grade, and they are less likely to graduate from high school or attend college.”

Although the Joint Economic Committee compiled a massive amount of research and data for the hearing last week, Beyer also pointed out that the existing research probably underestimates the toll. Since 1996, federal funds have been prohibited from going toward advocating or promoting gun control. He said that provision, known as the Dickey Amendment, prevents the Centers for Disease Control from using federal money to conduct gun violence research. As a result, he said, the true scope of the problem is unknown and probably much greater than estimated.

“We need a national health care fund for gun violence survivors that is paid for by taxes on gun and ammunition manufacturers and consumers,” said Paul Friedman, founder of the gun-violence prevention group Safer Country. “It would cover all medical bills, both physical and mental, for survivors.”



# CALENDAR

FROM PAGE 12

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>.

## SATURDAY/AUG. 6

All About Figs. 10 a.m.-12 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. (Adults) For millions of years, fig trees have shaped our world, influenced our evolution, nourished our bodies, and fed our imaginations. Join Dr. Jafar Vossoughi as he presents a comprehensive coverage of this small, unusual fruit, including its history, botany, biology and the cultivars suitable for our region. Then, take some time to explore the fig trees in our fruit garden. Dress for the weather. \$24 per person. Code POU.EZVK.

## SATURDAY/AUG. 6

Historic Pohick Church First Saturday Tour. 1-3 p.m. At 9301 Richmond Highway, Lorton. 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 on the first Saturday of every month. Call the church office at 703-339-6572 or visit our website at <http://www.pohick.org>.

## THE BIRCHMERE

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

## JULY

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

## AUGUST

Mon. Aug. 1: SHINYRIBS \$35.00  
Wed. Aug. 3: AMERICA \$99.50 Sold Out  
Thu. Aug. 4: MARTY STUART & HIS FABULOUS SUPERLATIVES \$66.00  
Fri. Aug. 5: EU Featuring SUGAR BEAR 'Birthday Show' \$35.00  
Sat. Aug. 6: 1964 THE TRIBUTE \$45.00  
Thu. Aug. 11: DAN TYMINSKI BAND \$35.00  
Fri. Aug. 12: CHRISSETTE MICHELE \$69.50  
Sat. Aug. 13: MARCUS MILLER \$69.50 (Rescheduled from 5/12/22. All 5/12/22 tix honored) SOLD OUT!  
Sun. Aug. 14: THE SINATRA EXPERIENCE with Dave Halston \$55.00  
Wed. Aug. 17: THE FABULOUS THUNDERBIRDS \$39.50  
Fri. Aug. 19: JON B. \$59.50  
Sat. Aug. 20: MELANIE FIONA \$59.50  
Sun. Aug. 21: CHRISTOPHER CROSS "40th Anniversary Tour!" \$69.50  
Mon. Aug. 22: The FIXX with special guest Jill Sobule \$49.50  
Thu. Aug. 25: PETER WHITE \$49.50  
Fri. Aug. 26: HUGGY LOWDOWN with CHRIS PAUL & FRIENDS \$35.00

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## No Guessing



By KENNETH B. LOURIE

I'm having a difficult time this week finding a topic to write about. I don't think it's writer's block, although after nearly 25 years a of publishing columns, I imagine it's possible. No, the problem is that the topic I want to write about weekly, whether it's cancer related or not, is what I feel. And this week, what I feel, I can't write about out of respect for the subject. I just can't discuss it publicly. I can only deal with it privately. If it were about me/my health, I'd feel free to elaborate. But it's not. And so, writing about what I couldn't write about seemed like a compromise of sorts. Given the intensity of my feelings right now, it would be impossible for me to write about anything else other than what I'm not writing about. I hope you all understand. If not, see this space in the future for an update. I'll try to be more clear next time.

Not that you all read my column for breaking news or Jack Anderson-type muckraking, but I know you expect honesty. And in this column, I am being honest. I just can't talk about what I'm not being honest about. I can only admit to remaining silent, on the advice of counsel you might say, and try to write between the lines in a way that communicates to you regular readers the weight I'm carrying. Though I am not alone in this burden, I can only mention, indirectly, how it's affecting me.

My late father used to say about me that I have broad shoulders, that I can take it. Well, the subject that I'm not talking about this week will definitely test my father's very reassuring assertion about his baby son. And in an odd way, though his statement goes back more than 20 years (he's been deceased since Dec. '06 and suffered his first stroke approximately 18 months prior), it's helpful to repeat it to myself and to write about it as well. Because what it is I'm not writing about is the fear of the unknown.

The unknown to which I vaguely refer is future feelings. I'm not exactly worried per se, as I've held up pretty well over these last 13 and a half years of being a cancer patient, and one who might have been misdiagnosed at that; and previous to my diagnosis, having both my parents die within two years of one another. Still, life goes on and it has gone on so I'd like to believe it will continue to go on even if this worst-case scenario plays out and reaches its ultimate end.

I remember when my father, the first of my parents to die, finally succumbed to his illness/age (he was 87). I was nervous and afraid how I'd respond, how I'd live my life without one of the most important influences in it. I survived it. But I think I survived it because my mother (another major influence in my life) was still alive, as she was for another two years until she succumbed to her illness/age (she was 86). However, when she died, my brother Richard I became orphans, as it were. That feeling of finality, the end of an era, both parents being deceased, never quite leaves you. There's always a missing piece, but it is sort of the natural progression of things, so over time, at least for my brother and I, you find a place for your grief and eventually wonderful memories come flooding back and you smile when you think of them.

Well, I'm trying to smile now. That's all I'm not going to say.

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

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## SENIOR LIVING



PHOTO COURTESY ALYSSA WILLIAMS

Dawson Colman's daughter Alyssa teaches him how to use his phone to keep track of his daily water intake.

## Seniors Surviving the Heat

**Staying hydrated, remaining indoors can help prevent heat illness in older people.**

By MARILYN CAMPBELL  
THE CONNECTION

**O**n a recent sunny and sweltering day, Dawson Colman parked his car and began to walk the three blocks to a restaurant in Old Town where he was meeting his daughter for lunch. By the time he reached the middle of the second block, the 82-year old had begun to feel nauseous and dizzy. He had to stop and text his daughter Alyssa Williams.

"I knew something was wrong, but I couldn't figure out why I suddenly started to feel sick. I never get sick," he said. "It felt like it came out of the blue."

"When he described what he was feeling, I knew right away that it was due to the heat," said Williams, who is a nurse practitioner in Vienna.

When temperatures soar, elderly people are more likely to fall victim to heat related illnesses than any other age group, according to the National Institute on Aging.

"Physically, the body of an older adult does not adjust as well as young people to sudden changes in temperature," said Lucy H. Caldwell,

Fairfax County Health Department. "Older adults are more likely to have a chronic medical condition that changes normal body responses to heat and are also more likely to take prescription medicines that affect the body's ability to control its temperature or sweat."

Nausea, dizziness and muscle cramps are among the symptoms of heat stroke, heat exhaustion and similar ailments, said Kurt Larrick,

Assistant Director, Arlington County Department of Human Services.

"Heat stroke is a life-threatening form of

hyperthermia [that] occurs when the body is overwhelmed by heat and unable to control its temperature," Larrick said. "Emergency medical attention is critical for a person with heat stroke symptoms, especially an older adult."

When it comes to recognizing and working to prevent heat-related illnesses, Colman's case serves as a cautionary tale. "No matter how healthy, energetic or self-sufficient you feel, don't underestimate the power of extremely high temperatures. You can go from feeling fine to feeling faint in minutes," said Williams.

When temperatures spike, hydration is your first line of defense, said Williams. "You have to drink water throughout the day even if you don't feel thirsty," said Williams. "I bought my dad a water bottle with a cross body strap, so he can have water with him at all times. I also downloaded a water tracker and reminder app on his phone to remind him to drink water throughout the day, even if he's not thirsty."

One way to beat the heat is to stay out of it.

"On hot and humid days, especially when an air pollution alert is in effect, older adults, particularly those with chronic medical conditions, should stay indoors in cooler places," said Larrick. "If at all possible, people without air conditioners or fans should go to places that do have air conditioning, such as senior centers, shopping malls, movie theaters and libraries."

When venturing outdoors, wear wide-brimmed hats, sunscreen and lightweight, loose fitting clothing made from breathable fabrics in light colors.

Stay connected to others or use a buddy system. "Check on neighbors, especially older adults," said Caldwell.

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