



PHOTOS CONTRIBUTED



Alexandria high school students produce videos that explain why they choose to abstain from marijuana, as part of the Alexandria campaign encouraging youth to be marijuana-free.

Encouraging Youth To Be Marijuana Free

Substance Abuse Prevention Coalition Launches Video Series.

By SHIRLEY RUHE
GAZETTE PACKET

The Substance Abuse Prevention Coalition of Alexandria (SAPCA) launched a prevention campaign featuring a series of short videos created by Alexandria City High School students that encourage youth to be marijuana free.

SAPCA is an alliance of parents, youth, schools, city health and recreation agencies, media, nonprofits, businesses, policymakers and law enforcement.

The videos show Alexandria youth sharing why they do not use marijuana. One video discusses sports. "I play sports most of my time and marijuana would keep me from giving my all on or off the field. It slows your

coordination and reaction time. I want to be in good shape so I can play my best."

Another emphasizes the impact on health. "Staying healthy is a big part of me. Marijuana would make it hard for me to solve problems like the next test I have. It can also be mixed with fentanyl when sold on the street which mixed in a small amount can cause an opioid overdose."

Allen Lomax, chairman of the Substance Abuse Coalition of Alexandria says the students wrote the videos themselves. "We gave them broad parameters and they produced them. The students who work on these are extremely professional and good to work with."

Teen marijuana use in the city decreased 33% between 2016 and 2022. According to the 2022 Developmental Assets Profile, 3%

of 8th graders, 7% of 10th graders and 17% of 12th graders reported using marijuana in the past 30 days. Additionally, 7% of 8th graders, 12% of 10th graders and 19% of 12th graders reported vaping tobacco, nicotine or marijuana in the past 30 days.

SAPCA's prevention campaign invites social media users of all ages to share the vid-

eos, along with the reasons they themselves do not use marijuana. The videos will also be shared on SAPCA's Facebook <https://www.facebook.com/SAPCAlexandria> and Twitter https://twitter.com/SAPCA_AlexVA platforms. The videos are also being distributed to organizations who work with youth with a request to share them. Lomax says they are

SEE SUBSTANCE ABUSE, PAGE 10

City Seeks Input on Climate Change Action Plan

The City of Alexandria is seeking public comment on the Draft Energy and Climate Change Action Plan. The comment period is Jan. 6 - 27, 2023. Comments may be submitted online at <https://www.surveymonkey.com/r/ECCAP2023>.

Alexandria's Draft Energy and Climate Change Action Plan (ECCAP) provides strategies and actions to reduce community-wide greenhouse gas emissions by 50% by 2030 and 80 to 100% by 2050, and includes strategies focused on climate change adaptation to both increased precipitation and extreme

heat. This Action Plan helps the City better respond to climate change impacts and environmental emergencies and aligns with the Environmental Action Plan 2040 <https://www.alexandriava.gov/Eco-City>.

The ECCAP builds on existing City energy, greenhouse gas reduction, and climate action efforts. The Energy and Climate Change Task Force, established by City Council in September 2020, helped the process of updating the ECCAP.

For more, visit alexandriava.gov/energy/energy-and-climate-change-action-plan



PHOTO BY AMY BERTSCH

Lillie Finklea, center, speaks at the 2007 rededication of the Freedmen's Cemetery. Finklea died Dec. 27, 2022, at the age of 83. Read her obituary on page 4-5.

People Over Platform

A SAMPLING OF TESTIMONIALS FROM MY 2022 BUYERS & SELLERS



"Tracy strikes an excellent balance between listening to what her clients want and offering her honest, experienced opinion. It was a pleasure working with her the whole way! She took the time we needed to hone in on the right neighborhood for us in Alexandria." – Drew C.



"From day one Tracy seemed to understand our goals for the property. She connected us to local resources and when our Plan A didn't pan out for selling our home, she provided a Plan B and set us up with everything we needed to execute. The staging service she provided as well did a fantastic job. The home had never looked better. Could not have been more pleased. Really, truly exceptional service." – Greg C.



"Couldn't have asked for a better experience. Knowledgeable and responsive, Tracy sets the standard for real estate professionals! Even in a challenging market, she helped us get the home we wanted quickly and within our price point. Definitely recommended!" – Kaitlin & Jake K.



"Tracy was extremely helpful, knowledgeable, patient, and provided localized information to help us purchase a home. She took the time to learn about our needs, preferences, and goals as we searched. She has an incredible network of professionals to help along the process from financial support to home repair professionals. You get more than an agent with Tracy Dunn, you get an instant community and a deeper understanding of your new neighborhood." – Maggie & Matt R.



"Tracy is the absolute best. She has a gift for getting to know her clients and works hard for their best interest. She goes above and beyond to make sure every step of the home buying process is perfect and she is an excellent communicator. She has our highest recommendation!" – Cameron & Ross C.



"Tracy is easily the most knowledgeable/skilled, proactive and responsive real estate agent I have worked with in over 40 years of my experience with purchasing and selling of properties! She actively researched and pursued listings on the market, including those that were coming up in the near future, to meet our specific needs and desires. Tracy didn't try to sell us on a house that wasn't the right one for us. She stays one step ahead of every facet of the buying process. Tracy is a TRUE PROFESSIONAL, having an exuberant personality and knows endless contacts to make the home buying process enjoyable and extremely efficient!" – Denny & Sue M.



"Patient and trustworthy advisor who knows about things before they happen. Unmatched insight into the local market. Would trust her for any real estate transactions. Takes the time to understand what you want and need and navigates you through the market to find the perfect fit. For selling, she offers outstanding strategies and guidance." – Liam & Amy A.



"Tracy was the perfect project manager for my condo sale. She came highly recommended and answered my first, and every, call. Right away I knew I reached the right person. With her team including Jeff and Saul, she made it feel easy for me to close within about 35 days from reaching out." – Lee L.



"Tracy was an absolute pleasure to work with as our real estate agent! She was very energetic and enthusiastic about helping us as home buyers. Tracy is a master on all things Fort Hunt (22308), she helped us throughout the home buying process from house hunting to closing (explaining all of the steps in between to ensure we stayed on track for closing), and she was responsive and easy to communicate with. I will be recommending her to anyone who needs a real estate agent in the area." – Gary & Andrea K.



"We first met Tracy after having a negative experience with our previous realtor. From the first phone call with Tracy we knew she was going to be the perfect realtor for us. With such a volatile market, and us being forced to buy sight unseen, she eased all concerns and worked tirelessly. She never made us feel as if we were a bother and explained each step as we went through the process. What stood out to us was the genuine care and work ethic. Always willing to view houses for us, extremely responsive to all of our many questions, and overall a kind hearted person. If not for Tracy we would not have found our dream home!" – Jen & Joe M.



"If you want to live in Waynewood, you want Tracy!! She grew up here, and has a huge heart for this community, and all of the amazing people and things it has to offer. She took the time to get to know us, helped us be able to clarify what was important to us, and then jumped through every single hoop to help us get it!! She's fast!! She thinks ten steps ahead, and knows her stuff in ways that will amaze you-plus, she has a huge heart, and will love you and treat you as family!! She continues to help and support us through our renovation, with her amazing connections. And to top it off, we know we have a friend for life." – Jamie & Laramie B.

Wishing Everyone a Happy and Healthy New Year!

My deepest gratitude and sincere appreciation to all my clients for trusting me to serve you in a job I love and helping me reach over \$22 million in sales in 2022. If you are considering a move this year, call me to discuss your options.



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NEWS

System in Crisis

Lawmakers to consider sweeping effort to transform behavioral health care.

BY MICHAEL LEE POPE
GAZETTE PACKET

When Natasha McKenna was taken into custody by Alexandria Police in January 2015, the city's approach to handling people in the midst of a mental-health crisis was put to the test. Alexandria failed the test. Instead of receiving the services she needed to start a path to recovery, she was taken to INOVA Mount Vernon Hospital, and she eventually ended up in the Fairfax County jail, where she died after sheriff's deputies hit her with a Taser multiple times. Instead of celebrating her 45th birthday this week, her death eight years ago is yet another example of a broken system that repeatedly fails people in crisis.

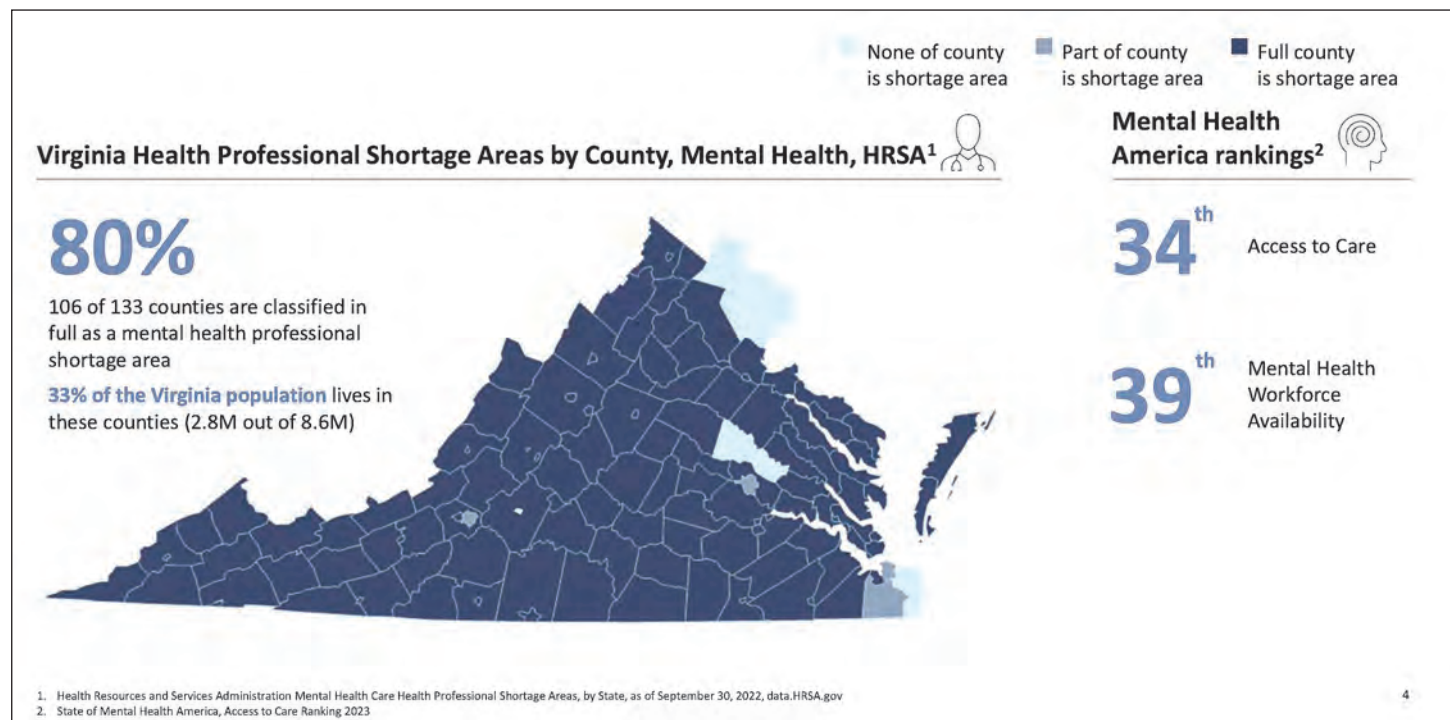
"I used to think that with mental health, you could move a few deck chairs around and add a few dollars to solve the problem," said state Sen. Creigh Deeds (D-25), whose son tragically died during a mental-health crisis in 2013. "What I've come to realize is the bigger issue is that over the long haul we've chronically underfunded mental health to such an extent that it's going to require a massive influx of dollars."

The crisis is not new, although the newly available \$3.6 billion surplus is creating a new opportunity to do something about it. Last month, Republican Gov. Glenn Youngkin outlined a series of steps he wants to take with members of the General Assembly to transform Virginia's behavioral health system. The \$230 million proposal includes everything from mobile crisis teams and crisis receiving centers to expanding mental health education in public schools and expanding tele-health services. In a speech outlining his proposal, he said this may end up being one of the most important issues he faces during his time as governor.

ONE OF THE MOST significant challenges to confronting the crisis is knowing which crisis to confront. When people talk about problems with mental health, sometimes what they are actually talking about is a developmental disability or substance-use disorder. Experts who work in this field stress that those are different issues and mixing them together is counterproductive. For example, one of the action items for the governor is creating mobile crisis units. Advocates who work in this field stress that Virginia needs separate mobile crisis units for people with developmental disabilities.

"Mental illness is something that you can cure or treat but developmental or intel-

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Right Help, Right Now Proposal

- ❖ \$58 million to increase the number of crisis receiving centers and crisis stabilization units
- ❖ \$57 million for 500 additional Medicaid Waiver Priority 1 waitlist slots
- ❖ \$20 million to fund more than 30 new mobile crisis teams
- ❖ \$20 million for partnerships with hospitals for alternatives to emergency departments for crisis
- ❖ \$15 million to expand the elementary, middle and high school-based mental health program to dozens of new communities
- ❖ \$15 million in opioid abatement initiatives including a campaign to reduce fentanyl poisoning among youth
- ❖ \$9 million to expand tele-behavioral health services in public schools and on college campuses
- ❖ \$9 million for transportation and in-hospital monitoring by law enforcement and other personnel
- ❖ \$8 million for Serious Mental Illness housing, creating 100 new placements for SMI patients with extraordinary barriers to discharge

lectual disabilities are something that you are born with and that you can't cure. And they're not treated the same," said Brian Kelmar, who founded a nonprofit known as Legal Reform for the Intellectually and Developmentally Disabled. "Just because you understand mental illness doesn't mean you also have an expertise on autism or other developmental disabilities."

Similarly, people who suffer from substance-use disorder are an entirely separate category that requires a different set of training and resources. For many years, people have conflated substance-use disorder with mental health crisis in a way that drains the system of resources where they are needed. That's why lawmakers in southwest Virginia are trying to transform Catawba Hospital into a facility that also includes a state-of-the-art facility for treating substance-use disorders and helping people with recovery. The idea is that the facility could be replicated in other parts of Virginia after it proves the concept in Roanoke.

"Half of our mental health beds in the western part of Virginia are currently occupied with those suffering from substance use disorder," said Del. Sam Rasoul (D-11), who is leading the charge to add a substance-use disorder facility in Roanoke. "Just imagine if we were able to effectively treat folks the right way how many of our mental health beds could be freed up."

THE CRISIS-FIRST APPROACH outlined by the governor aims to make sure people who are most in need of help get it when it's most critical. To accomplish this, he wants to set a goal of making sure same-day care is available for people in a mental-health crisis. To achieve this objective, Youngkin wants to double the number of mobile crisis units and increase the number of crisis receiving center slots by 50 percent and boost short-term crisis beds by more than 25 percent. The entry point of the new approach is the 988 Crisis Hotline, giving people an easy-to-remember phone number they can call when

crisis services are needed immediately.

"This plan will improve crisis care by expanding capacity for those in immediate need while also helping Virginians before they reach the crisis point," said Del. Rob Bell (R-58), chairman of the influential Courts of Justice Committee. "I'm hopeful that we can make a real difference for those who are most in need."

Another key part of the reform effort is easing the burden on law-enforcement officers, who are often at the front lines of responding to calls for help. The average law-enforcement officer in Virginia spends 51 hours on a temporary detention order while the person in crisis waits for help. The solution to this, he says, is to spend more money on law-enforcement personnel who are dedicated to this issue. In addition, he wants to make sure alternative custody sites are available as well as transportation to get there and in-hospital monitoring for when these people arrive.

Police encounters with people experiencing a mental health crisis sometimes don't end well. In July, Jasper Aaron Lynch, 26, of McLean, was shot and killed by Fairfax County Police during a mental health crisis. Even though a behavioral health specialist responded with police initially, the team couldn't locate Lynch. Police responded to a second call later but the behavioral health counselor was no longer available, offering an example of the critical need for the right resources at the right time.

"This is a massive undertaking of the entire behavioral health system and continuum of care," said Secretary of Health and Human Resources John Littell. "Typically, mental health efforts in the Commonwealth only last one year and target a single area of the problem. We have a multi-year plan that takes on every facet of the system. This is the first time Virginia is doing this."



PHOTO BY AMY BERTSCH

Lillie Finklea, center, speaks at the 2007 rededication of the Freedmen's Cemetery. Finklea died Dec. 27, 2022, at the age of 83.

Lillie Finklea

Freedmen's Cemetery trailblazer dies at 83.

BY JEANNE THEISMANN
GAZETTE PACKET

For anyone who would listen, Lillie Finklea had a story to tell, the story of 1,800 once-forgotten African Americans buried in a neglected cemetery at the south end of Old Town.

Finklea had learned that the small parcel of land beneath a Shell gas station and an office building at the corner of South Washington and Church streets had been the site of the Freedmen's Cemetery, a burial ground established by the military during the Civil War occupation of Alexandria.

Concerned about the impact that construction of the new Woodrow Wilson Bridge would have on the historic site, Finklea joined forces with fellow neighborhood resident Louise Massoud, together forming the Friends of Freedmen's Cemetery in 1997 in hopes of preserving and memorializing the site as the sacred ground it had once been.

Now known as the Contraband and Freedmen Cemetery Memorial, the site is listed by the National Park Service as part of the National Underground Railroad Network to Freedom and in the African American Civil Rights Network.

"Alexandria's story is forever changed because of Lillie Finklea and her work, with Louise Massoud, in saving Freedmen's Cemetery," said Amy Bertsch, who worked for several years at the Office of Historic Alexandria. "This was not simply a situation where the city could put up a marker and apologize for what had happened to this site. Lillie and Louise were incredibly dedicated, thoughtful and resourceful, and together they en-

sured that the city government and community would return it to a truly sacred place that memorializes those buried there and honors the strength and courage of those seeking freedom."

Said Char McCargo Bah, a genealogist and original member of the Friends of Freedmen's Cemetery, "Lillie and Louise restored a piece of African American history that was unknown to many, and they made the descendants of this cemetery proud for their active role in helping to keep history alive."

A trailblazer among Alexandrians, Finklea died Dec. 27, 2022, at the age of 83.

Born Lillie Miller on Feb. 13, 1939, in Washington, D.C., she was the daughter of the late Ealie Miller and Bernice Bittle Miller.

"Alexandria's story is forever changed because of Lillie Finklea and her work."

— Historian Amy Bertsch

Known by close friends as "Ms. Fink," Finklea received her education in the Alexandria Public Schools; she attended Lyles Crouch Elementary and graduated from Parker Gray High School. Following graduation, she attended business school, passed the civil service exam, and became a clerk typist in the Federal Government.

Finklea became a proficient computer analyst and programmer, taking an early retirement following 30 years of service. Her next chapter in life included being a nanny to a young Mary Ferrill, remaining part of the family for many years.



PHOTO BY NINA TISARA

Lillie Finklea, right, and Louise Massoud were selected as a Living Legends of Alexandria in 2009 for their work establishing and preserving the Contraband and Freedmen Cemetery.



PHOTO CONTRIBUTED

Lillie Finklea, second from right, at a Memorial Day wreath laying ceremony in the late 1990s at the Freedmen's Cemetery.

Finklea married Earl Finklea in 1963. Though they had no children of their own, Finklea loved children and provided assistance to many parents and children through her church, particularly for the Clark family and their four children. After the death of her cousin, Jeanette, Finklea raised her cousin's son Shelby Rose for a number of years. She also sponsored several children in the "adopt-a-child charities."

Outside of her passion for the Freedmen's

Cemetery project, for which she and Massoud were named Living Legends of Alexandria in 2009, Finklea loved reading romance novels, traveling and collecting all things piggy - pictures, figurines, potholders, magnets. If it was something piggy, she had it somewhere in her house.

Finklea was diagnosed with dementia in 2012. She was cared for in her Franklin

SEE LILLIE FINKLEA, PAGE 5
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OBITUARY



PHOTO BY STEVEN HALPERSON/TISARA PHOTO

Lillie Finklea, at left, walks with Louise Massoud following the Sept. 6, 2014, Contraband and Freedmen's Cemetery dedication ceremony.

Lillie Finklea

FROM PAGE 5

Street home by her sister, Bernice Golden, and received special care at Emilia's Assisted Living Home in Alexandria for the last 8 months of her life.

"The Freedmen Cemetery was Lillie Finklea's biggest project that she got involved in," said McCargo Bah. "She and Louise were able to get the attention of city officials and politicians in recognizing and assisting in funding. During the Archeology digs and the construction of the Memorial Cemetery, Lillie would watch every aspect of the construction. And when the Memorial Cemetery was finished, she was like a proud mother seeing her child graduate. She knew that this project was bigger than anything she had taken on. And like all mothers, she was overjoyed that her dedication paid off."

Finklea is survived by her sister, Bernice Mill-

er Golden; two nieces, Kim Casey (Alexandria) and Karen Wilson (Petersburg, Va.); three nephews, Louis Golden (Alexandria), James Miller (South Boston, Va.), and Daryl Miller (Statesville, N.C.); sister-in-law, Connie Miller (South Boston, Va.); two great nieces, six great nephews and a host of other relatives and friends. Her brothers James Howard and Henry Arthur (Joe) Miller preceded her in death. She was also predeceased by her husband Earl Finklea.

Services were held on Jan. 9 at the Russell Temple CME Church followed by burial at Bethel Cemetery.

"The Friends of Freedmen's Cemetery was the beginning of discovering the rich history of the Cemetery," McCargo Bah added. "Finding descendants of the cemetery would not have been possible if Lillie and Louise did not advocate to city officials to inform the public about the Cemetery. Those women made sure that their voices were heard."

BULLETIN BOARD

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

VOLUNTEERS WANTED

Alexandria Families for Safer Streets - Executive Assistant to AFSS Board of Directors. The agency is seeking an executive assistant to help coordinate a diverse group of tasks necessary to keep us on track and moving forward. Someone with office manager skills would be the ideal candidate. www.volunteeralexandria.org
ALIVE! Volunteers are needed to

assist with multiple programs relating to their Food Program, ALIVE! House, and Alexandria Eviction Prevention Partnership Program will distribute food at Mobile Pop-ups and Truck to Trunk events, etc. <https://www.volunteeralexandria.org/ALIVE>

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

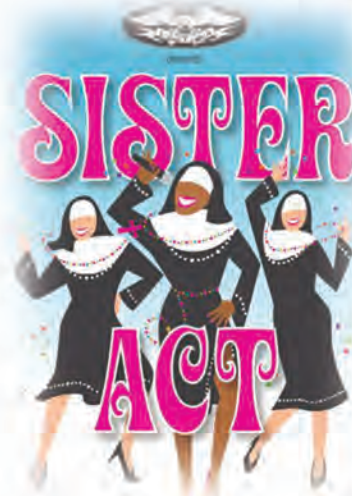
to contribute to helping those in need. To learn more, email info@alnv.org, or visit www.alnv.org.

Join Friends' Board. Those who care about mental health, the Alexandria community, and collaborating with fellow residents to make sure the City's most vulnerable residents have a chance to thrive, then consider joining the Board of Friends of the Alexandria Mental Health Center. The Friends Board is an all-volunteer group of residents that oversees the administration of one of Alexandria's top mental health charities. Friends

SEE BULLETIN, PAGE 10

THE BOARD OF
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THE LITTLE THEATRE of
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Alexandria, VA

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Benefactor \$100

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Office on the night of the performance.

To Order Tickets Contact

Barbara Brenman 703-548-9485

or through the website

www.boardofladymanagers.org/fundraiser/

Proceeds will go to Inova Alexandria Hospital
Brevera Breast Biopsy System

The Board of Lady Managers of Inova Alexandria Hospital (EIN 54-0620889) is a 501(c)(3) non-profit organization. The amount of the contribution that is over the value of the ticket price (\$29) is tax-deductible to the extent allowed by law.

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Continuing To Push on Crucial, Progressive Priorities

BY SEN. ADAM EBBIN
MEMBER, 30TH SENATE DISTRICT

The General Assembly gavelled into the 2023 legislative session on Wednesday, Jan. 11 at noon. We began the session just one day after three special elections occurred across Virginia. In the House, the partisan makeup remains unchanged at 52 Republicans and 48 Democrats, with Delegate-elect Holly Seibold (D-Fairfax) replacing former Delegate Mark Keam, who resigned from his seat to join the Biden Administration, and Delegate-elect Ellen Hamilton Campbell (R-Rockbridge) succeeding her late husband, former Delegate Ronnie Campbell, who sadly passed away from cancer in December.

In a hotly contested race to replace former senator, now Congresswoman Jen Kiggans in Virginia Beach, Democrat Aaron Rouse defeated Republican can-

didate Kevin Adams. I look forward to welcoming Senator-Elect Rouse to Richmond this week, where his swearing in will expand our Democratic majority to 22-18.

With this split legislature and a Republican executive branch, I expect the session will play out much like the 2022 session – in which compromise on nonpartisan issues created some incremental progress, and tie-breaking votes moved forward portions of the Governor's agenda, creating unnecessary and deleterious backslides.

My legislative agenda contains a number of pragmatic, nonpartisan proposals to benefit the 30th District, including battling inland flooding, regulating intentionally loud modified car mufflers, protecting the privacy of our genetic data information, and protecting election officials from harassment



Ebbin

and intimidation. But I will also continue to push on crucial, progressive priorities including the regulation marijuana sales, gun violence prevention, and LGBT marriage equality. For these proposals to become law this year, it will require political courage from members of the legislature to vote their conscience.

Nevertheless, I am hopeful that over the next 46 days, my colleagues and I will make significant progress for Virginians. We expect to hear up to 2,000 pieces of legislation and will amend the second year of our biennial budget. The Governor laid out his priorities in early December and provided the Money Committees with a starting point. I feel strongly that the Governor's proposals fall short in many areas, continuing to prioritize tax gimmicks over funding of core services like public edu-

cation. I look forward to working with my colleagues to make meaningful investments in the needs of the Commonwealth as a whole, rather than reducing taxes for major corporations and the wealthiest Virginians.

I also expect that my Democratic Senate colleagues and I will have our work cut out for us defending the progress Virginia has made over the last several years. Already we have seen bills filed to restrict reproductive rights, siphon public dollars to private schools, and discriminate against transgender students. I look forward to working with my colleagues, and using my new chairmanship over the Senate General Laws and Technology Committee to both move forward the operation and efficiency of Virginia government, and to defeat any antiquated, backwards proposals and defend our shared priorities and rights.

It is my continued honor to serve the 30th District.

Budgeting Is a Careful Balancing Act

BY SEN. SCOTT SUROVELL

In December, Gov. Glenn Youngkin proposed amendments to the state's two-year budget. While he did include some laudable proposals, he also continued to promote some unacceptable strategies.

Virginia's revenue picture continues to be very positive, but many of our advisors have indicated that our revenue gains could be ephemeral. First, inflation continues to be up and when things cost more, people spend more and employers give raises to keep up with inflation. Since Virginia's General Fund is largely funded by sales and income taxes, our revenues are up compared to some past years.

Support Teachers and Police Officers

The Governor proposed another \$50 million for his "lab school" experiment, an approach that is actually another attempt to divert funds away from our public schools. He also proposed teacher retention bonuses. I believe these funds should be structured as raises that permanently increase teacher pay instead of one-time raises for one year only.

My caucus will try to focus more funding on secondary and post-secondary education, as they try to address the pandemic's adverse impacts and expand educa-

tional opportunities for all students. Unfortunately, we have not adequately funded raises for teachers, police or other public employees to keep up with inflation or private sector salary rates. The state government currently has a record-high 17 percent staff vacancy rate, in part because of non-competitive salaries and the Governor's directive prohibiting any of the state's 106,000 employees from working from home without the personal approval of his chief of staff. Law enforcement staff across the Commonwealth continue to have 10-20 percent vacancy rates. We must pay our public employees better or we will continue to see attrition which erodes services that taxpayers expect.

Most disturbing is the Governor's proposed expenditure of \$50,000 to apparently cover costs associated with some type of new abortion ban. Longstanding Virginia law requires all new felonies or bills that expand existing felonious conduct to be contingent upon appropriating \$50,000 for new prisoner costs and it appears the Governor included this in his budget in anticipation of new abortion restrictions. No legislation restricting women's healthcare decision-making will pass the Virginia Senate. A ban is unacceptable.



Surovell

No to Corporate Tax Cuts

The Governor proposed \$1 billion in new tax cuts by putting corporate tax rate at 5 percent, a rate that is lower than the 5.75 percent rate paid by

individuals. Unlike individuals, most businesses already benefit from deductions, depreciation and other policies that lower the actual amount they pay in taxes. In addition, our economic advisors have cautioned us against making significant changes to how we fund the state government because some predict a likely recession in the next year. I will fight unsound tax cuts for corporations.

More for Mental Health

The Governor did propose \$230 million of major new spending on behavioral or mental health. The Senate Democratic Caucus proposed a similar measure last session, but it was sacrificed due to the Governor's demand for \$2 billion in tax cuts. I am sure we can find common ground on this important priority as the shortage of mental health services continues to be a crisis. He also proposed \$100 million for Richmond's massive raw sewage problem, a worthwhile proposal that I support. The city needs state help to end this

pollution.

Last year's sales tax cut also created a \$700 million hole in our six-year plan for transportation projects that we need to fill.

State budgeting should also recognize potential impacts of the Federal Reserve's actions. Home sales are declining – which fund grantors' taxes – and the economy could begin to slow down as interest rates reduce borrowing and consumer spending. We must prepare and not set ourselves up for shortfalls by baking long-term tax cuts into our budget.

The legislature will convene on Jan. 11 in Richmond. In the coming weeks, I will report on proposals that I will carry this session. Please share your views and suggestions with me at scottsurovell.org

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NEWS DEPARTMENT:
gazette@connectionnewspapers.com

Editor & Publisher

Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Jeanne Theismann
jtheismann@connectionnewspapers.com
@TheismannMedia

Janet Barnett, John Bordner,
Mark Mogle
Contributing Photographers
gazette@connectionnewspapers.com

Shirley Ruhe
Contributing Photographer and Writer
gazette@connectionnewspapers.com

Eden Brown, Bridgette Adu-Wadier,
Glenda Booth
Contributing Writers
gazette@connectionnewspapers.com

Hope Nelson
Food Writer
hope@kitchenrecessionista.com
@kitchenrecess

Michael Pope
Senior Reporter
michaelpope@gmail.com
@michaelpope

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment
Advertising
703-778-9431

Publisher
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Art/Design:
Laurence Foong
Production Manager:
Geovani Flores

Editor Emeritus:
Mary Anne Weber

CIRCULATION
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com

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Family Caregiving – a New Normal

Considering palliative care and hospice support.

BY DEBORAH TOMPKINS JOHNSON
SPECIAL TO THE GAZETTE PACKET

Dear Caregiver, I have two terms I suggest become part of you — Palliative Care and Hospice Support. Each of these services can become an essential component of care for any loved one developing multiple health challenges, particularly when those symptoms signal end of life is approaching.

While hospice is a term we have heard for decades, for many of us the term palliative care is new. Seven years ago, when my dad was hospitalized, I would walk by a Palliative Care sign at the veteran's affairs hospital in Richmond. Yes, I said, "I walked by." I know now my dad could have benefitted from palliative care, and maybe hospice as well. Your loved one can, also.

This article is the third in a series on family caregiving. The first article introduced my experiences with caregiving in support of my dad — a new normal (Dec. 1). The second (Dec. 22) recommended a book, "Being



Deborah Tompkins Johnson, second from right, discusses advanced illness care with Audrye Easaw, Bettie Samuel and Jerilyn Rodgers of Capital Caring Health.

Mortal--Medicine and What Matters in the End." Among other medical topics, Being Mortal, includes facts and stories that can inform our actions as we support our loved ones.

What matters greatly to the Capital Caring Health team is for everyone to know that "Advanced illness care is about a better life, not just end to life."

"From a caregiver standpoint we cannot emphasize enough the importance of the goals-of-care discussions — at the beginning — and that those conversations be continuous at least as long as the patient can express their goals," says Audrey Easaw, SVP-Philanthropy, Communications & External Affairs.

"In all stages of advanced illness, which include both palliative care and hospice, goals of care discussions are huge," says Jerilyn Rodgers, Executive Director, Inpatient Services at Capital Caring Health. "It is not just a one-time conversation. It is ongoing as people think through what they want and do not want. Sometimes people are very clear: Some say their goal is to live as long as humanly possible, or maybe the goal is to be comfortable no matter what."

Rodgers begins her conversations with questions like, "How are you doing? What is going on in your world? What do you feel you need help with?" "Then we can listen to their priorities. They might say I have a lot of

"Goals-of-care discussions are huge."
—Jerilyn Rodgers, Executive Director,
Inpatient Services at
Capital Caring Health.

pain and that their top priority is fixing that. And we say, well, here are some options. It is always the patient's choice or the family's if the patient cannot make the choice."

Rodgers continued, "I ask, 'What do you want? Let's put that in writing. Let's select your advocates in case you cannot advocate for yourself. And let's make sure your goals are communicated so that your wishes are honored. There are all different kinds of goals. Whatever is right for that individual is what we want to make happen.'"

While a hospice qualifier generally calls for a life expectancy of six months or less, palliative care can be sought earlier.

Palliative care is focused management of distressing symptoms, explains Rodgers. "Many times, we think of palliative care as managing pain, shortness of breath or whatever is uncomfortable for an individual. It can be pretty much any disease process that gets so uncomfortable that they need more symptom management. Palliative care,

SEE FAMILY CAREGIVING, PAGE 15

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Bald Eagles Delight on New Year's Day Walk

By GLENDA C. BOOTH
MOUNT VERNON GAZETTE

The bald eagles did not disappoint. Over 70 people joined Mount Vernon Supervisor Dan Storck's annual New Year's Day walk in the Dyke Marsh Wildlife Preserve and spotted four bald eagles with white heads and tails gleaming in the sun.

"Oh wow!" one woman exclaimed, when she got an up-close view using a spotting scope provided by Dixie Sommers, Vice President of the Friends of Dyke Marsh (FODM). "It's a common bird here," Sommers told the group.

Sommers also helped attendees zoom in on red-bellied woodpeckers, one of several woodpecker species in Northern Virginia. These birds have a slight reddish wash on their breasts, hence the name, but a more visible bright red "cap" and a striking black-and-white, barred back. "A red-bellied woodpecker can stick out its tongue nearly two inches past the end of its beak," according to Cornell University's All about Birds. The group saw many woodpecker holes in dead tree snags. Woodpeckers excavate holes searching for insect larvae, bugs and sap.

Two noisy, fluttering flocks of fish crows made their presence known. Fish crows are omnivores that often live near water. They are slightly smaller than the ubiquitous American crow and avid bird watchers say that they can only definitively distinguish fish crows from American crows by the fish crow's high nasal call.

It was an unseasonable, 50-degree day and the trail was bustling with visitors. Two men were headed to the boardwalk with fishing gear in hopes of snagging catfish and snakeheads.

"What a glorious, sun-filled day for our 2023 annual First Hike!" Storck commented afterward. "A huge thank you to the Friends of



Bald eagle face to face.

Dyke Marsh for hosting us to ring in the new year in nature. The beautiful nature preserve, excellent plant and bird talks, multiple close-up eagle views and many conversations made it one of the best ever. I especially appreciated hearing from many that it was their first visit to the preserve and how much you enjoyed our shared experience."

Cattails on Display

Botanist Elizabeth Wells discussed plants, like the narrow-leaf cattails that have hotdog-shaped flowers that get fuzzy in winter. The narrow-leaf cattails in Dyke Marsh differ from the cattail species in the Huntley Meadows Park nontidal wetland, she explained.

Huntley Meadows cattails have wider leaves and grow in quieter water. Dyke Marsh has three-foot tides twice a day that narrow-leaf cattails can tolerate. "Cattails are a sign of an environment in transition, for they are a key plant in changing wet areas into dry land," wrote Donald W. Stokes in "A

Guide to Nature in Winter." After all, a wetland is wet land.

Cattail flowerheads can have up to 125,000 seeds per head, Stokes estimated. "All through winter these flowerheads continue to break apart, looking like the stuffing from leaks in old chairs, while wind and water carry the seeds to new muddy areas of the shoreline. In winter the fluff is used by mice to insulate their homes and in spring it will be used by birds in the lining of their nests." These flowers have hairs that help the plant disperse seeds with the wind, Wells explained, one of the several ways plants disperse seeds.

Wells also pointed out tiny spicebush and red maple tree buds, noting that maples are "one of the earliest trees to flower" in the spring. Plume-like goldenrod seedheads swayed in the breeze. Next to the boardwalk, she examined the red stems of swamp dogwoods.

Jim Gearing described FODM's efforts to control invasive plants like English ivy and porcelain berry. One area formerly blanketed by invasive clematis vines that over-



Jim Gearing explained that many invasive vines stay green long past native plants.



FODMer Deborah Hammer explained the chronolog station where visitors can photograph changes in the marsh over time.

whelmed native plants now has native plants like horseweed. He noted that poison ivy is a native plant, with berries that birds love, and in winter, has a brown, hairy vine. He contrasted the vine with the scaly bark of native grape vines looping down from tree limbs.

The Bald Eagles' Comeback

In recent years, Dyke Marsh has had three active bald eagle nests and three adult eagle pairs raised young, usually two per pair. In January, people often see eagles refurbishing their nests with sticks. "By the end of January, the female will have probably laid two eggs," Ed Eder, former FODM president told the group. Come spring, people will line the trail to watch parents bring fish to their hungry young.

Bald eagle adults can weigh from 10 to 14 pounds and have an eight-foot wingspan. Pairs mate for life and usually return to their previous year's nest. Nests can reach five-to-six feet in diameter and be two-to-four feet tall. Females incubate two to three eggs for five to six weeks.

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Supervisor Dan Storck directed everyone's attention to one of Dyke Marsh's three active bald eagle nests. Dr. Elizabeth Wells (blue jacket) discussed plants and their characteristics.

Between May and July, the chicks fledge. Bald eagles swoop down and grasp their prey in their talons. They eat mostly fish, but also gulls, small mammals, snakes and waterfowl.

Bald eagles are a conservation success story. Once in danger of extinction, they have rebounded from only 417 known nesting pairs in 1963 to around 71,467 nesting pairs in 2021 in the contiguous U.S. DDT and other pesticide compounds that moved up the food chain caused eggshell thinning so severe that the shells broke and chicks failed to hatch. In 1967, the U.S. Fish and Wildlife Service (FWS)

listed the bald eagle as endangered and in 1972 Congress banned DDT. Eagle numbers rose and in 2007, FWS announced the bird's recovery and removed it from the endangered species list, but other laws still protect eagles.

Remaining threats include habitat loss from waterfront property development, lead bullets or fragments from feeding on animals and collisions with vehicles, wind turbines and power lines. A dead bald eagle was found at Fort Hunt Park recently.

Lorton-area resident Chris Ambrose went to Dyke Marsh for the first time on Jan. 1. "I came to ex-

perience the site, but also to see all the great work that the Friends of Dyke Marsh are doing to preserve it," he said. "It is truly impressive work. I hope more people will take the time to help preserve and restore this gem of a habitat."

Bird Walks

Friends of Dyke Marsh, www.fodm.org; Audubon Society of Northern Virginia, www.audubonva.org; Northern Virginia Bird Club, www.nvabc.org; Friends of Mason Neck State Park, www.masonneckstateparkfriends.org.



Bald eagle perched on its nest in Dyke Marsh.

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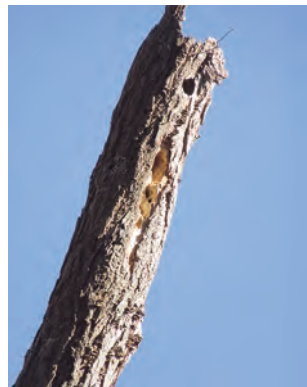


A marsh view. Much of the wetland vegetation like spatterdock and pickerelweed are dormant in winter.



Narrow-leaf cattails flourish in Dyke Marsh.

ALEXANDRIA GAZETTE PACKET ♦ JANUARY 12-18, 2023 ♦ 9



Woodpeckers excavate holes in trees in search of food, creating cavities that other birds use for nesting.



Visitors can observe trees' bark like the exfoliating, scaly bark of the sycamore, which especially stands out in winter.



The invasive emerald ash borer insect creates tunnels under a tree's bark which eventually kills the tree. Dyke Marsh is losing 1,000 ash trees.



The honey locust tree impressed walkers with its imposing thorns, from two-to-six inches long.

Atlantic Union Bank Offers Paid Internship Grants

Nonprofits and community-based organizations have until Feb. 1, 2023 to apply.

Atlantic Union Bank opened its grant application process to non-profits and community-based organizations to support 2023 summer paid internship programs. Ten grants of \$3,750 will be awarded across the state. In its second year, the bank's Future Community Impact Makers program's mission is to support pay equity within the community-based sector.

"Summer internships provide critical exposure to different career paths, opportunities for foundational skill development, and the ability to start building a professional network," said Nathalia Artus, SVP, Director

of Community Development and Reinvestment at Atlantic Union Bank. "We want to support local organizations by removing barriers to these critical professional development opportunities for students pursuing a higher education regardless of economic status."

Atlantic Union Bank will award up to 10 organizations \$3,750 in grant funds for each organization to support one intern. The majority of the funding – \$3,600 – is intended to go directly to intern wages, \$15 an hour, 30 hours a week for eight weeks. The remaining \$150 will be used for the intern's direct professional development costs (i.e.,

conference attendance, association membership, etc.). In addition, organizations will receive professional development and internship best practice resources. Plus, Atlantic Union Bank will host an intern bi-weekly lunch and learn program that helps build further knowledge and exposure to the bank's leadership with topics including shaping your career path, teambuilding and more.

Organizations must be community-based (e.g. national, regional and local non-profits, tribal communities, etc.), located in an Atlantic Union Bank service area, and commit to hosting an undergraduate or gradu-

ate level student in an eight-week, paid internship program. The grant recipients will have full discretion on the intern's job description and hiring decision. Atlantic Union Bank will provide resources and guidance as needed. All intern positions are expected to begin no later than June 15, 2023 and end no later than August 15, 2023.

Grant applications are due by 11:59 p.m. on Feb. 1, 2023. Awards will be announced by email. Interested organizations can find more information and apply here. <https://atlanticunionbank.kadince.com/external/forms/4e5cbef1e257095ea2d-02709c653ddd7>

Substance Abuse Prevention Coalition Launches Video Series

FROM PAGE 1

hoping parents will sit down with their kids and discuss the impact of marijuana.

The campaign, created through marijuana education and prevention funding from the Virginia Department of Behavioral Health and Developmental Services, is the third video series launched by SAPCA. Previous youth-created series feature reasons they do not use alcohol <https://www.alexandriava.gov/substance-abuse-prevention/alcohol> and reasons they do not vape <https://www.alexandriava.gov/substance-abuse-prevention/e-cigarettes>.

On July 1, 2021, non-medical marijuana use, with certain conditions, was legalized in Virginia for adults 21 years or older. In response to this legislation, SAPCA created a list of the Top 10 Things youth and adults should know about this law. First on the list is it is illegal for anyone under the age of 21 to use, purchase or possess any amount of marijuana. It is also illegal to ship, transport, import or bring marijuana or marijuana product into Virginia and unsafe to drive under the influence of marijuana.

The coalition also reminds residents that adult marijuana use influences youth be-

haviors, and encourages residents to model healthy coping to prevent youth substance use. Healthy coping can be as simple as exercising, video chatting with friends and family, or spending a few minutes using a meditation app. Access a wide range of resources for coping with stress, including easy-to-share handouts with tips for coping with fear and stress. <https://www.alexandriava.gov/dchs/wellness-resource-guide>

This effort carries out one of the goals to prevent risk taking behavior outlined in the City's Children and Youth Community Plan endorsed in April 2021. The Children and

Youth Community Plan is a roadmap for how the community will work together to create the conditions for all young people to thrive in Alexandria.

SAPCA also provides tools and resources to engage youth around the consequences of substance use, encourage healthy decision making, avoid risky behaviors, respond to peer pressure and more.

Visit alexandriava.gov/SAPCA to learn about the coalition, access resources and explore volunteer opportunities to promote positive youth development. For more, see alexandriava.gov/go/4209

BULLETIN BOARD

FROM PAGE 5

has no paid staff, so Board members, working on average 10 hours per month, share the day-to-day work needed to accomplish its goals. Interested candidates should email FriendsofAMHC@gmail.com.
STEM Professionals Needed. Help assist K-12 STEM teachers as part of the American Association for the Advancement of Science's STEM Volunteer Program, stemvolunteers.org, during the 2018-19 school year. In the 2017-18 school year, there are 85 volunteers in 6 Northern Virginia school districts. Contact Don Rea at 571-551-2488, or donaldrea@aol.com.
Volunteer Adult Mentors Needed. Help assist the Department of Family Services' BeFriend-A-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil (Ibrahim.khalil@fairfaxcounty.gov) at 703-324-4547.
ALIVE! offers numerous programs that aid low-income families in Alexandria that rely on volunteers: monthly food distributions, furniture, houseware and emergency food deliveries, and community food drives.

Individuals, families and groups are encouraged to participate. Students can earn community service hours by participating. Visit www.alive-inc.org/volunteer.htm or contact the Volunteer Coordinator at volunteers@alive-inc.org.
Volunteer Drivers Needed. Drivers needed by the American Cancer Society to take cancer patients to treatment in Northern Virginia. To volunteer, call 1-800-227-2345 or go to cancer.org/drive.
RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.
Mentors Wanted. Two creative programs that help transform the lives of Alexandria's preteens are seeking volunteer mentors. SOHO, which stands for "Space of Her Own," and "Space of His Own," serves vulnerable fifth graders in Alexandria. The programs pair men and women with youth in need of positive adult role models, to help

support and guide youth in making healthy choices and succeeding in school and in life. Visit www.spaceofherown.org and www.spaceofhisown.org. For more information on how to become a SOHO mentor, contact Sarah Maroney at sarah.maroney@alexandriava.gov or phone at 703-746-4687.
Farmer's Market Volunteers Needed. To volunteer for the Farmer's Markets, email Brian Morreale, brianmorreale@gmail.com
Arts and Crafts Festival. Volunteers are needed on June 10 to help with the event including: greet and check-in vendors, children's area, clean up and tear down and beer tent. Shifts are available between 7 a.m. and 7 p.m. Visit www.volunteeralexandria.org/ for more.
SUPPORT GROUPS
Postpartum Support Virginia sponsors a free, bi-monthly support group for women suffering depression and/or anxiety during pregnancy or in the first year following childbirth. Meets on the 2nd and 4th Wednesdays of each month at Inova Alexandria Hospital, Health Education Center, rooms 1-2, 4320 Seminary Road. Contact co-moderator Susan Doyle at suzjdoyle@gmail.com or 571-403-0673.
The Parkinson's Disease Support Group of Alexandria meets the 1st Wednesday of each month at 2 p.m. At the Hollin Hall Senior Center, Room 109, 1500 Shenandoah Road. All Parkinson's patients and

caregivers are welcome.
The Caregiver Support Group is facilitated by the Alexandria Department of Community and Human Services Division of Aging and Adult Services. Meetings are held the first Wednesday of each month at the Adult Day Services Center, 1108 Jefferson St., 4-5:30 p.m. Participants are full- or part-time caregivers providing care locally or long distance to a family member or friend. Participants share their experiences, provide support for each other and receive resources to assist them with caregiving. The next Caregiver Support Group meeting is June 7. For more information or to register, contact Jennifer Sarisky at 703-746-9999 or email DAAS@alexandriava.gov.
FACE Center Support Groups provide parents with a space to share their daily parenting frustrations and triumphs while offering new strategies for helping parents to cope, build positive parent-child relationships and best support their children's learning.
* Support Group in English, every Monday, 6-7:30 p.m. at ARHA Main Building, 401 Wythe St.
* Support Group in Spanish, every Wednesday, 6-7:30 p.m. at Community Lodgings Brookside Center, 614 Four Mile Road.
Registration not necessary. A light dinner and childcare services provided free. Contact Krishna Leyva at 703-619-8055 or krishna.leyva@acps.k12.va.us for more.

Divorce Workshop for Women. Second Saturday of each month, 9 a.m.-1 p.m. at Hilton Alexandria Old Town, 1767 King St. The workshops are designed to provide education on the legal, financial, family and personal issues of divorce in a logical, yet compassionate way. The workshop fee is \$25. Visit www.novasecondsaturday.com for more.

ONGOING

Backflow Preventer (BFP) Assistance Program. The City of Alexandria has reinstated its sewer Backflow Preventer (BFP) Assistance Program for homeowners in designated areas that historically experience basement back-ups or flooding. The program reimburses homeowners for up to 50 percent of the cost of installing a BFP device by a licensed plumbing contractor, up to a maximum of \$2,000. The current program period is through Dec. 31, 2019. Alexandria homeowners should call the Department of Transportation and Environmental Services at 703-746-4014 or visit www.alexandriava.gov/tes.
Robust Walking. Mondays, Wednesdays and Fridays at 9 a.m. at Mount Vernon Recreation Center, 2701 Commonwealth Ave.

SEE BULLETIN, PAGE 13

NEWS

'Legally Blonde Jr. the Musical'

Aldersgate youth cast shines in award-winning musical.

BY JEANNE THEISMANN
THE GAZETTE

The story of Harvard's beloved blonde comes to life with an energetic and talented youth cast as "Legally Blonde Jr. the Musical" opens Jan. 13 at Aldersgate Church Community Theater.

Based on the award-winning Broadway musical and the popular movie, "Legally Blonde Jr. the Musical," follows the transformation of Elle Woods, who has been dumped by her boyfriend for not being "serious" enough. Elle takes matters into her own hands, charming her way into law school, befriending classmate, Emmett, and spunky hairdresser, Paulette.

"As our community continues to bounce back from Covid, ACCT wants to bring high energy and visually exciting productions that remind people to have fun and celebrate life," said director Shelagh Roberts. "Particularly for our youth production that features actors ages 12-18, 'Legally Blonde, Jr.' is a great show for a super dynamic and mature cast."

The cast includes Molly Johnson as Elle

SEE ALDERSGATE, PAGE 15



PHOTO BY HOWARD SOROS

"Legally Blonde Jr. the Musical" opens Jan. 13 at Aldersgate Church Community Theater. Cast members include (l-r) Regan Peabody, Lauren Allen, James Campiano, Annalise Grindstaff, Lily Hall, Kaitlyn Cox, Molly Johnson, Allie Swetz, Angela Gray, and Gracie Bennett.

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ENTERTAINMENT

Alexandria Restaurant Week

Jan. 20-29, 2023

View the Menu Flip-Book

<https://www.flipsnack.com/BCB58CCC5A8/2023-alexandria-winter-restaurant-week-menu-book/full-view.html> and explore participating restaurants at AlexandriaRestaurantWeek.com.

For 10 days and two weekends, nearly 80 restaurants in Alexandria, Virginia, will offer a \$25, \$35 or \$45 per person prix fixe dinner during Alexandria Restaurant Week, Jan. 20-29, 2023. Special menus are available in-person at all participating restaurants with a pricing structure reflecting Alexandria's spectrum of offerings from fast casual to fine dining. The online menu book makes it easy to browse delicious selections from special menus to satisfy every craving.

Explore what first-time Restaurant Week participants have to offer, from the elevated yet inviting atmosphere of recently opened 1799 Prime Steak & Seafood to the Mediterranean-infused flavors at Vaso's Kitchen, alongside Indian-Chinese fare at Indochien's Cameron Station location and new King Street outpost. Plus, warm up on heated patios at Augie's Mussel House, Lena's Wood-Fired Pizza & Tap and more.

Alexandria Restaurant Week showcases local chefs in neighborhoods throughout the city, including Old Town, Del Ray, Carlyle and Eisenhower, and the West End.

Alexandria Restaurant Week Menu Highlights:

- ❖ Find a new favorite when you visit Old Town's recently opened 1799 Prime Steak & Seafood, offering a \$35-for-one menu with entrees including savory shrimp and grits and luscious seafood linguine.

- ❖ Head to recently reopened Vermilion for a \$45-for-one menu featuring elevated items including brussels sprouts with honey and chili vinaigrette, risotto with black truffle and wine-poached pear strudel.



Yunnan by Potomac Noodle House



Sweet Fire Donna's

- ❖ Barkhaus, located between Del Ray and Potomac Yard, offers a \$25 per person menu that includes the option to add a homemade doggie treat like a "fruit barkfait."

- ❖ At Delia's in Carlyle, linger over a \$45 per person menu including Prince Edward Island mussels, seafood arrabiatta and veal parmigiana.

- ❖ In Del Ray, warm up from the inside out at Elo's Italian, with a \$35-for-one menu featuring crowd-pleasers such as garlic focaccia bread, spaghetti pomodoro and bombolini to top it off.

- ❖ Northside 10 boasts the perfect \$35 dinner to savor while watching a big game at the Arlington neighborhood favorite, with options including mac and cheese fritters and mustard barbecued salmon.

- ❖ In the West End, Shooter McGee's \$35 dinner menu offers hearty entrees including cider pork chops, shrimp Florentine pasta and bistro steak, alongside tempting apps and dessert.



King and Rye

CALENDAR

JAN. 2-29

New Horizons Exhibit. 10 a.m. to 6 p.m. At Van Landingham Gallery, Torpedo Factory Art Center, Gallery 311, 105 North Union Street, Alexandria. The Torpedo Factory Artists' Association's (TFAA) Van Landingham Gallery presents New Horizons, a juried membership show, featuring artworks that emphasize new beginnings, adventure, and exploration. Participating artists include Diana Papazian, Joyce Zipperer, Samantha Shelton, Guido Zanni, Veronica Barker-Barzel, Hernan Murno, Abol Bahadori, and Karine Sapondjian. Artworks include original hand pulled prints, original paintings, and multimedia works. To check out the TFAA website, visit <https://www.torpedofactoryartists.com>

JAN. 6-28

"Putting A Face To A Name" Art Exhibit. At Del Ray Artisans Gallery, 2704 Mount Vernon Ave., Alexandria. A clever showcase where

local artists reimagine fictional characters from books, movies, plays, poetry, television, and more. Open Thursdays 12-6 p.m., Fridays 12-9 p.m., Saturdays & Sundays 12-6 p.m. (Closed on January 29). Details at DelRayArtisans.org/exhibits

JAN. 12-FEB. 5

"In and Between." At The Athenaeum, 201 Prince Street, Alexandria. Reception: Sunday, January 15, 4 - 6 p.m. Artist Talk: Sunday, February 5, 2 p.m. In and Between is an all-sculpture show, featuring floor and wall-mounted art as well as site-specific installations that take advantage of the gallery's unique light-filled space. Eight artists were invited to explore the concept of a threshold. In architecture, thresholds can connect spaces in deliberate and inventive ways, but they are often mere afterthoughts resolved by things like a simple door. Featuring: Lynda Andrews-Barry, Jacqui Crocetta, Pierre Davis,

Zofie King, Kirsty Little, Sarah Stefana Smith, Ira Tattelman, and Gloria Chapa Vasquez.

FRIDAY/JAN. 13

Garden Talk - Winning Plants for Containers. 1:30-2:30 p.m. (Adults) Whether it's flower pots, hanging baskets or window boxes, container gardens are beautiful, easy and rewarding for winter gardening. Learn how to create a dazzling display of perennials and annuals with eye-catching colors. Join Extension Master Gardener docents to gain information for your container. \$12 per person. Register online at <http://www.fairfaxcounty.gov/parks/parktaks> or call Green Spring Gardens at 703-642-5173. Code D0C.4P00.

SUNDAY/JAN. 15

Virtual Winter Lecture - Backyard Pollinator Oasis. 1:30-2:30 p.m. (Adults) Are you dreaming of next year's garden? Would you like to create an environment that hosts

pollinators and wildlife while creating less work for you? Join pollinator expert Heather Andrews in this virtual discussion on how to create a sustainable organic oasis that will invite in an army of good bugs to reduce pest pressure and improve your veggie and fruit yield. A Zoom link will be emailed prior to the program. \$12 per person. Register online at <http://www.fairfaxcounty.gov/parks/parktaks> or call Green Spring Gardens at 703-642-5173. Code H3T.564R.

TUESDAY/JAN. 17

Ford Evening Book Talk and Launch. At George Washington's Mount Vernon Estate, Mount Vernon. Ford Evening Book Talk and Launch, American Inheritance: Liberty and Slavery in the Birth of a Nation. This powerful history reveals how the twin strands of liberty and slavery were joined in the nation's founding.

SEE CALENDAR, PAGE 13

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ENTERTAINMENT



Rock Art Show – Artworks by Ron Campbell at Nepenthe Gallery

Nepenthe Gallery will host “Rock Art Show” featuring artworks by the late cartoon animator, Ron Campbell. These works are based on such popular Saturday morning cartoon series as The Beatles, Scooby Doo, Smurfs, Jetsons, Flintstones, Winnie the Pooh, and more. Opening night for this exhibit will take place on Thursday, Jan. 19 from 6 to 7:30 p.m. at Nepenthe’s weekly ART+WINE+CHEESE event.

Ron Campbell animated people’s childhoods for more than three generations. Beginning in 1958 in his native Australia with cartoons like Popeye, Beetle Bailey and Krazy Kat, his career went on to span the golden age of Saturday morning cartoons. After retiring from a 50-year career, he created dozens of paintings based on the animated cartoons he helped bring to the screen. With emphasis on The Beatles and Yellow Submarine, his cartoon pop art has been featured in galleries worldwide.

Ron Campbell’s animation paintings will be on display and available for purchase at this special “pop-up exhibit” at Nepenthe for three days only, Thursday, Jan. 19 through Saturday, Jan. 21.

ART+WINE+CHEESE every Thursday at Nepenthe Gallery from 6-7:30 pm
Nepenthe Gallery, 7918 Fort Hunt Road, Alexandria, VA 22308
Nepenthegallery.com

CALENDAR

FROM PAGE 12

Hear from the Pulitzer Prize-winning author, historian, and professor, Edward J. Larson, followed by a book signing.

TUESDAY/JAN. 17

The Next Genealogists. 1-3 p.m. At 1500 Shenandoah Road, Alexandria. Zoom Meeting. English Genealogist and Social Historian, Dr. Janet Few, will discuss the importance of encouraging the next generation of genealogists. Free. Register for this free Zoom event at <https://mvgenealogy.org/cpage.php?pt=111> or email a registration request to contact-us@mvgenealogy.org. Find out more about this and other

society events at <https://mvgenealogy.org/event-Listings.php?nm=20> - Er571.

JAN. 19-21

Animator Ron Campbell’s Artwork. At Nepenthe Gallery, 7918 Fort Hunt Road, Alexandria. Artworks based on the Beatles Yellow Submarine and the Beatles Saturday morning TV cartoon series are the focus of a special pop-up art show and sale featuring the works of the late animator Ron Campbell on the anniversary of his passing. The Beatles along with Scooby Doo, Smurfs, Rugrats, Jetsons, Flintstones, and much more are among the artwork on display and all based on the 50-year career of the late Ron Campbell.

Thursday, Jan. 19 – 5 – 6 p.m. (Preview Reception)



Alexandria Restaurant Week will take place Jan. 20-29, 2023 in Alexandria.

Alexandria Restaurant Week

For 10 days and two weekends, more than 70 restaurants in Alexandria, will offer a \$25, \$35 or \$45 prix fixe dinner for one during Alexandria Restaurant Week. Special menus will be available for in-person dining at participating restaurants, many with heated outdoor dining options. Showcases the inventiveness of local chefs in neighborhoods throughout the city, including Old Town, Del Ray, Carlyle and Eisenhower, and the West End. Guests can browse a list of participating restaurants on AlexandriaRestaurantWeek.com.

Thursday, Jan. 19 - 6 – 7:30 p.m. (Art & Wine & Cheese)

Friday, Jan. 20 – 11 a.m. – 6 p.m.

Saturday, Jan. 21 – 11 a.m. – 6 p.m.

Learn more at www.BeatlesCartoonArtShow.com.

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.

JANUARY

Fri. 13: Newmyer Flyer Presents Dream Discs: A Tribute to Van Morrison’s “Moondance” and Bruce Springsteen’s “The Wild, The Innocent & The E Street Shuffle” performed in their entirety. \$35.00

Sat. 14: Last Train Home \$29.50

Sun. 15: Kenny Lattimore \$59.50

Fri. 20: TEX RUBINOWITZ & THE BAD BOYS Reunion Show featuring Tex Rubinowitz, Eddie Angel, Ratso, Johnny Castle, Scotty Flowers with special guest Martha Hull \$35.00

Sat. 21: Who’s Bad: The Ultimate Michael Jackson Experience \$39.50

Sun. 22: Glenn Jones with special guest Alyson Williams \$55.00

Thu. 26: Jerry Lee Lewis Tribute featuring Jason D. Williams \$45.00

Fri. 27: Raheem DeVaughn \$85.00

Sat. 28: Tarsha Fitzgerald Prod. Presents: DEVOTION: A Tribute to Earth, Wind, & Fire \$35.00

Sun. 29: Norman Brown \$59.50

BULLETIN BOARD

FROM PAGE 10

Free 55+ robust walking 1-hour exercise class (with chair exercise option). No class on holidays. Contact jjkingconsulting@yahoo.com. Seeking Donations. Computer CORE, which is dedicated to helping low-income adults become computer literate is seeking donations. Visit www.computercore.org/contribute.

Senior and Job Programs. 8:30 a.m.-1:30 p.m. Queen of Apostles Church, 4650 Taney Avenue, Alexandria. St. Martin de Porres Center offers senior and job placement programming Monday through Friday at the parish. Email Kathryn Toohey, ktoohey@ccda.net.

Be Heard at the City’s Monthly Public Hearings. A schedule of the meetings can be found at www.alexan-

driava.gov. Voice opinions, speak about something on the docket or just speak about something you are concerned about. Sign up in advance to speak through the city’s website. Anyone is welcome at any of the public hearings.

Public Space Recycling. Alexandria has placed more than 80 bright blue recycling containers next to public trash cans in the commercial districts along Mount Vernon Avenue and King Street, as well as other public spaces, including parks, recreation fields, and other high-traffic pedestrian areas. Visit alexandriava.gov/Recycling.

Composting and Food Waste. Alexandria now has Resource Recovery Stations, located at the City’s Farmers’ Markets (Old Town, Del Ray) to collect food waste. More

than 270 people have participated in the food waste program over the last several months. Participants drop off items weekly, over eight tons of waste has been collected, to be composted to make a natural fertilizer. To learn more about composting visit alexandriava.gov/YardWaste.

English as a Second Language Class. Charles E. Beatley, Jr. Central Library, 5005 Duke St. Tuesdays and Thursdays, all levels 10 a.m.-12 p.m., intermediate workshop 3-5 p.m. All classes free. Call the information desk, 703-746-1702.

The Talking Book Service at Alexandria Library will now operate Monday-Friday, 10 a.m.-3 p.m. Patrons may also reach the service at 703-746-1760.

Digital Magazines. Patrons of

Alexandria Library will have unlimited access to read digital magazines, which can be viewed on most Internet-enabled devices inside or outside of the library. Accessible through www.rbdigital.com/alexandriava/zinio.

Eligible low income households can now use their SNAP benefits to buy local foods at the Old Town Farmers’ Market. SNAP customers are able to use their electronic benefits transfer cards to purchase fresh fruits, vegetables and other eligible food products at the market. The Old Town Farmer’s Market is located at 301 King St., and is open on Saturdays, year round from 7 a.m. to 12 p.m.

Opera NOVA has begun collection of used musical instruments. Any in-

struments welcomed, regardless of type. Snare drums, clarinets, and violins are just some of the instruments that could bring joy to a home or school. Any recorders donated will be sent to an orphanage in Haiti in order to build a musical presence there. Opera NOVA has tax-exempt status. Contact Miriam Miller at 703-536-7557 or mcdm1@verizon.net to arrange for delivery.

VCE Master Gardener Help Desk. 9 a.m.-12 p.m. Monday-Friday. Bring fresh samples of problem plants, weeds or insects to ensure accurate identification. VCE recommends carrying samples in plastic bags or other clear containers. No live insects. All clinics and Help Desk are free. 703-228-6414 or mgarlalex@gmail.com.

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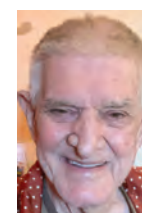
Obituary



James Charles Daley of Alexandria, VA. Sadly passed away at age 78 on December 31, 2022, with his daughter by his side. He will be remembered as a loving and devoted father and friend. Jim is survived by Jessica (Kyle) Rives, son Nick, grandsons Owen, Caleb, and William, and siblings Terry, Michael, and Brian. There will be private events to spread Jim's ashes at his most cherished places with only close family members present.

In lieu of flowers, the family would prefer that contributions be made to Autism Speaks.

Obituary



On December 15, 2022
Samuel Freeman, 90
A long time resident of Alexandria died. He leaves behind daughters, Martha Vee, Connie, and Deborah. He also leaves 5 grandchildren, 3 great grandchildren and one great great grandchild. He would like to be remembered as an avid bowler and truck driver. Cards, flowers or donations may be sent to his home at 41 S. Gordan St., Alexandria, Va 22304. His memorial service will be held in Arlington, Virginia on January 17, 2023 from 2-4 p.m.

Be a part of our:

Wellbeing pages, the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

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

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THE CONNECTION
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NEWS

Aldersgate Youth Cast Shines In Award-winning Musical

FROM PAGE 11

Woods, Ben Kline as Emmett, and Maggie Campione as Paulette.

“Elle Woods is a strong, bubbly, bright sorority girl with a big heart,” said Johnson in preparing for the role. “Many people see her as your typical dumb blonde who cares too much about material things but she is entirely the opposite. She knows who she is, the rest of the world however does not, and only sees her as a pretty face.”

Julia St. Pierre and Maureen Allen are co-producers of the book by Heather Hach with music and lyrics by Laurence O’Keefe and Neil Benjamin.

“One of the great things about ACCT’s junior productions is that many of our cast members return each year, so we get to watch them grow up on stage,” said producer Maureen Allen. “Legally Blonde Jr. was an appealing show for the age group of our core group of actors and drew in some talented new additions to our group.”

Legally Blonde the Musical premiered on Broadway in 2007 based on the movie of 2001 that starred Reese Witherspoon and Luke Wilson. The story follows the transformation of Elle Woods as she tackles stereotypes, snobbery and scandal in pursuit of her dreams. In the process she finds that looks and books are not mutually exclusive.

“One of the most important themes in

Legally Blonde is not judging a book by its cover, which rings particularly true in this production, because it is performed entirely by student actors,” said cast member Lauren Allen. “I hope the audiences see that even though we may be young, we are talented far beyond our years and can put on a fabulous show.”

Added Campione, “I hope that audiences take away that you should never judge someone based on their outward appearance, but rather on their character and how they treat others.”

Heather Gifford is Music Director with choreography by Michelle Koros.

“Our cast has a really unique and infectious energy and they are really strong working together as an ensemble,” Roberts said. “The choreography is such a perfect accompaniment to the music and plays a huge part in propelling the action and storytelling. The joy and enthusiasm of this cast will absolutely resonate with audiences, I have no doubt.”

Legally Blond Jr. the Musical opens Jan. 13 and runs for two weekends at Wesley Hall of Aldersgate United Methodist Church, 1301 Collingwood Road in Alexandria, with a special matinee performance on Martin Luther King Jr. Day. Evening performances are Jan. 13, 20, and 21 at 7:30 p.m. with matinees at 2 p.m. For tickets or more information visit www.acctonline.org.

“One of the most important themes in Legally Blonde is not judging a book by its cover.”

— ACCT cast member
Lauren Allen

Family Caregiving – a New Normal

FROM PAGE 7

therefore, is pretty broad and not limited to a certain amount of time. And there is no limitation that they must be in their last months of life.

Palliative care supports patients with “chronic, progressive disease and those who may be experiencing pain or other multiple symptoms.” Hospice support, according to Capital Caring Health, is considered when a person is facing any one or many of these circumstances: Decreased ability to care for themselves. Recurring infections. Unintended weight loss. Decrease in cognitive abilities. Treatment has a negative impact on quality of life. Multiple trips to doctors and emergency rooms. Unresponsive to treatments. Worsening symptoms. Patient/family desires comfort care.

“Although hospice is intended to serve those in the last six months of life, it is understood that an individual’s prognosis isn’t an exact science,” adds Rodgers. “We understand that. Medicare understands that. If an individual lives longer than six months, a hospice provider can certify that it is appropriate for them to remain on hospice care. Sometimes people stabilize, or even improve. In these situations, discharge from hospice is possible. Patients may re-enroll in

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hospice later if they wish.”

Easaw says, “Regarding hospice support, we have a lot of educating to do. First, we want more people to know that accessing the hospice benefit is free through Medicare (Part A). Secondly, it is so important to access these benefits earlier on in your illness journey, so that you can experience all the benefits, for a longer period. Therefore, that journey is better for the patient, but also for the patient’s family. Do not wait until the last minute. You can be receiving such better care.”

Caregivers, please do not walk past the palliative care sign as I did. Please give due consideration to palliative care and hospice support. Use of both services, as appropriate, can reduce the number and severity of your loved one’s symptoms or provide more comfort. Now may be the time. Utilizing palliative care and/or hospice support, Easaw says, “in some cases can be life extending, and certainly life changing.”

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

Instagram: @debrahtompkinsjohnson
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CENTREVIEW

Thank you to the hundreds of supporters who helped to keep all your Connection Newspapers alive throughout Alexandria, Fairfax County Arlington County and Potomac, Md. along with affiliated websites and digital media. Now we need help again in 2022.

Each local newspaper mission aspires to provide greater community service, and we do know that our communities are better off if we continue to publish. Last year's financial support from readers and supporters like you bridged the shortfall before Federal PPP funding arrived, and both made our survival possible. We now await a decision for a grant from Rebuild Virginia in early February that we hope will help us in 2022 and beyond. But we need help to survive the first quarter, always a brutal time for cash flow in weekly newspapers. Thank you.

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The pandemic has been a bear, financially and otherwise. Revenue plummeted at the beginning in 2020. Some beloved advertisers have stayed the course supporting us throughout, and many more have done what they can. In the fall of 2021 we saw the return of some advertising for events and Grand Openings, but now omicron clouds the horizon in so many ways. Revenue still remains short of expenses despite our greatly curtailed costs.

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Loss for Words



By KENNETH B. LOURIE

I never wanted to write this column. Although for much of the summer, the idea of my brother pre-deceasing me was as real as it could get: 15 days in S.I.C.U. being tended to round the clock after he was admitted with sepsis; still, every day that he survived gave us hope. And then actually he began to get better and after 10 weeks was transferred to the adjacent rehabilitation hospital to assist in his recovery from the septic shock. And likewise, he made progress there. So much so that they scheduled the Colo-rectal surgery for the following week. Which occurred without too much fuss or complication. After continued improvement, he was finally released. The sepsis seemed to be in the rear-view mirror as Richard continued to make progress at home. He was driving, shopping at Costco, eating foods he hadn't enjoyed for almost two years (thinking he was exacerbating his IBS by doing so, which as it turned out, he didn't have). We even had a surprise birthday dinner for Richard in his home on Fri., Oct. 28. When the dining room table was set, Vanessa (his wife) called upstairs for Richard to come down and have dinner. He got on the inclinator and then smoothly reached the bottom of the stairwell, where he saw the three of us (Vanessa, Dina and I) all sitting at the table waiting for his arrival. When the inclinator stopped at the bottom of the staircase, Richard looked over on our direction. He broke out in a big smile, and graciously thanked Vanessa for her efforts in arranging the dinner and our participation in it. It was by all accounts, Richard's recovery notwithstanding (and it was mostly mobility issues at this point), a completely normal occasion. As it so happened, though I spoke to him daily in the following weeks; this date, his birthday, Oct. 28, was the last time I saw him I saw him alive. My brother Richard died at his home in the early morning hours on Dec. 3.

He had recently started an every-three-week chemotherapy infusion to knock out the few remaining cancer cells which a fancy DNA-driven blood test indicated were present. I understand, as a cancer patient, the need, instinct almost, to do all you can to rid yourself of the cancer. But on balance, he was not in any kind of distress. In fact, he was thriving, almost. His oncologist suggested a three-month infusion to eradicate any remaining cancer cells. It all seemed routine, so Richard began the protocol. Immediately, experienced problems. He was exhausted, weak, not eating and rarely getting out of his bed. He was so tired, he could barely speak on the phone. The last conversation we had, after he picked up the phone, he said, “KB, I’m too tired to speak. I’ll call you tomorrow.” Those were my brother’s last words to me. A day and a half later, Vanessa called me at 8:15 in the morning, after having found Richard on the floor at the foot of his bed in his dressing room where he had been sleeping to low-impact Vanessa, crying: “KB, he’s gone. He was alive at 4 am when I visited, and I just went to check on him. I have to call you back; the police are here.”

It was not a shock, but it was a surprise. We all thought, his many doctors included, that he had survived the sepsis and was on track to a reasonably normal recovery. A recovery where he’s likely to have deficits/challenges, but nothing insurmountable.

His passing is a real problem for me. Not that I actually made the calls every day, but had I, he would have been the first call I made in the morning and the last call I made at night. We were as close as two brothers could get. And even though he was almost five years older than me, we maintained an extremely healthy relationship (sports, politics, sense of humor, The Three Stooges) for the entirety of his life. Moreover, once I was diagnosed with “terminal cancer” in 2009, he became my champion, attending any medical appointments I had with my oncologist and/or endocrinologist and always being available to talk. Once I received this diagnosis, I figured I would predecease him. And now, for him to die before me, it throws my whole system of checks and balances out of whack. It will be much harder for me to “stay between the navigational beacons” to invoke an Alan Jackson song, stay on course, and fight my own cancer battles. I will not descend into the abyss or anything, but I am much worse off not having my brother alive. He was always in my corner, always reachable. Not anymore. That’s the end of an era – for me. My go-to is gone. Next week: more of the same.

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

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