# Mount Pernon Gazette

Mount Vernon's Hometown Newspaper • A Connection Newspaper



Boat owner Skip Sharp in front of "Sharp One."



Sometimes Allen Foote's care-free life on a boat is the Illusion.

# Batten Down the Hatches for The Top Boat Names in 2022

### Boat US Releases the top boat names to shiver me timbers.

By Mike Salmon The Gazette

hen a boat gets a name, it seems to have a new personality and a new mission in life: to live up to its name, whatever that is. Recently, Boat US released the top 10 names, and the number one on the list, "Andiamo" is also the name of a boat moored offshore at the Belle Haven Marina in Mount Vernon.

"We got one here that's named that," said marina manager Alex Tiltman, pointing out to the river where some of the boats are moored to off-shore buoys. Tiltman knows all the boats at Belle Haven. Some are on drv-dock, others in slots with wooden docks, and others moored to floats about 50 yards out in a cove.

The U.S. Coast Guard requires boats to have a registration number and a name too in most cases. Sharp's boat, "Sharp One," was named after his father's boat that burned years back. "We toyed with changing it to Sharp II but we didn't," he said. A few slots down, there is a Hatteras model boat called "Illusion," that has some history along with the owner who used to be a tugboat captain. A previous owner had a baby on the boat, and at another time it sank to the bottom of the bay it was in.

The current owner, Allen Foote, is a relative of Andrew Hall Foote that Fort Foote is named after. Fort Foote is directly across the river from Belle Haven marina, and with all that harbor atmosphere in his blood, he's just happy to be on the Illusion while it sits in the harbor slot.

Foote recalled the story behind the Illusion. One of the past owners of the Illusion was from Arizona and had little boat experience before she found herself living on a boat with her husband and having a baby right on the boat. This was all an illusion of what she thought it was going to be like, and the weather was a big factor compared to life in Arizona.

The boat in the water, the rocking motion, the breeze, water birds, and sunshine is all part of it as well as the tight quarters and other boat-life elements.

"Feeling that motion puts one in a totally different state of mind," said Foote.

Jim Brown lives in Old Town and has had a few boats over the years that had one thing in common when it came to a name - the color blue. When he got his first boat, it was a clear day with blue skies, so he named it "Blue Bayou," for a friend who is from Louisiana. He held a contest amongst friends for his next boat and came up with Deja Blue, and then Easy Blue for the current boat.

"Once upon a time, my swimming partner and I were swimming along and chuckling about how much fun it is to be out on the boat and she said 'yes and the champagne sure goes down easy'," and it stuck as the



Said Barnacle Bill the sailor.

oat names, but over at Boat US, other names on the top ten list include "Osprey," which bumped "Social Distancing," from the list over the last year. It is followed by Serenity, Encore, Zephyr, Second Wind, Adventure, Knot on Call, Shenanigans, and Grace.

Boat names may have some reflection of the time too. In 2011, the top boat name

was was "Aquaholic," followed by "Andia-The stories don't stop when it comes to mo," again and "The Black Pearl," as number three, possibly after Johnny Depp's pirate Jack Sparrow in Pirates of the Caribbean: Curse of the Black Pearl.

> Some names push the envelope too, like "Feelin' Nauty," a top name in 2019, or "Dirty Mines," a boat Tiltman saw while he was living in the Outer Banks. It was owned by a miner from West Virginia.

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Stunning complete renovation by Morris Construction. Situated in a cul-de-sac, this spacious 6-bedroom, 5-bath home features custom woodwork & trim, oak hardwood flooring, designer tile & lighting, & gourmet kitchen. Minutes to Del Ray & Old Town. 304 Lee Circle

Jen Walker 703.675.1566 www.JenWalker.com



### **Beverley Hills | \$1,649,000**

5-bedroom, 5-bath beauty! Home boasts updated gourmet kitchen, 3 fireplaces, and main level bedroom and bathroom. Upstairs primary bedroom has a gas fireplace and walk-in closet. Manicured, fully fenced yard with stone patio. 814 Chalfonte Drive

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1927 Sears kit home – expanded Craftsman style! 4 bedrooms, 3 full baths, first-floor primary bedroom suite, updated kitchen & baths. Heart pine floors in the original part of the house. Off-street parking for 2 cars tandem. 2 porches, deck & hot tub. 19 W Wyatt Ave

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Sallie Seiy 703.798.4666 www.SallieSeiy.com



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Kate Crawley 703.888.8141 www.KateCrawleyHomes.com

### OPEN SUN 11/20, 1-4PM



### Old Town Village \$1,500,000

This stunning, 4-story, 2,771-SF Madison has a fabulous open main level, expansive primary suite with soaring ceilings and remodeled en-suite bath, and spacious home office/den. Amazing courtyard location overlooking the pool! 1225 Roundhouse Lane

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\$975,000 Brick 4-level, 4-bedroom, 2.5-bath

end unit townhome tucked in the perfect courtyard location. Main floor includes a living room with fireplace and a wonderful chef's kitchen with French doors to a fabulous slate patio & garden. HayesWoodHomes.com 529 S Saint Asaph St

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### **OPEN SUN 11/20, 1-4PM**



### Shuters Hill \$825,000

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### Tour

PHOTOS BY MIKE SALMON/GAZETTE



Historic interpreter Betty Brown narrates a candlelight tour.

# Candlelight Tour Highlights George Washington's Christmas

### The setting is Christmas time in 1772.

BY MIKE SALMON The Gazette

n 1772, the tension was building around the Mount Vernon plantation as England clamped down with taxes and rules that pushed George Washington to the limit, although in that year, he was still loyal to the crown. Tension was growing though, and this is a main topic of the Candlelight Tours, which start on Nov. 25 and host hundreds of people until the third week of December.

Betty Brown is one of the historic interpreters that leads groups on the tour. The interpreters deliver explanations throughout the tour but each seems to have a colonial justification for the revolutionary war with www.ConnectionNewspapers.com

England. "Learn about the build-up to Revolution as we celebrate the 250th anniversary of the year 1772," the program description

They go on to explain that a ship full of sugar and molasses was sunk just offshore from the 13 colonies. "Many historians consider that the first hostility of the war," said Betty Brown, a historic interpreter who leads groups from house to house. Early in November they did a dry run to perfect their narrations, watching the timing and delivery of the tour. "Back then, Christmas traditions were a lot different than they are now," she

The tour starts at the gate and finishes in the mansion where the actual bed that



Lucy is a slave that works in the kitchen.



Another candlelight tour group in the distance.

Washington died in at age 67 is still in the master bedroom. George Washington was given the plantation when he was 22 years old, and he was married at age 26. In 1772, he was 40 years old and a slave owner. All of the original 13 colonies depended on labor of enslaved people.

In one building, "Lucy," portraying an enslaved woman, was cooking and she described the menu and how she learned everything about cooking from her mother. "Us in the house, we only get time off to spend with our families," Lucy said.

There were other stops with James, a family friend who was pro-English rule; Henry Lee II, an enslaved man; "Frank Lee," and Mrs. Washington who said "the 12th night is

### Mount Vernon by candlelight

Will run Nov. 25-26, Dec. 2-3, Dec. 9-10, Dec. 18. Members: \$26 adult, \$18 youth Non-members: \$36 adult, \$28 youth tickets@mountvernon.org

very special to the Colonel and I." After the historic interpreter's narrative tour, patrons are free to visit the blacksmith shop and the quarters for the enslaved people, and sing

One guest that is brought in for the Candlelight Tour is an actual camel which is kept on the grounds for a few weeks.

# Tax Code Thunderstruck

### Lawmakers consider easing bracket creep by making tax code more progressive.

BY MICHAEL LEE POPE GAZETTE PACKET

irginia's tiquated brackets have not been updated since "Thunderstruck" by AC/DC was topping the charts in the early 1990s. Now a new set of recommendations from the Joint Legislative Audit and Review Commission is rocking Virginia's budget talks, outlining a plan to reduce the tax burden on low-income people who are left holding a rising share of the bill as inflation shrinks the buying power of the dollar.

"Experts call this bracket creep," said Justin Brown, senior associate director of the Joint Legislative Audit and Review Commission. "The income brackets in Virginia have been the same in dollar terms since 1990. And for a year or two that's not a big issue. But over the long term it has a pretty big impact. Income goes up over time but the brackets haven't."

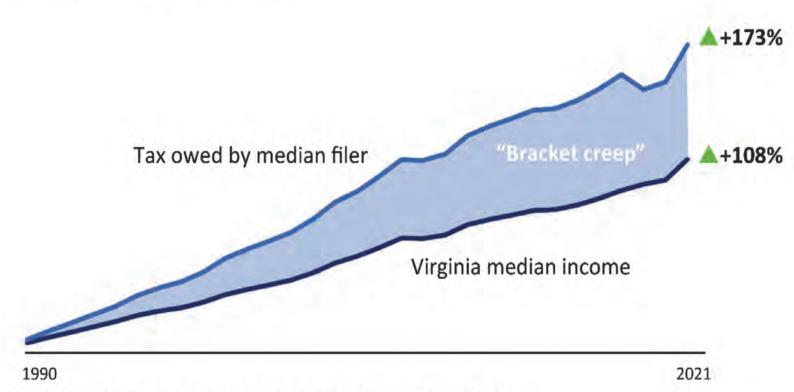
One of the recommendations to make Virginia's tax code more progressive is reducing taxes on people who earn between \$36,000 and \$68,000 a year by indexing the tax brackets to account for inflation. Virginia is one of 13 states that does not have some form of indexing their income tax brackets for inflation, and groups like the Thomas Jefferson Institute have been pushing this idea unsuccessfully for years.

"They don't want to give up the money," said Stephen Haner, senior fellow at the Thomas Jefferson Institute for Public Policy. "Inflation is a wonderful thing if you're the government because your revenue continues to grow."

The Thomas Jefferson Institute for Public Policy mission is to advance alternative policy ideas based on the Institute's belief in free markets, limited government and individual responsibility.

SINCE THE LAST TIME Virginia's income-tax brackets were updated, median income has increased 108 percent. But income taxes owed by

Taxes owed have far outpaced median income, because income brackets have not been changed since 1990



SOURCE: JLARC analysis of Virginia tax brackets and data on Virginia income, U.S. Census, 1990–2021. NOTE: Adjusted for inflation.

a single filer with median income increased 173 percent. As a result, a much higher percentage of each filer's income is taxed at the highest rate of 5.75 percent on income of more than \$17,000.

"Incomes rise over time," the JLARC report explains, "but income tax brackets

do not."

Virginia first adopted a levy on income in 1843, more than a dozen years before the Civil War. Since that time, it's been updated times although not lately. The delay in updating the antiquated tax brackets has created an increasing burden on

rich. Now the governor and members of the money committees will be facing an operational challenge of how to take a state as diverse as Virginia and make it work.

'You then get into the complexity of which inflation measure is the right one to use," said Terry Clower, professor of public policy at George Mason University's Schar School of Policy and Government. "Not only that, how do you make a single statewide number that really applies fairly across all jurisdic-

"They don't want to give up the money. Inflation is a wonderful thing if you're the government because your revenue continues to grow."

— Stephen Haner, senior fellow at the Thomas Jefferson **Institute for Public Policy** 

will present his budget in mid-December, and he's hearing from ad-

vocates on all sides of the debate over tax reform. Earlier this year, he signed a budget that nearly doubled the standard income-tax deduction from \$4,500 to \$8,000 for single filers and from \$9,000 to \$16,000 for married couples filing jointly.

The budget Youngkin signed last summer also made the state earned income tax credit partially refundable, allowing low-income filers to get a refund even if they

have little or no tax liability.

"We've taken the important steps to eliminate the state's portion of the grocery tax, increase the standard deduction by 80 percent and declare the largest tax rebate in the history of Virginia," Youngkin declared at a Richmond grocerv store that served as the backdrop to a

the poor while offering relief to the GOVERNOR GLENN YOUNGKIN ceremonial signing last summer. Look, this will not overcome everything, and oh, by the way, it's not everything I wanted. So we're going to go back in January and get the rest."

The JLARC recommendations for making the tax code more progressive offer a challenge and an opportunity for the governor. The challenge is giving up the easy money that comes with inaction, which is why generations of lawmakers in Richmond have decided to kick the can down the road rather than taking action. The opportunity is striking a balance among the many interest groups demanding money.

For example, advocates for affordable housing are still waiting for lawmakers to take action on last year's JLARC recommendation on affordable housing, which included creating incentives for local governments to change zoning ordinances to encourage affordable housing.

"The General Assembly is likely to talk about increasing tax relief, but more important and more key to people on the ground is housing relief," said Sheila Herlihy, an organizer with the Virginia Interfaith Center for Public Policy. "We don't need another study to tell us that one in three Virginia families are struggling to pay for housing, and we need to allocate resources to support them."

### News



If diner booths could talk, perhaps we could learn who sat here through the years?

### The Dixie Pig Aura Lives On

### A booth from the old restaurant has found a home in Winchester.

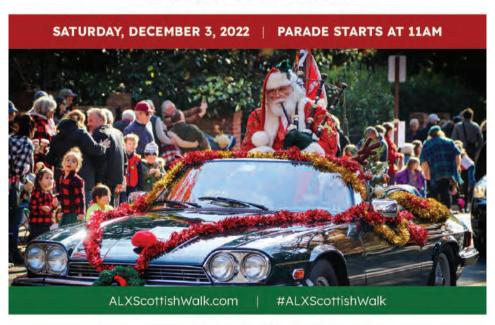
The Gazette

ack in the 1990s, the folks in Mount Vernon lost an old friend in the form of the Dixie Pig Restaurant that was right on Richmond Highway across from Beacon Mall. The owner sold it to developers and now there is a chain drug store in its place. Part of it still

BY MIKE SALMON lives on though, in Chris Trices' house out in Winchester. As it was being dismantled, Chris's father, Edward "Brother" Trice Jr., a former Alexandria firefighter and a longtime Groveton resident, stepped in and got "his" booth out of the restaurant before the wrecking crew took over. Brother Trice has passed on since then, but that booth is now in his son's kitchen in Winchester where he uses it daily.







MEDIA

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## **OPINION**

### Public Safety: A Community Conversation

By Supervisor Dan Storck

ast week I held an important community-wide meeting with Police Chief Kevin Davis and Mount Vernon District Command-



er Fred Chambers to discuss safety and staffing in the Mount Vernon Police District, which also includes a large portion of the Franconia District. While some categories of crime are rising, Chief Davis explained that in many cases, the victims are known to each other, and most cases have been closed and the suspects arrested. Davis asked residents to be proactive by locking their homes and cars, reporting suspicious activity (703-691-2131) and creating Neighborhood Watch groups (703-360-8400). He also noted the best way to keep up with County Police information is to follow the police Twitter account: @FairfaxCountyPD.

Mount Vernon District School Board Member Karen Corbett Sanders joined us for a discussion about the recent incidents in and near our schools. I also appreciated Sen. Scott Surovell joining us and reviewing new state laws and legislative efforts related to noisy car exhaust. The meeting was live streamed on Facebook and can be viewed here https://www.facebook.com/SupervisorDanStorck/videos

During our conversation, we discussed police staffing issues, recent events in our schools and current crime statistics. I recognized our



Mount Vernon District Police Captain Fred Chambers speaks to the community with Supervisor Dan Storck, Police Chief Kevin Davis, Deputy County Executive Tom Arnold and Lt. Veva Wallace at the Public Safety community meeting Nov. 9 at Walt Whitman Middle School.

excellent police force, officers and their many successes. The role of police officers in our community has evolved over time, with a focus on serving the community by making as many positive connections as possible. Davis noted that in successful and safer communities, the police protect the community, not "police" the community. This is an important distinction and one

we recognize here in Fairfax. He discussed that police officers are human beings and have good days and bad days, just like the rest of us. We are all aware of the need to recruit more officers to ensure responsiveness and we all agreed that sharing critical information in a timely manner is important.

See Public Safety, Page 7

# An Exceptional Community Hospital

By Del. Paul Krizek

cross the 44th District, we are fortunate to have wonderful, diverse businesses, community organizations and charities, and a supportive Mount

Vernon-Springfield Chamber of Commerce, that all contribute to our thriving and growing community. As proud as I am to represent them, I am equally proud of how they have stepped up over these challenging couple of years to support our neighbors. We are truly a community that sticks together and supports each other, and that's why I love being your Delegate in Virginia's General Assembly.

Due to the unique nature of healthcare in the past two years — first, the COVID-19 pandemic and now record levels of flu and other respiratory illness — perhaps there's no better example of "neighbors helping neighbors" in our community than Inova Mount Vernon Hospital.

Like many in our community, there was a time when I was concerned about the future of our

community hospital. Thankfully, due to leadership and investment from the Inova Health System, our Mount Vernon Hospital is not only surviving, but thriving. I sleep well

knowing that the hospital is here to serve our community well into the future.

We should all be proud of our nationally-recognized community hospital. The federal Centers for Medicare and Medicaid Services (CMS), the agency that oversees federal health insurance programs, ranks every hospital in the country for quality and safety. Inova Mount Vernon has its highest ranking: five-stars. This recognition was earned by just eight other hospitals in the Commonwealth and by just 13.8% of hospitals in the country.

Earlier this year, Inova Mount Vernon also earned "Magnet" designation by the American Nurses Credentialing Center, considered the highest recognition in the nation for nursing excellence. In addition to that honor, Inova Mount Vernon nurses were recognized as "exemplars" for top performance in nursing satisfaction, infection prevention, care coordination, and patient satisfaction. I can tell you from personal experience just last year how wonderful the nurses were in caring for my mother.

Since 2019, Inova has invested \$40 million in the hospital to improve facilities, equipment, and patient experience. In recent years, you may have visited their state-of-the-art new Emergency Room, or spent time with a family member in the new patient tower. This past

year, Inova committed \$2.5 million to expand operating rooms and to purchase the hospital's first DaVinci Robot, enabling robotic-assisted, minimally invasive surgery at Inova Mount Vernon for the first time.

Right now, there are two major projects underway to upgrade the hospital and expand services to the community. Opening early next year, the hospital is adding 20 additional inpatient behavioral health beds, a 15% increase to Inova's regional psychiatric bed ca-

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### Mount Vernon Gazette

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by Local Media Connection LLC

#### 1606 King Street Alexandria, Virginia 22314

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### **OPINION**



Residents listen to an update on public safety in the Mount Vernon District and had the opportunity to ask questions at the Public Safety community meeting Nov. 9 at Walt Whitman Middle School.

### Public Safety: A Community Conversation

From Page 6

Even through COVID times, and ups and downs in our crime data trends, Fairfax County continues to be the safest jurisdiction of its size in the United States. We are preparing for the newest police station to open in Lorton in spring 2023. This will better align our police precincts and support the growing Lorton community.

I have been a strong advocate with Davis and our public safety leadership for sharing monthly public safety statistics with the community. I believe this transparency and an understanding of the data help us all make better decisions and respond to concerns in real time. The best way to stay up to date with police issues in our community is to follow the Fairfax Police Department news https:// fcpdnews.wordpress.com/.

What can you do? Lock your cars and homes. Don't leave valuables in plain sight. And, if you see something, say something! Call the police non-emergency number at 703-691-2131 or, of course, in an emergency, call 911.

# An Exceptional Community Hospital

From Page 6

pacity. As we navigate a community mental health crisis exacerbated by the pandemic, this is a critically important investment.

Additionally, Inova is establishing Northern Virginia's first Critical Illness Recovery Hospital at Mount Vernon to serve patients who need a longer stay for specialized care, but who no longer need to be in an intensive care unit. Prior to the establishment of this service at Inova Mount Vernon, patients need to be transferred to facilities in Richmond, Charlottesville, or even out of state. This will make a huge difference for patients and families in our community who need this level of care but want it close to home. When combined with Inova Mount Vernon's well-established and recognized excellence in rehabilitation programs, the hospital will be a regional center of excellence which will serve patients with complex needs from across our region, while at the same time providing excellent everyday care to our community.

All these investments at our Mount Vernon hospital are part of Inova's broader effort to reinvest resources to improve and expand services to the communities in what it calls its "Eastern Region." This includes the replacement of the current Inova Alexandria Hoswaw.ConnectionNewspapers.com

pital at two sites — the former Landmark Mall, and adjacent to their current Franconia-Springfield Healthplex. The goal, once completed, is to provide healthcare services in state-of-the-art facilities in the eastern part of Northern Virginia. In addition to the enhancements in our community hospital, these investments will result in world-class care that is even more accessible to our community.

On a recent visit to my office in Richmond, Inova President and CEO Dr. J. Stephen Jones said to me, "For as long as I'm CEO of Inova, you have my commitment that the Mount Vernon community will have a thriving community hospital at Inova Mount Vernon." I am grateful for that pledge, and you can be sure I will hold Inova to it.

Whether you are a patient, a patient's family member, or just a community member that may one day need medical care, rest assured that our local hospital is here for you and is, quite literally, a five-star, exceptional, world-class hospital. Many members of our community have jobs there too that allow them to deliver timely, high-quality, and compassionate care to our neighbors. I am so glad our Mount Vernon hospital continues to grow and excel, and I commend Inova in its commitment to continue to serve as a community pillar for decades to com





### **Public Notice**

Updated weight limits on Virginia bridges and culverts

In accord with state and federal law, the Virginia Department of Transportation (VDOT) has imposed new or changed existing weight restrictions and installed new signage indicating the updated weight restrictions on the following bridges and culverts (structures) in Virginia within the last 30 days.

	-dimes	1			-
LEE	10829	624	RTE 624	CREEK	10/29/2022
GILES	8450	653	EATON CHAPEL RD/RTE 653	LITTLE SUGAR RUN	10/28/2022
ALBEMARLE	800	712	PLANK ROAD	HARDWARE RIVER	10/27/2022
BOTETOURT	3536	1001	UPDIKE LANE/RTE1001	BRANCH OF TINKER CREEK	10/27/2022
FLOYD	7501	221	FLOYD HWY S/RTE 221	BR OF DOBBINS CREEK	10/27/2022
GILES	8478	700	MT LAKE RD/RTE 700	SINKING CREEK	10/27/2022
MONTGOMERY	12312	705	COAL HOLLOW RD/RTE 705	SLATE BRANCH	10/27/2022
MONTGOMERY	12294	669	UNION VALLEY PARTE 669	ELLIOTT CREEK	10/27/2022
ROANOKE	14980	609	E. RURITAN RD/RTE 609	BR GLADE CREEK	10/27/2022
ROANOKE	15095	737	GLADDEN RD/Rte 737	BRANCH RNKE RIVER	10/27/2022
MONTGOMERY	12235	629	BRADSHAW RD/RTE 629	BRADSHAW CREEK	10/26/2022
MONTGOMERY	12285	657	MERRIMAC RO/RTE 657	SLATE CREEK	10/26/2022
MONTGOMERY	12279	654	BROOKSFIELD RD/RTE 654	TOMS CREEK	10/25/2022
MONTGOMERY	12264	641	WAYSIDE DRIVE/RTE 641	SPRING BRANCH	10/25/2022
MONTGOMERY	12265	641	WAYSIDE DRIVE/RTE 641	SPRING BRANCH	10/25/2022
MONTGOMERY	12271	643	YELL SULPH RD/RTE 643	MILL BRANCH	10/25/2022
FAUQUER	7276	610	MIDLAND ROAD	ELK RUN	10/24/2022
PULASKI	14549	613	CHERRYBRANCHRD/RTE 613	BURKS RUN	10/24/2022
FLOYD	7487	221	FLOYD HWY. S/RTE 221	GREASY CREEK	10/22/2022
BOTETOURT	3534	817	OLD RAIL ROAD/RTE 817	CRAIG CREEK	10/21/2022
ROANOKE	15070	677	WILLOW BR RD/RTE 677	BR BACK CREEK	10/21/2022
TAZEWELL	18486	91	RTE 91	LITTLE RIVER	10/20/2022
FLOYD	7477	8	PARKWAY LANE/RTE 8	W FORK DODD CREEK	10/19/2022
PATRICK	13246	103	DRY POND RD/RTE 103	BACK CREEK	10/19/2022
PATRICK	13229	58	JEB STUART HWY/RTE 58	LITTLE IVY CREEK	10/19/2022
PATRICK	13206	8	PATRICK AVENUE/RTE 8	BR. SOUTH MAYO RIVER	10/19/2022
GRAYSON	8900	711	BATTLEFIELD DRIVE	SADDLE CREEK	10/18/2022
HENRY	10022	57	APPALACHIN DRIRTE 57	DANIELS CREEK	10/18/2022
HENRY	10021	57	FAIRYST, PK HW/RTE 57	SMITH RIVER	10/18/2022
HENRY	10057	220	RTE 220	NS RAILWAY	10/18/2022
MONTGOMERY	12113	- 11	RKE RD/460WBL11SBL	BR. SOUTHFORKROANOKERIVER	10/18/2022
MONTGOMERY	12137	111	ROANOKE ROAD/RTE 11	WHITEHOUSE BRANCH	10/18/2022
PATRICK	13293	635	GOBLINTOWN CRK/RTE 635	GOBLINTOWN CREEK	10/18/2022
BEDFORD (M)	22407	43	PEAKS RD/RTE 43	LITTLE OTTER RIVER	10/17/2022
BOTETOURT	3159	11	LEE HIGHWAY/RTE 11	THRASHERS BRANCH	10/17/2022
FRANKLIN	7777	220	V H GOODE HWY/RTE 220	SFORK LITTLE CHESTNUT CR	10/17/2022
FRANKLIN	7779	220	VIRGIL H. GOODE HY	MAGGODEE CREEK	10/17/2022
FRANKLIN	7776	220	V H GOOD HWY/RTE 220	N FORK CHESTNUT CREEK	10/15/2022
ROANOKE	14956	311	CATAWBA VLDR/RTE 311	CATAWBA CREEK	10/15/2022
BEDFORD	2872	735	ROCK CLIFF RD/RTE 735	DIFFICULT CREEK	10/14/2022
BEDFORD.	2896	755	SIMMONSMIL LRD/RTE755	BORE AUGER CREEK	10/14/2022
BEDFORD	2915	781	TABERNACLELANE/RTE 781	NY CREEK	10/14/2022
FRANKLIN	7780	220	SBL RTE 220	BLACKWATER RIVER	10/14/2022
ROANOKE	14933	220	FRANLKIN RD/RTE 220	NARROWS CREEK	10/14/2022
CRAIG	5477	311	PAINT BANK RD/RTE 311	BRANCH OF JOHNS CREEK	10/13/2022
GILES	8436	635	BIG STONY CK RD/RTE 635	LAUREL BRANCH	10/13/2022
GILES	8453	653	EATON CHAPL RD/RTE 653	SUGAR RUN	10/13/2022
GILES	8325	42	GILES/PULASKITPK/RTE 42	WABASH CREEK	10/13/2022
GILES	8488	722	GLEN ALTON RD/RTE 722	STONEY CREEK	10/13/2022
BOTETOURT	3406	628	PREASE RD/RTE 628	LONG RUN	10/11/2022
BEDFORD	2622	221	FOREST RD	LITTLE OTTER RIVER	10/8/2022
BEDFORD	2605	122	MONETA ROAD/RTE 122	STONY FORK CREEK	10/8/2022
BEDFORD	2621	221	FORREST RD/RTE 221	ELK CREEK	10/7/2022
BEDFORD	2577	24	STEWARTSVILLE RD/RTE 24	BEAVERDAM CREEK	10/7/2022
GILES	8487	720	GRAVELY HILL RO/RTE 720	STONEY CREEK	10/7/2022
		622	SOLITUDE RD/RTE 622		7 011110000
BOTETOURT	3394	629		SPROUTS RUN BRANCH OF BRADSHAW CREEK	10/6/2022
MONTGOMERY	12236	614	BRADSHAW RD/RTE 629		10/6/2022
MONTGOMERY	12208	610	TAN BARK RD/RTE 614	BRUSH CREEK	10/6/2022
PATRICK	13252		HELMS ROAD/RTE 610	BRANCH DAN RIVER	10/4/2022
BOTETOURT	3158	- 11	LEE HIGHWAY/RTE 11	LOONEY MILL CREEK	10/3/2022
BOTETOURT	3156	-11	LEE HWY/RTE 11	JAMES RVR, CSX & RT 1318	10/3/2022

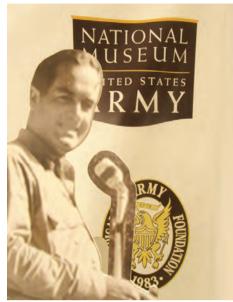
The list above is not a comprehensive list of all structures with weight restrictions in the Commonwealth, but shows only structures that have new or changed weight restrictions within the last 30 days. The list contains only basic structure identification and location information and the date the new or changed weight restriction and signage became effective.

For a full listing of all bridge and culvert weight restrictions with detailed information about specific structures, including location data and actual weight limits, visit <a href="https://www.virginiadot.org">https://www.virginiadot.org</a> and navigate to Info Center/Trucking Resources. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

Notices regarding bridges and culverts with new or updated weight restrictions are published monthly by VDOT. For additional information or questions, please contact haulingpermits@vdot.virginia.gov.

The Virginia Department of Transportation is committed to ensuring that no person is excluded from participation in, be denied the benefits of, or be subjected to discrimination under any of its programs or activities on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on VDOT's Title VI Program or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Program Specialist at 804-786-2730.

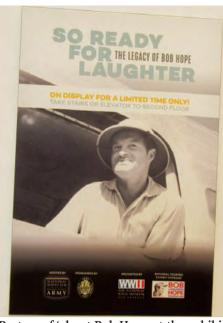
### News



A Bob Hope cutout at the museum,







# The 'One Man Morale Machine'

### U.S. Army Museum exhibit on Bob Hope.

By Glenda C. Booth Mount Vernon Gazette

he holidays can be lonely, nostalgic and stressful for military people deployed far away from home, especially overseas.

An exhibit at Lorton's National Museum of the United States Army until Feb. 1 recounts how legendary comedian and jokester extraordinaire buoyed U.S. troops around the globe for 50 years. Titled "So Ready for Laughter," through videos, artifacts and displays, the museum embeds visitors in the audience with cheering troops and Hope on stage.

From 1941 to 1991, during World Wars I and II, the Korean and Vietnam Wars and Operation Desert Shield, Bob Hope performed in 133 live United Service Organizations (USO) shows for 11 million service members all over the world. An original, 11-minute documentary produced by John Scheinfeld captures the comedian's unique talent and the troops' euphoric responses in many venues, including Hope's 1942 tour called the "Hollywood Victory Caravan," when two dozen stars raised funds across the country Linda, explains, "He had to deal with life and for the Army and Navy Relief Society.

Hope's mission was to connect directly, boost spirits and provide relief through laughter. Visitors see nearly 50 artifacts, including Hope's worn suitcase, rare and previously unpublished photographs, wartime correspondence between Hope and service members, videos of his traveling wartime troupe, programs, scrapbooks, maps of his travels and his diary from his 1944 tours. His scribbly notes reveal the origins of some jokes as they popped into his head and record some meals and hotels.

### A Gifted Performer

8 MOUNT VERNON GAZETTE NOVEMBER 17-23, 2022

sparkplug at lifting the spirits, some called him the "one-man-morale machine" and he earned the moniker, "G. I. Bob.'

In rapid-fire succession, he told joke after joke and created American stand-up comedy, say some experts. The exhibits contend that tine over and over. Hope varied his and built his monologue around contemporary events. His quick, to-the-point delivery earned him the nickname, "Rapid Robert." He "invented all the rules for entertaining the troops," says Conan O'Brien in a video.

Hope could tailor his routine to his audience and instantly establish rapport with his audience. He liked to take on the role of the average soldier and relate to their fears, privation and at times, boredom. In one video, Hope is nestled side-by-side with a shapely Frances Langford who is wearing a bathing suit. Hope says, "I want you boys to see what you are fighting for." A cheering roar erupts. Langford was a singer and actress known as the "GI Nightingale" who often paired with Hope on stage

Hope's heart was clearly in it. He used his talents to empathize with the troops in camps, hospital wards, barracks, and even foxholes. In an exhibit film, his daughter, Hope's suitcase.

### From Leslie Townes to Bob Hope

Bob Hope was born in England in 1903 as Leslie Townes, the fifth son of seven boys. His working-class family immigrated to the United States when Hope was four and settled in Cleveland, Ohio.

Growing up, he danced for pennies and had jobs as a newsboy, shoe salesman and amateur boxer. He had no high school diploma and no military experience. In 1923, he danced in a vaudeville revue, then went to Hope's shows comforted the lonely and Broadway and in 1937, to Hollywood where

In 1938, he starred on NBC radio's Pepsodent Show, which became a successful tenyear stint during the "Golden Age of Radio." Pepsodent is a toothpaste brand and sponsored the show. Hope did monologues and skits and hosted guest performers. Through-Hope changed the rules of comedy because out his career, he closed with the sentimental before Hope, comedians did the same rousong, "Thanks for the Memory." From 1942 to 1945, Hope had a vaudeville troupe called "Hope's Gypsies" that did overseas tours.

In 1934, Hope married Dolores Reade, a singer, and the couple adopted four children. His work frequently took him away from home. On finally getting home, he once quipped, "... my kids think I've been booked there on a personal appearance tour."



U.S. Army Museum exhibit

The Army Museum's exhibit was produced by the New Orleans-based National World War II Museum. After January 2023, it will travel to Albuquerque, New Mexico and Portland, Oregon, travel sponsored by the Bob and Dolores Hope Foundation.



homesick, especially during the uncertainties he acted in his first film, "The Big Broadcast Exhibit photo of Hope on stage with Frances Langford.

www.ConnectionNewspapers.com Posters of/about Bob Hope at the exhibit.

awarded Hope the Congressional Medal of Honor. In 1997, Congress passed and President Bill Clinton signed a bill naming Bob Hope an hon-

Hope's last tour for the troops was in 1990 when he went to Bahrain and Saudi Arabia during Operation Desert Shield at age 87. He died at his home in Toluca Lake, California on July 27, 2003, at age 100.

Bob Hope donated half a million jokes to the Library of Congress, the largest library in the world. No joke.

# on Bob Hope.



A map of one of Hope's Pacific tours. www.ConnectionNewspapers.com

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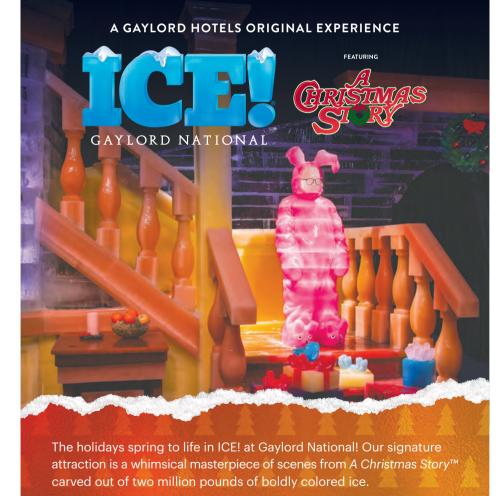
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father and grandfather that the patient always concierge practice, I will have more time to focus on and improving actual outcomes."



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Mount Vernon Gazette \* November 17-23, 2022 \* 9

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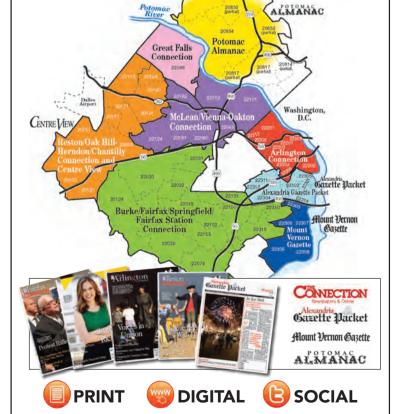
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### News



The Fairfax County Board of Supervisors recognized America Recycles Day at the meeting Nov. 1.

### America Recycles Day, Reminder That Recycling Is Forever

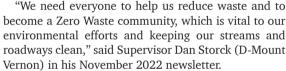
# Reduce, reuse, recycle.

BY MIKE SALMON
THE CONNECTION

ecycling in Fairfax County has become a multipronged effort, led by the Purple Can Club for glass recycling, the food scrap program, the household hazardous waste, and the weekly curbside recycling programs through the community trash collection. Nov. 15 was America Recycles Day and it's programs

like these that keep recycling on the radar.

"We need everyone to help us reduce waste a



According to the U.S. Environmental Protection Agency website, the recycling rate in America has increased from less than 7% since 1960 to a current rate of 32%. Recycling and reuse activities account for 681,000 jobs and \$37.8 billion in wages, cited on the Fairfax County website.

Recycling started out as an option in the early days and was implemented into the Fairfax County Code Chapter 109.1 which requires residents to separate recyclables from trash for placement at the curb for collection. Both waste and recyclables are required by Chapter 109.1 to be collected weekly with residential trash collection. Sometimes that is through the county or a private trash collection service.

The county has an electronic notification system called "Fairfax Recycles" to inform subscribers of Fairfax County recycling events and news items from the Fairfax County Solid Waste Management Program. Fairfax Recycles has an e-newsletter to highlight the recycling program. In the Fall 2022 edition, there is information about pumpkin disposal after Halloween, A collector spotlight story, highlights Sandra Miranda, a Trash Away route supervisor who urges everyone to take part in trash collecting and recycling.

On Nov. 1 at the Board of Supervisors regular meeting, the Board recognized Nov. 15 as Fairfax Recycles Day and encouraged residents to improve the recycling stream and Recycle Right. Supervisor Pat Herrity nominated Caroline Sieber for Lady Fairfax for her recycling efforts. She's a Centreville High School student who dedicated hundreds of hours to service the environment with the LRR Glass Recycling Network, which she formed with her sister in 2021 while schools were closed due to the pandemic. They were motivated to help promote glass recycling when curbside recycling



From left, Ms. Sieber (mom), Caroline Sieber (Lady Fairfax) Supervisor Pat Herrity, Sam Gray (Lord Fairfax) and Sam Gray's family.



Last year's winning poster by Pinidi Kahandawa Mudiyanselage.

no longer included glass.

"Each year, I ask the Board of Supervisors to recognize Nov. 15 as Recycles Day in the County to encourage our residents to recycle," Herrity said. "County staff and organizations like the Glass Recycling Network do amazing work in educating our residents on recycling efforts, especially with the popular Purple Bin Program." Herrity announced the opening of two new purple bin glass collection sites, one at Saratoga Park & Ride.

America Recycles Day holds a photo contest to promote recycling also. Last year's winner in the "Overall Message," category was Pinidi Kahandawa Mudiyanselage; Grade 6, followed by McClain Caswell, 4th Grader in the "Fun Message," and Kathleen McLane in the "Graphic Art," category.

### News

# Vera Daniel Is New Director of FCPD Incident Support Services

era Daniel will join the Fairfax County Police Department as Director of FCPD's Incident Support Services, supporting officers who may have been impacted by traumatic events.

Daniel will work with Major Greg Fried to develop prevention strategies, techniques, and training aimed at helping these officers. Daniel will be responsible for exploring specialized studies and research to support the departmental mission as it relates to behavioral health and wellness for law enforcement officers.

Prior to joining the FCPD, Daniel worked with the Fairfax-Falls Church Community Services Board in various roles with Diversion First Programs such as the Compliance and Competency Docket, Court Assessment Team, and supervised Jail Based Services team within the Adult Detention Center.

Prior to joining Fairfax County, Daniel worked with Hampton-Newport News Community Services Board for 12 years providing oversight to case management programs, assisted with the devel-



Vera Daniel

Vera Daniel's role is to support officers who may have been impacted by traumatic events

opment and implementation of the first Veterans Treatment Docket in Hampton, participated in the first Family Drug Treatment Docket in See Daniel, Page 14

### **CAN the Bird 5K Turkey Trot**

Thanksgiving Day, Thurs, Nov 24th Race Starts 8:00 a.m.

Walmart, 5885 Kingstowne Boulevard



### Registen At

potomac.enmotive.com/events/register/2022-can-the-bird-5k-turkey-trot

CANned Food Drive for Koinonia Foundation

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Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

**Senior Living**, fourth week of every month.

### **Questions?**

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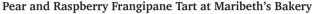
# Experience the Nostalgia of an old-time Five & Dime Store "If we don't have it, you don't need it." Hollin Hall Shopping Center 7902 Fort Hunt Rd., Alexandria, VA 22308

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### Appetite







Classic Apple Pie at Maribeth's Bakery



Apple Cranberry Lattice Pie at Maribeth's Bakery

# 3 Bakeries for Your Thanksgiving Pie

By Hope Nelson Gazette Packett

veryone likes to pretend that Thanksgiving is about the turkey and dressing, but let's face it: We're all really there for the dessert. Pie, to be specific. Whether it's pumpkin or pecan, apple or French silk or something totally off the grid, the pie is the Thanksgiving dinner's final sendoff, the sweet treat that often serves as prelude to a food coma. Take the holiday off from dessert prep and let some of Alexandria's best bakers pick up the heavy lifting. (And go on – have seconds.)

### Maribeth's Bakery, 3103 Colvin St.

Even a casual patron of the Old Town

Farmers Market on Saturday mornings will know about Maribeth's. The festive, brightly colored market tent shades a wealth of baked goods from the winter sun: Sandwich bread, cookies, toaster pastries, "cinnablobs" ... the list goes on and on. But lo! What is that there on the display table alongside all the rest? Why, it's pie! A plethora of pies, to be exact, with more options than could ever possibly grace your Thanksgiving tableau. Apple-cranberry lattice. Fuji apple frangipane. Those classics, sweet potato and pumpkin. And so much more. Not able to make it to the Saturday morning market? No problem. Maribeth's also delivers - visit www.mbbakeryonthego.com/ for all the details.

### Buzz Bakeshop, 901 Slaters Lane

Looking for a classic flavor or hankering to try something new? Buzz has you covered either way with its preorder pies on offer. Pick up a Dutch apple pie or pecan pie, or venture further afield with a decadent buttermilk pie or French silk pie. And if you need something for Thanksgiving morning, Buzz has you covered there too: Bacon or veggie quiches are ready to pop into the oven (and if you take credit, we won't tell). Preorder your pies at http://buzzbakeshopordering.squarespace.com.

### Firehook, 430 S. Washington St.

At Firehook, you can pick up your pies as well as a cup of coffee and maybe a lunch

treat for your troubles. The longtime bakery has all the favorites – from pumpkin to pecan to two kinds of apple pies (classic and honeycrisp, if you must know) - as well as some unexpected choices, such as a passionfruit meringue tart or a key lime tart. Have a guest who - gasp! - doesn't care for pie? Give them a sad look, certainly, but also give them a bite of pumpkin cheesecake instead, or a cake, such as strawberries and cream or tres leches.

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

### CALENDAR

### NOV. 11-27

Alexandria Film Festival. The 16th annual Alexandria Film Festival will take place November 10-27, 2022. This year, the festival will be a hybrid format, with in person and online screenings. Accessing the films online is simple. Viewers can watch the films anytime within the two-week period beginning November 13, through midnight on Black Friday. Showcase tickets are \$12 while an all-festival pass is \$75. Showcases—blocks of films organized around a theme-include numerous Q&A sessions with film directors, producers, actors, and composers. Purchase in person, online tickets and All Fest Passes at AlexFilmFest.com. Festival patrons can again look forward to the popular Burke & Herbert Bank Family Showcase, which features films by and about young people. The "Salute to Service Members" Showcase will be offered free of charge to active and retired service members to celebrate the Veteran's Day Weekend falling on the same dates as the festival. All-festival passes and showcase tickets are on sale at https://alexfilmfest.eventive. org/welcome.

### NOW THRU DECEMBER

Nightly Spirits. Thursdays through Sundays from 7:30 to 10 p.m.; 8:30 to 11 p.m. Admission: 21 and over at \$25 plus tax. Tours meet at The Alexandrian, 480 King Street. Alexandria. Sip a local beverage and listen to the secret and spooky



The Holiday Boat Parade of Lights will take place Saturday, Dec. 3, 2022 in Alexandria.

### Holiday Boat Parade of Lights

Old Town's waterfront will shine for the 22nd Annual Alexandria Holiday Boat Parade of Lights sponsored by Amazon on Saturday, December 3, 2022, at 5:30 p.m. when more than 50 brightly lit boats cruise along one mile of the Potomac River shoreline. Boat parade dockside festivities will entertain parade-goers from 2 to 8 p.m. The boat parade is part of a weekend of festivities including the 51st annual Alexandria Scottish Christmas Walk Parade. Head to Waterfront Park at the foot of King Street, near the official parade start line at the Alexandria City Marina, for festivities from 2 to 8 p.m. including a pop-up beer garden from Alexandria's award-winning Port City Brewing Company, hot chocolate from Dolci Gelati, gourmet popcorn from America's Favorite Gourmet Popcorn and holiday music from 97.1 WASH-FM.

lore of Alexandria's haunted past. Hear tales of the ghosts that wander the streets of Alexandria and haunt local establishments. These tours are for individuals ages 21 and over. Haunted private tours are also available for all ages.

### NOV. 4-27

\$100 & Under Exhibit. At Del Ray Artisans Gallery, 2704 Mount Vernon Ave., Alexandria. Del Ray Artisans "\$100 & Under" exhibit showcases members' artwork all priced at \$100 or less. The art will be sold on an art-to-go basis. The gallery walls are packed with great art at prices all art-lovers can afford. Opening Reception: Friday, November 4, 7-9 p.m. Open Thursdays 12-6 p.m., Fridays 12-9 p.m., Saturdays and Sundays 12-6 p.m. Visit DelRayArtisans.org/exhibits

### NOV. 11 - DEC. 29

An Eve for Nature Exhibition. At Mount Vernon Unitarian Church. 1909 Windmill Lane, Alexandria. Nina Tisara and Steven Halperson have teamed up for an exhibition of Tisara's mosaic art and Halperson's fine art photography. The exhibit may be seen from 10 a.m. to noon Mondays and Tuesdays and 7 to 9 p.m. on Thursdays except for Thanksgiving. To schedule other hours contact ninat@ ninatisara.com

### NOV. 17-JAN. 8, 2023

The Botanical Gourmet. Botanical Arts Society of the National

Capital Region. At The Athenaeum, Alexandria. Reception, Sunday, November 20, 4 — 6 p.m. For eons, animals ranging from massive leaf-eating dinosaurs to minuscule nectar sipping insects have been attuned to the healthful benefits of a plant-based diet. For their part, plants have enlisted the help of animals by attracting them with visual and other cues for purposes of reproduction. These interactions, while necessary, are purely transactional. They lack the aesthetic spirit. That's where botanical artists step in. Botanical art is neither scientific illustration nor decorative floral composition, but an engaging combination of the two. Like blue jays or cabbage moths, botanical artists are drawn to shiny red berries and bright yellow flowers, but unlike other creatures, they have the means to depict their attraction. The works in this exhibit focus specifically on plants that have health-giving nutritional properties for people.

### SUNDAY/NOV. 27

Sunday Funday. 3 p.m. and 6 p.m. At Ainslie Arts Center, 3900 West Braddock Road, Alexandria. This event will feature a cast of local musical theater talent and singing drag queens, a three-piece band, as well as bottomless signature drinks. Presented by the Monumental Theatre Company. Tickets will be available online at https://

SEE CALENDAR, PAGE 13 www.ConnectionNewspapers.com

### Calendar

From Page 12

www.monumentaltheatre.org/.

### SATURDAY/DEC. 3

Used Book Sale: 10 a.m. - 4 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria. Selection of over 20,000 gently used children's books, fiction, history, biography, home and garden, cooking, crafts, sports, religion, travel, CDs, DVDs, and more. Unless specially priced, \$1 for hard backs, 50 cents for large paperbacks, and 25 cents for mass market paperbacks. Visit https://www. fairfaxcounty.gov/library/branches/ friends-of-sherwood-regional.

### THE BIRCHMERE

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

### **NOVEMBER**

Thu. 17: Boney James \$79.50 SOLD

Fri. 18: Jeffrey Osborne \$89.50 Sat. 19: Jeffrey Osborne \$89.50 SOLD OUT!

Sun. 20: Della Mae & Sister Sadie \$29.50

Fri. 25: The Seldom Scene & Dry Branch Fire Squad \$45.00

Sat. 26: Mary Prankster "Pranksgiving 2022" w/ Jason Butcher \$29.50

Mon. 28: Chris Isaak: Everybody Knows It's Christmas Tour \$115.00 Tue. 29: Musiq Soulchild \$89.50 Wed. 30: Musiq Soulchild \$89.50

### 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.

### FAIRFAX COUNTY FIRE AND RESCUE DEPARTMENT PARTICIPATING IN TOYS FOR TOTS CAMPAIGN

The Fairfax County Fire and Rescue Department will be participating in the Annual National Capital Region Fire and EMS Departments' 2022 TOYS FOR TOTS Campaign. The intent of the campaign is to "bring holiday joy and deliver a message of hope to children." Stations will accept donations now through Sunday, December 11, 2022. Collection boxes will be placed outside

the front door of each fire and rescue station every morning. Residents will be able to drop off toys

until 8 p.m., each evening. Please help us to help those less for-tunate this holiday season. Thanks to the generosity of those who live and work in Fairfax County, FCFRD was able to provide the Marines with approximately 25,000 toys last year!

Children who are served by this campaign include toddlers and youths through age 17. The campaign will only accept new, unwrapped toys. Toys used as weapons or considered to be weapons (i.e. guns or knives of any kind) will not be accepted. Checks or money orders for donations must be made payable to TOYS FOR TOTS.

Fairfax County Fire and Rescue Stations will accept donations through Sunday, December 11, 2022. Toys SEE BULLETIN, PAGE 14



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# Drugged, But in a Good Way



By KENNETH B. LOURIE

I could get addicted to this. What is this, you ask? It's yours truly being rescued from financial oblivion, familial fracture and/or cancer progression.

When last we visited this subject, I had just been told in no uncertain dollars, that continuing my monthly thyroid cancer prescription medicine was going to start costing me \$984 and change. Though the pharmacist maintained that I was covered by my existing plan, the bonus plan (for the sake of brevity) that covered the entire \$20,000+ monthly retail cost (and my \$984 share) had not been renewed. In short, I no longer qualified. The means-tested evaluation had dumped me back on the mean streets.

Paying retail for the drug myself and/or not incurring the cost/not taking the medication at all were equally unattractive. I had to put my thinking cap on, maybe think outside of the box to attempt to remedy this potential hardship. First, I appealed my bonus plan denial by providing additional financial documentation – as requested. However, the automated message said that process would be complete 45 days after receipt. If that timeline was accurate, I would need two months of the medication (or go two months without the medicine) before my renewal was even considered. Two scenarios which were equally unpalatable.

I had about a week or so before this medication hammer was to come down: do or die, quite literally. A few sleepless nights into my life-changing-forever deadline (pun intended), it came to me, or rather I remembered something. Approximately eight years ago, I was prescribed a new heavy-duty chemotherapy drug after my previous medicine had stopped working. The oncologists suggested a drug (a daily pill, actually). I said sure, and he ordered the prescription. (This is all before I had ever heard of this 'bonus plan.') Within a few days, I received a text from the pharmacy advising me that my new lung cancer prescription was ready for pick up. At that time, my co-pays for my various prescription medications were \$10, \$20, et cetera. However, before I went to pick up my prescription, not wanting to assume too much, I thought I should call to find out the cost, just to be on the safe side. The cost: "\$2500." I was told. I asked: (sort of being a wise-ass – and hopeful at the same time): "Is that for a vear?" "No. One month." I was told. I was shocked by the price - as I had health insurance/prescription drug coverage and stammered something like I had to get back to them

I can't recall with whom I was sharing this drug cost problem, but it was suggested that I call the pharmaceutical company that makes the drug and explain my circumstances. Sometimes, I was told, the companies share the cost with the patient. I was still working full time then, had health insurance but was not on Medicare or Medicaid. I was not without means; I just didn't have an additional \$2,500 per month to spend out of the blue on medicine. I called the company and spoke with their patient liaison-type person and explained my dilemma. Amazingly, there was a cost-sharing program and even more amazingly, I was accepted into their program and ended up not paying a dime for the entire next year that I was prescribed this pill - before it stopped working (that's the nature of cancer treatment; the medicine is effective until it isn't and then you switch to a new treatment). It was a great year of not paying for my cancer medicine.

History repeated itself. Although this time, I thought to call the pharmaceutical company on my own. First, I went on their web site and saw "patient enrollment program." I read a little but wasn't certain I qualified. I decided to call and speak to a real person. And boy oh boy did that person understand my situation and appreciate my call. They couldn't have been nicer, any more sincere or more willing to help me navigate their process to determine if I qualified for assistance. I answered their questions, completed an online application, and was told, I'd receive and answer about possible enrollment in the next day. Sure enough, the next day came and so did multiple phone calls to confirm and coordinate my approval and receipt of my next month's prescription cancer medicine. Just like that, the deal was done, and my \$984 monthly prescription bill was eliminated. I received my pills on Thursday of the same week, one day before my last prescription would have run out.

If you heard something that sounded like a gigantic sigh of relief that day, that was me. Breathing normally once again.

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



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### News

### Inova Hospitals Earn All As

Il five Inova hospitals have earned "A" Hospital Safety Grades from The Leapfrog Group, an independent national watchdog organization with a 10-year history of assigning letter grades to general hospitals throughout the United States.

The grades are based on a hospital's ability to prevent medical errors and harm to patients. The Leapfrog Group assigns an A, B, C, D, or F grade to all general hospitals across the country, using more than 30 measures of safety data including rates of preventable errors, injuries and infections, while also accounting for whether hospitals have systems in place to protect patients from harm.

"Our team members [are committed] every day to providing the highest level of care while always keeping patient safety at the forefront of their daily work," said Chapy Venkatesan, MD, Chief Quality and Safety Officer, Inova.

Only 37 hospitals in Virginia were awarded A grades for the Fall term 2022, five of

which are Inova hospitals

- ♦ Inova Loudoun Hospital is 1 of only 22 hospitals nationwide to earn "Straight A's" since the program's launch marking 22 consecutive A grades
- ❖ Inova Fair Oaks has earned 21 consecutive A grades
- ❖ Inova Mount Vernon has earned 17 consecutive A grades
- ❖ Inova Fairfax and Inova Alexandria Hospitals have earned 9 consecutive A grades

"The care that our team provides our community is extraordinary," said J. Stephen Jones, MD, President and CEO, Inova.

The Leapfrog Hospital Safety Grade is the only hospital ratings program based exclusively on hospital prevention of medical errors and harm to patients. The grading system is peer-reviewed, fully transparent and free to the public. Grades are updated twice annually, in the fall and spring.

To see more details on Inova's performance and to access hospital safety tips for patients, visit HospitalSafetyGrade.org

# Vera Daniel Is New Director of FCPD Incident Support Services

FROM PAGE II

Newport News, Virginia, and worked as the Not Guilty by Reason of Insanity (NGRI) Coordinator for the agency.

Daniel graduated from George Mason University with a Bachelor of Arts in Psychology, received her master's degree in Social Work from Norfolk State University, and is a Licensed Clinical Social Worker. She has over 16

years of experience of working in the field of mental health, substance use, intellectual disability, and developmental disabilities, along with law enforcement, and the justice system.

Daniel is Trinidadian-American and comes from a military family, where her parents retired from their service in the United States Army, according to the FCPD release announcing Daniel's appointment.

### BULLETIN BOARD

From Page 13

will not be accepted after this date.

### ADOPT A WARRIOR FAMILY FOR CHRISTMAS

So many of our Military families today find themselves in financial crisis, now more than ever. This will be especially true during this Holiday Season. To give back, Able Forces Foundation (AFF) is once again sponsoring the Adopt-A-Warrior Family Christmas program. As in years past, Able Forces Foundation will adopt families from each of the five Military Service branches. All adopted families are identified by military Advocates on military bases or military Recovery programs in the Washington, DC Metro area. These families have been vetted and referred to AFF. Based on need, financial support will ensure each family will have: • A Christmas Tree • Complete Christmas Dinner (for up to 8) • Stocking Stuffers • the ability to provide up to 5 gifts per child 100% of all donations go directly to support this program. There are no administrative or overhead fees taken out of donations. All donations contributed between Oct. 25 and Christmas will go directly to support this program. If you can help, go to: www.ableforces.org/adopt to make a contribution.

### **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 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 donaldrea@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.

Volunteer Fairfax makes it easy for individuals and families, youth and seniors, corporate groups and civic clubs to volunteer. Fulfill hours, give back, or pay it forward through a variety service options. Visit www.volunteerfairfax.org or call 703-246-3460.



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