

Honoring the Legacy

City marks 50th anniversary of MLK celebration.

“People need to remember who Dr. King was and how his work changed lives for generations to come.”

— Lawrence “Robbie” Robinson

BY JEANNE THEISMANN
GAZETTE PACKET

A standing room only crowd was on hand as the City of Alexandria hosted the 50th annual Martin Luther King Jr. Commemorative Program Jan. 15 at the George Washington Masonic National Memorial.

“Today is about remembering and celebrating the legacy of Dr. Martin Luther King Jr.,” said 92-year-old Lawrence “Robbie” Robinson, an original member of the planning committee who grew up during segregation. “People need to remember who Dr. King was and how his work changed lives for generations to come.”

First started in 1973 and hosted by Alexandria’s Martin Luther King Jr. Memorial Planning Committee, the event celebrated 50 years of honoring the life and legacy of King, which began a decade before President Ronald Reagan signed a bill in 1983 recognizing the birthday of the Civil Rights icon as a national holiday.

The program opened with the traditional Procession of Faiths by clergy representing Alexandria’s



Members of the Liturgical Dance Ministry of Alfred Street Baptist Church perform at the 50th annual Martin Luther King Jr. Commemorative program Jan. 15 at the George Washington Masonic National Memorial.

faith community. Elder Joshua Bullock of the Redeemed Church of Our Lord Jesus Christ led the invocation followed by the singing of “Lift every Voice and Sing” by the Men’s Choir of Shiloh Baptist Church.

Two Alexandria City High School students who participated in last year’s city-sponsored pilgrimage to Montgomery, Ala., spoke of their experiences on the trip.

“One of the hardest days of this trip for me was the visit to the National Memorial for Peace and Justice,” said Ariana Singleton. “As we walked into the memorial we saw images of generation after generation of African Americans being beaten down physically, mentally and emotionally. I saw the pain endured over generations.”

Singleton broke into tears as she recalled seeing pillars with the names of lynching victims from across the country, including one from South Carolina that bore her family name.

“It was especially painful for me seeing a pillar with my last name on it,” Singleton said of the pillar representing a victim from the town where her father’s fami-

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PHOTOS BY JANET BARNETT/GAZETTE PACKET



Elder Joshua Bullock of the Redeemed Church of Our Lord Jesus Christ gives the blessing to open the MLK Commemorative program Jan. 15 at the George Washington Masonic National Memorial.



Members of the Men’s Choir of Shiloh Baptist Church perform at the Jan. 15 MLK Commemorative program.



Mayor Justin Wilson, left, speaks with 92-year-old Lawrence “Robbie” Robinson, the longest serving member of the city’s Martin Luther King Jr. Memorial Planning Committee.

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PHOTO CONTRIBUTED

Volunteers pack food for neighborhood pop-up groceries.



Families line up for supplemental groceries through ALIVE! in Alexandria.

Low-Income Families Struggle as Benefits End

BY SHIRLEY RUHE
THE GAZETTE PACKET

It is almost the end of the month. The family's plastic EBT card used for Supplemental Nutrition Assistance Program (SNAP) food assistance is empty. SNAP is a Federally funded program used to help families that meet income and residency requirements criteria to have money to purchase food.

The high cost of food is putting extra strain on limited resources, and in February temporary emergency SNAP benefits will expire.

During the Covid public health emergency, many individuals receiving SNAP food assistance received temporary increased food benefits, and anyone without health insurance was eligible to receive Medicaid, regardless of their income or citizenship status.

Patrick Okoronkwo, Department of Community and Human Services (DCHS) Benefits Division Chief, says SNAP has really lifted up Alexandria families with children out of poverty. "Without it people would not even be able to purchase food. I will tell you people have been calling to see if they can get an increase because of the price of food."

The situation will worsen when the temporary SNAP emergency benefits put in place during Covid expire in February 2023. As a result approximately 3,845 Alexandria households will see their SNAP benefits decrease in March.

Okoronkwo says, "I don't want people to think they lose the SNAP benefit entirely; it's only the temporary SNAP increase." But for a SNAP recipient struggling to make ends meet each month, any decrease in assistance is a challenge.

Okoronkwo explains that 6,409 households are currently receiving SNAP benefits which translates into 12,129 individuals. He says the number started going up in March 2020 and "went through the roof." Then it tapered down but he says now it's up



ALIVE! provides meat, fresh vegetables, bread and shelf stable food for a family of four at their neighborhood pop-up groceries.

again, an increase of 20 percent.

Okoronkwo says SNAP benefits for one person with no income are \$250 a month. For a family of 4 with no income SNAP benefits are \$939 a month. SNAP benefits are based on 130 percent of the Federal poverty level and focused on gross income. A family of four could be eligible if their income is up to \$3,007 monthly, or \$1,473 for an individual. If you exceed the income limit, you do not qualify for benefits.

Okoronkwo says, "Just 3 or 4 years ago I realized the high level of food insecurity in Alexandria. If you tell people, they won't know. Unless you read about it or know someone, you don't know it is possible." He continues, "It is hard the way I look at it. Congress argues you don't want to pay more taxes but do we really want to meet these people who are affecting our voting?"

Okoronkwo explains that each state defines what can be purchased with the EBT card. It doesn't cover meals in restaurants.

The City of Alexandria has immediate food resources for those experiencing food insecurity available through ALIVE!, an in-

"I'm really worried about what's next. I want to get out word that we have resources."

— Jennifer Ayers,
Executive Director of ALIVE!

terfaith non-profit that serves the most vulnerable in the community.

"We served 1,300 households at one of our neighborhood pop up clinics last Saturday—17,000 people last month, 4,000 households," Jennifer Ayers, Executive Director of ALIVE! says. "We are at capacity with our ability to serve; we can't grow much more with the funding we have." ALIVE! is supported by a combination of private donors, grants and the City government.

Ayers says they are trying to anticipate the need when the supplemental SNAP benefits expire. "We're reviewing all of our service plans to be sure we have enough invento-

ry and working with social services to see who may be losing benefits, to reach out to identify people who may need a little extra support."

ALIVE! supplies food to most of the Alexandria food pantries, the neighborhood pop up clinics, weekend backpack buddies for school children as well as emergency deliveries to homebound people in need. "But I'm really worried about what's next. I want to get out word that we have resources."

Ayers says that food donations are important, especially cooking oil, rice, canned protein, beans and canned fruit and tomatoes. "We have been asked a lot about lentils lately." She says, "We recently got a big donation from the Islamic Relief Fund of 70 pallets of food. It's like a tractor trailer full. The high school is going to box the food on Monday. It's a lot of work."

Another related issue is the emergency Medicaid coverage provided to any individual in need of health insurance during the pandemic will end in February. This will require all Medicaid recipients to undergo reevaluation of their Medicaid coverage. "DCHS Benefits Division anticipates that 6,549 Alexandrians receiving Medicaid will lose coverage in the eligibility redetermination process due to their income or citizenship status." Okoronkwo says that Alexandria added 6,000 when the Medicaid expansion started but as of December the number was 10,383.

The DCHS Benefits Division will mail information to all SNAP recipients with information on how to appeal, as well as information to all individuals who are no longer eligible for Medicaid on how to access the Federal Health Insurance Marketplace. If a beneficiary's income or number of household members has changed, they should email DCHSPublicBenefits@alexandriava.gov. If you have questions about your benefits, call 855-635-4370 or visit the DCHS office at 2525 Mount Vernon Avenue or the new DCHS location at 4850 Mark Center after Feb. 3.

City Marks 50th Anniversary of MLK Celebration



The Ethiopian Cultural dance group gives a surprise performance at the MLK Commemorative program Jan. 15.



Students Ariana Singleton and Delvin Jalon Reed prepare to speak at the Jan. 15 MLK Commemorative program. The students spoke about their journey to the National Memorial for Peace and Justice in Montgomery, Ala., late last year.



MLK Memorial Planning Committee chair Rosa Byrd with her husband Jack Byrd.

FROM PAGE 1

ly originated. “I realized that one of my ancestors was most likely a lynching victim and I wondered how Dr. King and all of these people could have walked so peacefully, knowing the violence they were facing.”

Added fellow student Delvin Jalon Reed, “Going to Alabama there was a definite divide between the Black Student Unions and the theater students. Everyone stayed in their little bubbles but as we walked through the different museums and monuments a bond truly solidified as we shared our emotions and processed what we were learning. In that moment we all realized that at the end of the day we aren’t that different.”

Rosa Byrd was chair of the event that included a panel discussion on the King Center for Nonviolent Social Change 2023 theme of “It Starts With Me.” Entertainment interludes were provided by The Yellow Door Concert Series Ensemble, who performed to a backdrop of Civil Rights images, the Liturgical Dance Ministry of Alfred Street Baptist Church, and a surprise performance by the Ethiopian Cultural Dance team.

Mayor Justin Wilson also referenced the pilgrimage in his remarks.

“For many of us who are in this room today, this event is a little more poignant than it is every year,” Wilson said. “Many of you went with us on the pilgrimage to Montgomery, Ala. That was a powerful weekend as we got to follow in the literal footsteps of Dr. King,



George Seghers, left, Executive Director of the George Washington Masonic National Memorial, accepts a proclamation of appreciation from Mayor Justin Wilson during the MLK Commemorative program Jan. 15 in the GWMNM theater.

Congressman John Lewis, Rosa Parks – so many martyrs for the movement. But far more important than being in those spaces, we were able to see the work that we have ahead of us.”

Wilson continued, “Being here is important but now we need to do the work to continue to transform these unjust systems. We need to do the work that Dr. King not only wanted us to do so many decades ago but wants us to do continuing today.”

The Liturgical Dance Ministry of Alfred Street Baptist Church and the Men’s Choir of Shiloh Baptist Church closed the program with a

stirring performance of “We Shall Overcome.”

“I realize now that Dr. King was marching not for himself but for so many other people,” Singleton said. “He was marching for the generations to come. He was marching for me and everyone in this room so that we can live in a world where we will not be separated by race or gender. Because of Dr. King, the only thing that separates us today is our own mindset.”

The 50th anniversary Martin Luther King Jr. Memorial Program can be viewed at www.alexandriava.gov/museums/martin-luther-king-jr-memorial-program



The Yellow Door Concert Series Ensemble performs to a backdrop of Civil Rights images during the MLK Commemorative program Jan. 15 at the George Washington Masonic National Memorial.

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SERVICE

PHOTOS BY JANET BARNETT/GAZETTE PACKET



Volunteers from Agudas Achim Congregation of Northern Virginia, Alfred Street Baptist Church and the Sisterhood of Salaam Shalom gather Jan. 16 to prepare more than 20,000 meal packages to combat local food insecurity as part of a MLK Day of Service project.

MLK Day of Service

Faith community joins forces to combat hunger.

BY JEANNE THEISMANN
GAZETTE PACKET

Volunteers from Agudas Achim Congregation of Northern Virginia, Alfred Street Baptist Church and the Sisterhood of Salaam Shalom joined forces Jan. 16 to pack more than 20,000 meals to combat food insecurity in the region as part of a Martin Luther King Jr. Day of Service project.

"We are packing food for the hungry," said vol-

"Each prepared bag is enough to feed six people."

— Volunteer Jennifer Jones

unteer Doug Fagen. "Each meal package includes soy, pinto beans, vegetables and rice."

More than 165 volunteers turned out to pack the meals in assembly-line fashion with carefully measured amounts of each ingredient.

"Each prepared bag is enough to feed six people," said volunteer Jennifer Jones. "And all meals we are preparing today will go to those who are hungry in the Alexandria area through ALIVE!"

Also collected at the event were donations of gently used winter coats, hats, boots, mittens and warm socks for local distribution.

The event at Agudas Achim Congregation was sponsored by the Henry H. Krevor Endowment Fund for Social Action with support from an anonymous donor.



Volunteers from Agudas Achim Congregation, Alfred Street Baptist Church and the Sisterhood of Salaam Shalom assemble meal packages to combat local food insecurity as part of a MLK Day of Service project Jan. 16 at Agudas Achim Congregation.

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Volunteers from Agudas Achim Congregation, Alfred Street Baptist Church and the Sisterhood of Salaam Shalom pose with the finished product of packaged meals during the MLK Day of Service project Jan. 16 at Agudas Achim Congregation. More than 20,000 meal packages were prepared, each feeding six people.



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Gun Violence Prevention Priorities

BY SEN. ADAM P. EBBIN

The second week of the 2023 legislative session began with what many groups refer to as “lobby day” – Martin Luther King Jr. Day, when school and work closures allow a wide range of constituencies to visit the Capitol in Richmond. The halls of the Pocohantas building teemed with advocates for education, tenants rights groups, high school students on field trips, and parents with young children, many witnessing the process of representative government for the first time. The diverse viewpoints and perspectives shared throughout the halls of government all day on Monday were a reminder to my colleagues and me of the solemn duty of both representing our constituencies, and the complex interests of our entire Commonwealth here in Richmond.

Much agreement is found during these meetings, but sometimes, civil discourse on contentious topics does not come to a mutual resolution. One such issue, which we hear a great deal about is gun violence. Each year, advocates from the Virginia Citizens Defense League organize in Richmond on MLK Day to discuss their strongly

held beliefs of an unlimited right to bear arms. While we disagree, often strongly, I always appreciate meeting with constituents with differing opinions and having robust debate over these issues.

I was glad to stand with a group of my colleagues including Senators Creigh Deeds (D-Bath), Jennifer Boysko (D-Fairfax), Chap Petersen (D-Fairfax), and Dave Marsden (D-Fairfax) to announce the roll out of the Senate Democratic Caucus’s gun violence prevention priorities, which includes two bills I introduced. Our legislative agenda includes bills to ban the sale of assault-style weapons, create penalties for the negligent storage of firearms in homes with minors present; establish civil fines for leaving an unsecured firearm in a vehicle; establish standards of responsible conduct for the firearm industry in Virginia, and enacting clear criteria and parameters for judges to review when filing Extreme Risk Protective Orders, also known as red-flag laws.

My two pieces of legislation ban the sale of “ghost guns” and the open, public carry of assault-style semi-automatic weapons. Ghost



Ebbin

guns are untraceable firearms which can be bought online, assembled from kits with ease, and function precisely like any other firearm. These weapons pose a serious and deliberate problem. Law enforcement report seeing a rise in the use of ghost

guns in criminal acts and accidental shootings. The process of converting ghost gun parts — which can be purchased without a background check, license or record of sale, into a functioning firearm — involves just a few steps and can be completed without any special skill. They are particularly enticing to people who cannot pass a background check — domestic abusers, minors, organized crime, and those with a violent felony record. My legislation seeks to fix a loophole: manufacturers are required to put a serial number on finished firearms but not on individual parts. This bill requires manufacturers, dealers, and distributors to add a serial number, which legitimizes a weapon and makes it traceable if used in a crime.

My second bill bans the public carry of assault style weapons, whose definition closely reflects

Get Involved

Please consider joining my colleagues and me at one of our legislative town halls to share your views on the session.

Saturday, Jan. 21

9 a.m., Walt Whitman Elementary
2500 Parkers Ln, Mount Vernon

Saturday, Jan. 21

1 p.m., Hayfield Elementary
7630 Telegraph Rd, Franconia

Saturday, Jan. 28

10 a.m., Alexandria
City High School
3330 King St., Alexandria

the highly successful 1994 assault weapon ban. Weapons of war have no place in civil society and certainly not on our streets where they frighten our families. Regular issue law enforcement service weapons aren’t a match for these military weapons and their standard issue vests can’t stop a high velocity bullet. This legislation is critical both to preserving safety in public spaces, but also to protect our public servants.

I look forward to a spirited debate on these important bills in the coming weeks.

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

The 2023 General Assembly Has Started Its Work

The first week of the General Assembly session is in the books. We spent most of it getting organized.

On the day before the session started, we learned that Virginia Beach voters had elected Virginia Beach Councilman Aaron Rouse to the state Senate in a special election to replace now-Congresswoman Jen Kiggans. That changed the party composition of the Senate to 22 Democrats and 18 Republicans. Senator-elect Rouse will be sworn in this week after his election is certified and he will be a welcome addition.

The Governor delivered his State of the Commonwealth Address to a joint session of the legislature during our first week. While it appears the Governor has presidential ambitions, I was disappointed that he used the occasion to blame President Biden and former Governor Northam for national and international trends like inflation and learning loss instead of offering more solutions that we could work together on. The Senate has common ground with him on issues like bolstering investments in mental health.

Governor Youngkin’s presidential ambitions appear to have prodded him to focus on China at the expense of his state’s needs. He focused part of his speech on banning Chinese land purchases. The next day, we learned that he had cut off negotiations with Ford Motor Company on the construction of an electric vehicle battery plant in Halifax County. Ford’s plan would have created 2,500 jobs in a county that has a median family income of \$45,000 per year – 40 percent of Fairfax County’s – because Ford had chosen to partner with a Chinese technology firm to produce the batteries. While China bashing is a popular sport right now with other presidential hopefuls, raising this topic in a speech historically meant to address the state’s problems, puts personal, national ambitions ahead of Virginians’ needs.

I am carrying 31 bills and about a dozen budget amendments. Among them, I have introduced



Surovell

legislation to expand transparency in our utility policy process. Many people have concerns that Virginia’s regulated monopolies, like electricity transmission, have too much influence in making policy by moving billions of dollars around annually through your utility bills. While we have attorneys to help draft legislation, the General Assembly has no permanent policy staff to brief us and provide objective advice on many issues. My legislation would require the Virginia Commission on Utility Regulation to meet regularly, hire permanent policy staff and help better inform legislators. With so few professional, knowledgeable staffers working for the General Assembly, I fear that too many legislators rely too heavily on industry lobbyists. We have made massive changes in our energy laws in the last three years, involving billions of taxpayer and ratepayer dollars, and we need enhanced, professional policy support to transition to a clean energy economy.

I am also carrying legislation to protect Virginia women in the aftermath of the U.S. Supreme Court’s Dobbs reproductive choice decision. Several out-of-state attorneys general are targeting those who facilitate abortions. I am concerned that a Virginian could be charged for giving a ride or otherwise helping a friend seeking this medical care. My bill would prevent their extradition.

Today’s smartphones can log your every move and it is very easy to purchase data that shows who has visited a reproductive healthcare clinic. Several phone applications also allow women to track their menstrual activity. My bill would allow a person to sue if any information regarding their reproductive health history is sold by a third-party data broker. Senator Barbara Favola is also proposing similar legislation prohibiting Virginia prosecutors from seizing such information by search warrant.

The Virginia 529 Plan has generated a \$1.2 billion surplus due to investment management fees and lower-than-anticipated tui-

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LETTERS

Keep the Name, Switch the Fame?

Open Letter to Mayor Wilson,

I urge you not to change street names to retroactively punish long dead Confederates. Instead, keep the name, but switch the fame to someone regardless of race or gender who has provided meritorious service to Alexandria.

Foremost, there is no need to insult the hundreds, maybe thousands of Alexandria taxpayers who share the same surname as one of the 41 Confederates who have a street named after them.

Nor is there a need to force the many taxpayers who reside on one of these streets to endure the enormous inconvenience and cost to change deeds, checkbooks, websites, etc. much less require all taxpayers pay to fabricate and install new street signs Declaring 41 surnames to be officially reprehensible and, therefore, stricken from street signage and who knows what other official opprobrium is not a step that bonds; just the opposite.

Also, don't overlook that each of these Confederates were pardoned for their conduct and that some

(e.g. Mosby), once pardoned, provided meritorious service to the nation for many years thereafter.

The simple, sensible solution is to keep the street name but switch the fame.

Task the Historic Alexandria Resources Commission to nominate current, former and deceased residents who share the same surname of one of the 41 Confederate-named streets AND who have distinguished themselves in some indisputable meritorious manner.

Invite area schools, community groups and Veteran organizations to participate too.

Get yourself off the slippery slope you're on. Castigating 41 surnames will not find favor with taxpaying residents who have one of them. And, if you persist in this cockamamie scheme to punish surnames, then change yours. After all, Wilson is the surname of the most virulent racist

Virginian who became President of the United States.

Jimm Roberts
Alexandria

Now More Than Ever, Alexandria Needs Medicare For All

I am writing in response to the recent announcement from the Alexandria Department of Community and Human Services [\(https://www.alexandriava.gov/news-dchs/2023-01-11/end-of-snap-emergency-food-benefits-and-emergency-medicaid-coverage-may-affect-about-the-upcoming-end-to-the-COVID-19-public-health-emergency-that-will-result-in-a-reduction-of-SNAP-benefits-and-will-cut-more-than-6,500-Alexandria-residents-off-of-Medicaid\)](https://www.alexandriava.gov/news-dchs/2023-01-11/end-of-snap-emergency-food-benefits-and-emergency-medicaid-coverage-may-affect-about-the-upcoming-end-to-the-COVID-19-public-health-emergency-that-will-result-in-a-reduction-of-SNAP-benefits-and-will-cut-more-than-6,500-Alexandria-residents-off-of-Medicaid). (See page 3 for story).

As an Alexandrian who sees daily the growing inequality in our deeply economically divided city, I am deeply concerned about the impact this policy change will have on Alexandria residents who are already struggling. This situation only highlights the abject cruelty of our profit-driven healthcare system. Thousands of Alexandria residents are losing health coverage next month because they are not quite poor enough to qualify for Medicaid during a pandemic that

is not quite dire enough to constitute an emergency. It is unconscionable that in the richest country in the world we continue to means-test something as fundamental as health care. I urge the city of Alexandria not to cut these citizens' health care coverage, but find the funding to keep them insured.

This shows that now, more than ever, Alexandria needs Medicare For All — nationwide, single-payer, universal health coverage that would guarantee health care as a human right. More than 70 countries around the world have universal health care systems, and the policy is supported by nearly 70% of American voters. We need elected leaders with the courage and integrity to fight against the for-profit health insurance lobby and pass Medicare For All legislation, and I urge the Alexandria City Council to pass a resolution in support of universal health care.

Boyd Walker
Alexandria

The 2023 General Assembly Has Started Its Work

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tion inflation. I have proposed to create an endowment, fund it with the surplus and create 2,500 full scholarships for Virginia students who agree to remain in Virginia for eight years after graduation.

Finally, I am hosting my Mount Vernon town hall meeting this

Saturday, Jan. 21, 9 to 11 a.m. at Walt Whitman Middle School with Senator Adam Ebbin and Delegate Paul Krizek. I will hold meetings in Franconia District the next weekend and South County after that. If you have any feedback, please email me at scott@scottsuovell.org

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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.

Jurisdiction	Fed Struc Id	Route #	Route Name	Crossing	Posted Date
DANVILLE	20190	293	RTE 293	DAN RIVER	12/31/2022
MECKLENBURG	12001	660	OLD COX RD	BUCKHORN CREEK	12/30/2022
CHARLOTTE	4833	40	PATRICK HENRY HWY	TERRYS CREEK	12/29/2022
HALIFAX	9158	58	PHILPOTT RD (58 WBL)	DAN RIVER	12/29/2022
PITTSYLVANIA	13425	29	MAIN STREET	SYCAMORE CREEK	12/29/2022
AMHERST	1382	130	ELON RD	NS RAILWAY	12/28/2022
APPOMATTOX	1587	608	STONEWALL RD	WRECK ISLAND CREEK	12/28/2022
CAMPBELL	4236	630	CHELLIS FORD RD	GOOSE CREEK	12/28/2022
SCOTT	16832	681	RTE 681	CRACKERS NECK BRANCH	12/21/2022
RUSSELL	16529	770	OLD HWY 19	INDIAN CREEK	12/20/2022
PATRICK	13232	58	JEB STUART HWY/RTE 58	QUAKERFIELD BRANCH	12/19/2022
MECKLENBURG	11942	92	HWY 92	JOLLY HOLLOW CREEK	12/16/2022
NEW KENT	12740	631	SOUTH GARDEN RD	BEARS HILL SWAMP	12/16/2022
CARROLL	4612	221	FLOYD PIKE/RTE 221	BIG REED ISLAND CREEK	12/16/2022
PATRICK	13242	103	DRY POND HWY/RTE 103	LONG BRANCH	12/16/2022
PATRICK	13243	103	DRY POND RD/RTE 103	ELK CREEK	12/16/2022
PATRICK	13198	8	SALEM HWY /RTE 8	NOEL CREEK	12/16/2022
LEE	10857	640	RTE 640	LONG HOLLOW BRANCH	12/15/2022
BUCHANAN	3833	602	INDIAN CREEK RD	INDIAN CREEK	12/14/2022
FRANKLIN	7817	602	CALLAWAY RD/RTE 602	ROARING RUN	12/14/2022
FRANKLIN	7828	608	FORK MTN RD/RTE 608	BIG CHESTNUT CREEK	12/14/2022
FRANKLIN	7974	768	LIGHTHAVEN RD/RTE 768	TOWNE CREEK	12/14/2022
FRANKLIN	7978	778	NICHOLAS CK RD/RTE 778	NICHOLAS CREEK	12/14/2022
FRANKLIN	7897	684	BOONE MILL RD/RTE 684	MAGODEE CREEK	12/13/2022
FRANKLIN	7930	721	PATTI RD/RTE 721	LITTLE DOE RUN	12/13/2022
PATRICK	13209	40	CHARITY HWY/RTE 40	ROCK CASTLE CREEK	12/13/2022
PATRICK	13196	8	SALEM HWY/RTE 8	ROCKY BRANCH	12/13/2022
BEDFORD	2705	620	BATEMAN BRIDGE RD	NS RAILWAY	12/12/2022
BEDFORD	2779	664	GOSHEN RD/RTE 664	ELK CREEK	12/12/2022
BEDFORD	2740	643	JOPLING RD/RTE 643	STONY CREEK	12/12/2022
CRAIG	5474	311	RTE 311	BRANCH OF CRAIG CREEK	12/12/2022
FLOYD	7505	221	FLOYD HWY S/RTE 221	BR OF W F LITTLE RIVER	12/12/2022
PATRICK	13199	8	WOOLWINE HWY/RTE 8	PUDDING CREEK	12/12/2022
FRANKLIN	7914	703	AYERS RD/RTE 703	POPLAR CAMP CREEK	12/9/2022
FRANKLIN	7858	635	EDWARDSVILLE RD/RTE 635	LYNVILLE CREEK	12/9/2022
FRANKLIN	7877	643	DILLONS MILL RD/RTE 643	N FORK BLACKWATER RIVER	12/8/2022
FRANKLIN	7839	623	FAIRY STN P RD/RTE 623	BEARDS CREEK	12/8/2022
FRANKLIN	7991	798	KNOB CHURCH RD/RTE 798	MILL CREEK	12/8/2022
PATRICK	13221	58	JEB STUART HWY/RTE 58	DAN RIVER	12/8/2022
PATRICK	13200	8	WOOLWINE HWY/RTE 8	SYCAMORE CREEK	12/8/2022
BEDFORD	2670	600	PETERS CREEK RD/RTE 600	BATTERY CREEK	12/7/2022
BEDFORD	2774	657	ROCKY MTN RD/RTE 657	IVY CREEK	12/7/2022
FRANKLIN	7861	637	BRANDY OAK RD/RTE 637	THARP CREEK	12/6/2022
FRANKLIN	7862	637	GRIFFIT HILL RD/RTE 637	OTTER CREEK	12/6/2022
FRANKLIN	7988	792	LAUREL BLUFF/RTE 792	RENNET BAG CREEK	12/6/2022
FRANKLIN	7987	792	LAUREL BLUFF RD/RTE 792	RENNET BAG CREEK	12/6/2022
BEDFORD	2874	737	AYERS RD/RTE 737	NS RAILWAY	12/5/2022
BLACKSBURG	28885	314	DUCK POND DR	STROUBLES CREEK	12/5/2022
FLOYD	7500	221	FLOYD HWY S/RTE 221	BRANCH GREASY CREEK	12/5/2022
FLOYD	7503	221	FLOYD HWY S/RTE 222	BRANCH HOWELL CREEK	12/5/2022
ROANOKE	14946	221	BENT MTN RD/RTE 221	BR BACK CREEK	12/5/2022
NEW KENT	12639	60	WBL POCHONTAS TR	SCHIMINOE CREEK	12/2/2022
BEDFORD	2897	755	MORGANS MILL RD/RTE 775	NS RAILWAY	12/2/2022
BEDFORD	2697	619	PENDLETON RD/RTE 619	SHOCKOE CREEK	12/2/2022
PATRICK	13245	103	DRY POND HWY/RTE 103	SANDY CREEK	12/2/2022
PATRICK	13220	58	RTE 58	N.FORKOF POORHOUSE CREEK	12/1/2022
ROANOKE	14809	F880	BRETHERN RD/RTE F880	BRANCH OF BACK CREEK	12/1/2022
PATRICK	13372	699	HUGHES BROWN RD/RTE 699	WHITE MUD CREEK	11/30/2022
ORANGE	13030	666	HAWFIELD RD	MOUNTAIN RUN	11/29/2022
FLOYD	7506	221	FLOYD HWY S/RTE 221	BR OF DODD CREEK	11/29/2022
MONTGOMERY	12131	11	ROANOKE RD NBL/RTE 11	POPLAR BRANCH	11/29/2022
MONTGOMERY	12115	11	ROANOKE RD WBL/RTE 460	BR SOUTHFORKROANOKERIVER	11/29/2022
FRANKLIN	8023	919	GRASSY HILL RD/RTE 919	TEELS CREEK	11/28/2022
FRANKLIN	7866	640	TURNER CREEK RD/RTE 640	PIGG RIVER	11/28/2022

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 <https://www.virginiadot.org> 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.

ALEXANDRIA BRIEFS

Alexandria Police Investigate Shooting Incident

The Alexandria Police Department is investigating a shooting incident that occurred on the evening of Jan. 15, 2023, in the 4600 block of Duke street.

During this incident, one person was shot. The victim, a 22-year-old male, was transported to the hospital with multiple injuries but is expected to recover.

APD is currently investigating a person(s) of interest in relation to this incident.

The incident is still under investigation and APD is asking anyone who may have information related to this case to contact Detective John Brattelli via phone at 703.746.6699, email at John.Brattelli@Alexandriava.gov, or call our non-emergency line at 703.746.4444. Tips can be anonymous.

New Leaders

The City of Alexandria is happy to announce several new staff members who will be a crucial part of supporting all those who live, work, and visit the City.

Yon Lambert - Deputy City Manager

Yon Lambert became a Deputy City Manager for the City of Alexandria following the retirement of Laura Trigg from the position. Lambert will be responsible for public safety agencies, Emergency and Customer Communications, Code Administration, and General Services.

Lambert joined the City in 2006. Since 2014, Yon has been the Director of the Department of Transportation & Environmental Services (T&ES), overseeing 255 staff and an annual operating budget of \$94 million.

Tarrence Moorer - Interim Transportation & Environmental Services Director

Tarrence Moorer will serve as the Interim Director of the Department of Transportation and Environmental Services (T&ES). Moorer is the department's current Assistant Director of Internal Services, leading the day-to-day operations of T&ES' communications, human resources, fleet, facility management, information technology, finance, and budget functions.

Moorer joined the City in 2014 as a temporary consultant, responsible for administrative and fiscal support to the T&ES Infrastructure and Right-of-Way team. He was later hired and promoted to several positions including the Division Chief of Strategic Management and Principal Planner.

Ryan Freed- Climate Action Officer

Ryan Freed comes to the City from the Institute for Market Transformation (IMT), where he held the position of Senior Director for Policy and Regulatory Strategy for seven years. There, he led the Institute's government-focused work related to equitable climate solutions, including commitments to bring community members more fully into government policymaking efforts.

Previously, Freed served as the Director of the Kansas Corporation Commission Energy Division. He has worked with dozens of local governments throughout the country and coordinated directly with philanthropic organizations on raising funds for projects, community organizations, and more. He holds a Master of Public Administration from the University of Kansas and earned his bachelor's degree from Washburn University.



PHOTO BY JANE HUGHES

SURPRISE VISIT

Volunteers from Shiloh Baptist Church in Alexandria surprised Woodbine Rehabilitation & Healthcare Center residents on Martin Luther King Jr. Day, brightening the day for Martha Newman and all residents and staff with festivities that included a Bingo party, lots of laughs and extra special prizes. www.woodbinerehab.com

Easton McDonald - Alexandria Police Department Assistant Chief

The Alexandria Police Department's new Assistant Chief, Easton McDonald, will be responsible for direct command over all patrol operations and administrative issues within the Field Operations Bureau. McDonald comes to the City from the Loudoun County Sheriff's Office, where he has served since 2001. He has also served as a School Resource Officer, Community Police Officer, Academy Instructor, Patrol Sergeant, Youth Services 2nd Lieutenant, Office of Emergency Management 1st Lieutenant, and Captain.

McDonald is a member of the National Organization of Black Law Enforcement Executives (NOBLE), the Police Executive Research Forum (PERF), and the International Association of Chiefs of Police (IACP). He holds a master's degree from the University of New Haven and a Bachelor of Arts in Social Science from Ramapo College of New Jersey.

New Route of the African American WaterFront Heritage Trail

The Office of Historic Alexandria (OHA) and the African American Heritage Trail Committee (AAHTC) invite you to an open house to celebrate the launch of the new southern route of the African American Waterfront Heritage Trail! The event will take place on Saturday, Feb. 4, 2023, 10 a.m. at the Alexandria History Museum at the Lyceum at 201 S. Washington St.

Learn more about history along the waterfront as we recreate a sample of the stops along the trail inside the Lyceum. Enjoy an opportunity to "talk history" with members of the AAHTC. Each stop highlights the importance of Black history in Alexandria. What do archaeological and historical research reveal about the impacts of community history initiatives like this one? Prominent and lesser-known stories of African American people, places, and neighborhoods from the time of Alexandria's founding through the 20th century will be featured. Remarks begin at 11 a.m. Light refreshments will be served.

The African American Waterfront Heritage Trails illuminate the history of the African American community over a span of centuries. These trails highlight the contributions of Black Alexandrians, free and enslaved, to the history of Alexandria's waterfront. The South Trail Route consists of 19 stops and is the second in a series of trails covering the waterfront. The North Trail Route, launched in 2021, includes 11 stops. Together the two trails span a little over three miles from Montgomery St. to the south end of Jones Point Park. The trails can be experienced on a computer or as a StoryMap on a smartphone as you walk the trails along the Potomac River. The African American Waterfront Heritage Trail Committee is made up of volunteer community members and historians and is supported by staff from the Alexandria Black History Museum and Alexandria Archaeology.

Visit alexandriava.gov/historic-sites/african-american-heritage-trail-south-waterfront-route for more information about the southern route of the African American Waterfront Heritage Trail.

ALEXANDRIA SYMPHONY ORCHESTRA

Coming in February

The Alexandria Symphony Orchestra (ASO) will present a program entitled *Banner* on Saturday, Feb. 11, 2023 (7:30 p.m.) at the Rachel M. Schlesinger Concert Hall and Arts Center and Sunday, Feb. 12, 2023 (3 p.m.) at the George Washington Masonic Memorial.

Lauded for his creativity and inventiveness, Jeffrey Ching completed Mozart's unfinished *Sinfonia Concertante* by adding material from other works by the composer; ASO's performance marks the first time this piece has been performed in the United States. The premiere will be paired with one of the most loved and greatest symphonies in the canon: Haydn's *Symphony No. 104* in D major. Commonly known as the *London Symphony*, it's the last among his 12 symphonies composed for English audiences while in residence in London.

"Begun in 1779, the *Sinfonia Concertante*'s 138 increasingly sparse bars were left dangling for a few centuries until my friend and composer Jeffrey Ching completed it with other movements by Mozart to constitute this American premiere," says Maestro James Ross. "It's brought lovingly to light for the first time in the U.S. by the estimable Thalea String Quartet, who specialize in bringing old and new together in genre-defying ways."

Barber's *Adagio* for Strings transcends time and genre, composed as a movement for string quartet, extracted as an arrangement for string orchestra, and has since been adapted numerous times, including as a sacred vocal rendition. Commissioned for the 200th anniversary of *The Star-Spangled Banner*, Jessie Montgomery's *Banner* incorporates her own complex relationship with the anthem while reflecting on the milestones and progress that our country has achieved



Thalea String Quartet

over the last two centuries. Montgomery's *Banner* and Mozart's *Sinfonia Concertante* feature members from Thalea String Quartet.

Fueled by the belief that chamber music is a powerful force for building community and human connection, the Thalea String Quartet has performed across North America, Europe and China. Christopher Whitley (violin) is originally from Toronto, Ontario, Canada; Kumiko Sakamoto (violin) is from Medicine Hat, Alberta, Canada; Lauren Spaulding (viola) is from San Antonio, Texas; and Alex Cox (cello) is from West Palm Beach, Florida.

Adult prices for single tickets start at \$20, and all tickets for youth are priced at \$5. Visit www.alexsym.org or call (703) 548-0885 for more information.

BULLETIN BOARD

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

LOOKING FOR SOFTBALL PLAYERS

The Golden Girls of Northern Virginia, a senior women's softball league, is looking for players. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. They play most Wednesday evenings and Saturday mornings in Vienna from May-July and September-October. For more information, visit the web site www.goldengirls.org.

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.volunteeral-alexandria.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.volunteeralalexandria.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

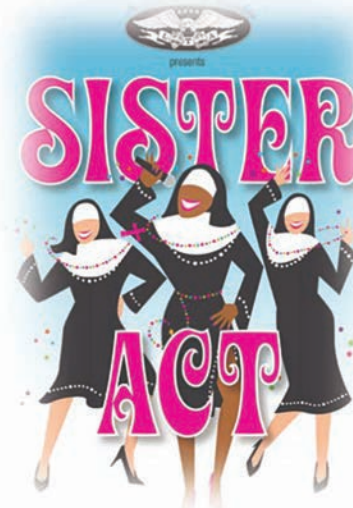
the City's most vulnerable residents have a chance to thrive, then consider joining the Board of Friends of the Alexandria Mental Health Center. The Friends Board is an all-volunteer group of residents that oversees the administration of one of Alexandria's top mental health charities. Friends has no 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 donaalrea@aol.com.

SEE BULLETIN, PAGE 11

THE BOARD OF
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OF INOVA
ALEXANDRIA
HOSPITAL

Invites you to a benefit performance



Tuesday
January 24, 2023
8:00 PM

THE LITTLE THEATRE of
ALEXANDRIA
600 Wolfe Street,
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Admission \$40
Patron \$60 -
Benefactor \$100

Open Seating ∞ Masks Requirements
Pick up your reserved ticket(s) at the Box
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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‘It Starts With Me’ MLK honored in student art exhibition.

BY JEANNE THEISMANN
GAZETTE PACKET

The legacy of Martin Luther King Jr. was celebrated Jan. 16 with the annual Martin Luther King Jr. Art Exhibition featuring artwork by Alexandria City Public School elementary students in grades 2-5.

With the theme “It Starts With Me: Creating Martin Luther King Jr.’s Beloved Community,” students created artwork interpreting what can be done in families, schools and communities to bring King’s vision to light.

“Each year ACPS elementary art teachers collaborate with the Alexandria Black History Museum and the City of Alexandria to mount an exhibition of elementary school artwork,” said Luisa Tio, the arts coordinator and teacher at Naomi L. Brooks Elementary School. “The theme changes yearly and this year students expressed their reflections on how they could create a better world in their artwork.”

The Martin Luther King Jr. Art Exhibition began as a poster contest in 1990. It was created by the Alexandria Society for the Preservation of Black Heritage and highlights the artwork of ACPS students. Under the leadership of past society presidents Harry Burke and Carlton A. Funn Sr., the contest grew from a small exhibit and program held at the Alexandria Black History Museum to a larger exhibition held in the Vola Lawson Lobby of City Hall in January and February of each year.

In addition to Tio, speakers included Mayor Justin Wilson, ACPS school board vice chair Jacinta Greene, Audrey Davis, director of the Black History Museum, and McArthur Myers of the Friends of the Black History Museum.

Students were presented with certificates of appreciation during a ceremony in council chambers at City Hall. A reception followed in the Vola Lawson Lobby where entries from the art exhibition will be on display through the end of February.

Tio added, “The children learned about Dr. King’s vision of creating a world free of racism, injustice, poverty, hunger and homelessness and were challenged to make art that would show what they could do to make the world a better place.”



Zaylynn Eubanks, right, a student at Naomi L. Brooks Elementary School, is joined by her mother Ikea Carter as she holds her certificate of achievement as the winner of the Martin Luther King Jr. Art Exhibition Jan. 16 at City Hall.



Ny'Zaylah Patterson, a fourth grader at Naomi L. Brooks Elementary School, stands in front of her artwork while holding her certificate of achievement at the Martin Luther King Jr. Art Exhibition Jan. 16 at City Hall.



Jack Burkholder, a fourth grader at George Mason Elementary School, points to his work while holding his certificate of achievement in the City of Alexandria Martin Luther King Jr. Art Exhibition Jan. 16 at City Hall.



School board vice chair Jacinta Greene, left, congratulates a participant in the Martin Luther King Jr. art exhibition as Luisa Tio, arts coordinator at Naomi L. Brooks Elementary School, and McArthur Myers of the Black History Museum, look on Jan. 16 at City Hall.

“The students were challenged to make art that would show what they could do to make the world a better place.”

— ACPS Arts teacher Luisa Tio

BULLETIN BOARD

FROM PAGE 9

Volunteer Adult Mentors Needed. Help assist the Department of Family Services' BeFriendA-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 Com-

munity 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. Free 55+ robust walking 1-hour exercise class (with chair exercise op-

tion). No class on holidays. Contact jikingconsulting@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, ktoohy@ccda.net.

Be Heard at the City's Monthly Public Hearings. A schedule of the meetings can be found at www.alexandriava.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

SEE BULLETIN, PAGE 15

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ENTERTAINMENT

Your 2023 Winter Restaurant Week Preview

BY HOPE NELSON
GAZETTE PACKET

From mussels and more to Italian, from Indian to Chinese to Thai, there are plentiful options for every palate in this year's Winter Restaurant Week. Dozens of Alexandria restaurants are taking

APPETITE ing part in the event, which runs from Jan. 20-29. Scope out the specialty menus and see what kinds of deals you can enjoy – but in the meantime, here are four picks to get you started.

Augie's, 1106 King St.

More than just mussels: Augie's offers a wealth of menu options, and the eatery is showing them off on their Restaurant Week menu. For \$35 per person, choose an appetizer from a laundry list including pretzels and beer cheese, French onion soup, one of two different side salads and more. Next select from a half-dozen entrees: jambalaya pasta, ribeye, steak and frites, and, yes, a trio of mussels. Finish everything off with a sweet treat – for my money, the apple tart looks mighty fine.

Aldo's Italian Kitchen, 2850 Eisenhower Ave.

Tucked away off Eisenhower Avenue, Aldo's is putting its menu in the spotlight with this week's offerings. For \$35 per person, diners can choose between a Caprese salad or the soup of the day for a starter; New York strip, grilled grouper or lobster ravioli with vodka sauce for a main course; and spumoni, black



Augie's, 1106 King St.



Aldo's Italian Kitchen, 2850 Eisenhower Ave.



Indochoen, 4906 Brenman Park Drive and 1625 King St.



Mai Thai, 6 King St.

forest cake or cannoli to tie the whole thing together. Dine in, or take a seat outside on the heated patio for some extra al fresco time.

Indochoen, 4906 Brenman Park Drive and 1625 King St.

Looking for Indian? Chinese? The best of both nations? You've come to the right place. Whether

you're in Old Town or Cameron Station, Indochoen's Restaurant Week menu offers a plethora of options to suit your whims. For \$25 per person, select from an appetizer ranging from kale chaat to vegetable Manchurian to an Indochoen dumpling; then choose from entrees such as butter chicken, palak paneer and chow mein; and finally enjoy gulab jamun, rice pudding or

rasmalai as a sweet treat.

Mai Thai, 6 King St.

Or maybe you're feeling more like Thai than Indian or Chinese. Mai Thai is here for you. For \$25, whet your appetite with vegetable tempura, chicken ginger salad or "golden two" – fried calamari and fried tofu.

Then dig in to a choice of Bang-

kok fried rice, trio chili basil or crispy noodles Jae. Wine comes at an additional cost, but why not lift a glass and toast to the evening (or afternoon)?

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

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.torpedofactory-artists.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.

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) 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.

JAN. 20-29

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.

JAN. 22 TO APRIL 3

NOVA Plein Air Art Exhibit. At River Farm, 7931 East Blvd. Drive, Alexandria. Nova Plein Air Artists (NPPA) will be presenting "Celebra-

tions of the Land, Inspired by River Farm," an art exhibit of over 50 paintings inspired by nature. Opening reception on Sunday, Jan. 22 at 1 - 3 p.m. Additional receptions will be held from 1 - 3 p.m. on February 12 and March 12. Many of the paintings were created onsite at River Farm, and all are available to purchase. Receptions are free and open to the public.

SATURDAY/JAN. 28

Winter Clearance Sale. At George Washington's Mount Vernon Estate, Mount Vernon. Take advantage of unique Mount Vernon products available at deeply discounted prices as The Shops at Mount Vernon clears out its warehouse.

TUESDAY/JAN. 31

NSO Chamber Music Series. At George Washington's Mount Vernon Estate, Mount Vernon. The National Symphony Orchestra plays a three-part chamber music series, including a champagne and a chocolate reception on January 31, February 28, and March 28, 2023. Performer and recording artist David K. Hildebrand will introduce music and instruments General Washington enjoyed, featuring

Where To Give Locally in Alexandria and Mount Vernon

Many nonprofits in the city and nearby need your help to continue to rise to the need. There are literally hundreds, probably thousands, of ways to give locally, financially, food and other goods, volunteer time. Here are a few ideas. Please let us know what we have missed.

Where to Give Locally

❖ **ALIVE! Alexandria**; 2723 King St, Alexandria, VA 22302; 703-837-9300; **ALIVE!** serves thousands Alexandrians annually with shelter; low-cost early childhood education and childcare; financial help for rent, utilities, medical care and other critical needs; emergency food; and deliveries of donated furniture and houseware. www.alive-inc.org

❖ **Alice's Kids** (@alicewillhelp) aliceskids.org PO. Box 60, Mount Vernon, VA 22121 When a child is raised in poverty they suffer both publicly and privately. When there is no food in the refrigerator, no electricity or heat, these are hardships that they can keep hidden from their peers. But, when that same child can't afford to pay for the band field trip, a pair of glasses, a chorus outfit or a new pair of shoes, these are indignities that are evident to their classmates. Alice's Kids pays for these relatively inexpensive items in the hopes of preserving the dignity of the child. It helps children from all over the Mount Vernon area and beyond through small acts of kindness. Alice's Kids aliceskids.org

703.746.8108 contact@aliceskids.org

❖ **At Home in Alexandria (AHA)** is a nonprofit village that builds and sustains a 55+ community to successfully navigate aging. Together, we share activities, programs and services, including access to needed assistance. Our vision is for AHA to be an advocate for older Alexandrians to live safe, active and connected lives. AHA is a membership organization, which means you pay an annual membership fee that, in turn, entitles you to request services from AHA for an entire year. These services include transportation, errands, technical support, light maintenance, organizing and decluttering, short-term pet or lawn care, and much more. 3139 Mt. Vernon Ave. Alexandria, VA 22305-2669 (703) 231-0824 Email: aha@athomeinalexandria.org Website: www.athomeinalexandria.org

❖ **Animal Welfare League of Alexandria**, 703-746-4774, www.alexandrianimals.org, Pet adoptions, spay and neuter assistance, education, wildlife management, community service and outreach.

❖ **ACT for Alexandria**, 703-739-7778, www.actforalexandria.org, Nonprofit and donor services, Alexandria's community foundation.

❖ **Alexandria Tutoring Consortium**, 703-549-6670 ext. 119

<https://alexandriatutors.org/>, Tutoring for Alexandria City Public Schools kindergarten and first grade students who are struggling to read. Mission: To help Alexandria City Public School students

read on or above grade level by the end of kindergarten and first grade.

❖ **Assistance League of Northern Virginia** is an all-volunteer nonprofit organization that feeds, clothes and educates children in need. The organization has reshaped its Weekend Food For Kids program to assist the struggling families of the students we serve. Contact info@alnv.org or visit www.alnv.org

❖ **Bethany House**, 6121 Lincoln Rd #303, Alexandria, VA 22312; 703-658-9500; <http://www.bhmv.org/>; Bethany House provides emergency shelter and supportive services to victims of domestic violence throughout Northern Virginia and the surrounding DC metro communities.

❖ **The Campagna Center**, 703-549-0111, www.campagnacenter.org, Educational and social development programs for children, teens, and adults.

❖ **Carpenter's Shelter**, 703 548-7500, www.carpentersshelter.org, Homeless services and programs including education and case management.

❖ **Center for Alexandria's Children**, 703-838-4381, www.centerforalexandriaschildren.org, Child abuse and neglect and parent support.

❖ **Child and Family Network Centers**, 703-836-0214, www.cfnc-online.org, Provides caring, high-quality, free early education and related services to at-risk children and their families in their

SEE GIVE LOCALLY, PAGE 14

ALIVE! Offers Food Help

ALIVE! distributes free bags of groceries (produce, chicken, eggs, bread) at three locations one Saturday per month. Please bring reusable bags to food distribution events so that ALIVE! can recycle them for future events.

All reusable bags are accepted. ALIVE! food distributions are for City of Alexandria residents. No ID is required.

Saturday, Jan. 28 from 8:30 a.m. – 10:30 a.m.

Drive-through:
Cora Kelly Elementary School (3600 Commonwealth Ave)
NVCC Alexandria Campus (parking lot B-1 via 5000 Dawes Ave)- No walk up distribution available.

Walk-up:

Cora Kelly Elementary School (3600 Commonwealth Ave)
William Ramsay Rec Center (5650 Sanger Ave)

Saturday, Feb. 25 from 8:30 a.m. – 10:30 a.m.

Drive-through:
Cora Kelly Elementary School (3600 Commonwealth Ave)
NVCC Alexandria Campus (parking lot B-1 via 5000 Dawes Ave)- No walk up distribution available.

Walk-up:

Cora Kelly Elementary School (3600 Commonwealth Ave)
William Ramsay Rec Center (5650 Sanger Ave)

ALIVE! Food Hub

The ALIVE! Food Hub offers residents of the City of Alexandria:

- food • personal items • cleaning supplies • school supplies • community • connections to information other about services

Food Hub Hours of Operation:
Tuesdays Noon-6 p.m.

Wednesdays Noon-6 p.m.

Thursdays Noon-6 p.m.

Fridays 10 a.m.-1 p.m.

Saturdays 10 a.m.-1 p.m.

Located at:

510-F South Van Dorn Street

Pop-Up Food Distributions Events

ALIVE! provides bags of food to specific neighborhoods and apartment buildings, in collaboration with our community partners, in the parking lot at each pop-up location. Drive-through and walk-up service available depending on site. ALIVE! food distributions are for City of Alexandria residents.

Friday, Jan. 20 from 10:30 a.m. – Noon

Old Town Community Church (212 S. Washington St)

Saturday, Jan. 21 from 8 a.m – 9:30 a.m

Fairlington United Methodist Church (3900 King St)

CALENDAR

FROM PAGE 12
the famed Nelly Parke Custis harpsichord, military music, music in the domestic setting.

FEB. 3-25

"The Unseen" art exhibit. At Del Ray Artisans, 2704 Mount Vernon Ave., Alexandria. "The Unseen" lets us see what we typically can't see. The artists explore the hidden, microscopic, imagined, or dreamt. Juried by renowned scientist and artist Michal Gavish, who recently concluded a residency in Seoul and a one-person show in NYC. Opening reception: Friday, February 3, 7-9 p.m. Open Thursdays 12-6 p.m., Fridays 12-9 p.m., Saturdays & Sundays 12-6 p.m. (Closed February 26). DelRayArtisans.org/exhibits

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. 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 DeV Vaughn** \$85.00

Sat. 28: **Tarsha Fitzgerald Prod.**

Presents: **DEVOTION: A Tribute to Earth, Wind, & Fire** \$35.00

Sun. 29: **Norman Brown** \$59.50

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<http://connectionarchives.com/PDF>

NEWS

Where To Give Locally

FROM PAGE 13

own neighborhoods to prepare them for success in school and life

❖ Community Lodgings, Inc., 703-549-4407 Transitional and affordable housing, youth education, adult education, bilingual staff assistance.

❖ The Community Foundation of Northern Virginia, www.cfnova.org The Community Foundation for Northern Virginia works to respond to critical need and seed innovation in the region. Make grants in its focus areas of interest while also bringing a spotlight on the benefits of community philanthropists.

❖ Computer C.O.R.E. 703-931-7346, www.computercore.org, Adult education, computer training and career development. Email: info@computercore.org

❖ Comfort for America's Unifomed Services (CAUSE) ensures that recuperating service members have opportunities for recreation and social interaction and receive concrete signs of appreciation for all that they have done. Mailing address: 4201 Wilson Blvd., #110-284, Arlington, VA 22203, CFC #33011, Phone 703-591-4965, cause-usa.org

❖ Hopkins House, 703-549-8072, www.hopkinshouse.org, Preschool academy, family budgeting and literacy, family education and youth summer enrichment camp, Early Childhood Learning Institute.

❖ Literacy Council of Northern Virginia, 703-237-0866, www.lcnv.org, Teaches adults the basic skills of reading, writing, speaking and understanding English.

❖ Friends of the Alexandria Mental Health Center, an all-volunteer, 501(c)(3) nonprofit, serves as a safety net for clients of the CSB who encounter extraordinary or emergency financial needs. More than 98 percent of donations and grants go to direct client support and co-sponsorship of free public educational programs. bit.ly/friendsoftheAMHC

❖ Friends of Guest House Northern Virginia offers structure, supervision, support and assistance to female ex-offenders who want to improve their lives and break the cycle of incarceration. Friends of Guest House offers the only program for women of its kind in Northern Virginia. One East Luray Ave., Alexandria, VA 22301-2025, 703-549-8072, info@friendsofguesthouse.org, friendsofguesthouse.org/

❖ Neighborhood Health, 6677 Richmond Highway, Alexandria,

SEE WHERE TO GIVE, PAGE 15
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News

Where To Give Locally in Alexandria and Mount Vernon

FROM PAGE 14

VA 22306. Partners with patients to treat the whole person through medical, behavioral health and dental programs. Ten clinics throughout the region taking a leading role during COVID. Participating with all insurance including commercial, Medicare, and Medicaid, 703-535-5568, www.neighborhoodhealthva.org

❖ Northern Virginia Family Services, www.nvfs.org, Employment and job training, healthcare, housing, mental health, foster care and Healthy Families. 571-748-2500

❖ Lorton Community Action Center (LCAC) seeks to provide low-income individuals, senior citizens, and families residing in Fort Belvoir, Lorton, Newington and other portions of southeast Fairfax County with access to basic needs and the opportunity to empower themselves through LCAC's self-sufficiency programs. <https://lortonaction.org>

❖ Lost Dog & Cat Rescue Foundation helps homeless pets find their way into loving homes through rescue and adoption. We offer same-day adoptions and two-week trial periods. All pets are spayed or neutered prior to adoption. lostdogrescue.org

❖ Mount Vernon At Home, 703-303-4060, www.mountvernonathome.org. Mount Vernon At Home membership helps connect senior members of our community, neighbors helping neighbors with volunteer support. Mount Vernon at Home has stepped up its efforts to help members stay safe, secure, and connected during the pandemic crisis. More grocery shopping and errand services to members; online activities and support for members to access these new technologies; members check in with members by phone regularly; weekly email newsletters with helpful, important and enjoyable items to keep members connected during this time.

❖ NAMI Northern Virginia (National Alliance on Mental Illness) works to raise awareness and provide education, advocacy, and support programs for people living with mental illness, families, students, educators, law enforcement, and the public throughout our neighborhoods. Many excellent programs. NAMI Northern Virginia

BULLETIN BOARD

FROM PAGE 11

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.

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serves Fairfax, Falls Church, Arlington, Alexandria, and Loudoun www.nami-northernvirginia.org/ HelpLine: 571-458.7310, Email: info@nami-nova.org

❖ National Capital Food Bank, 6833 Hill Park Drive, Lorton, serving all of Northern Virginia, (571) 482-4770. Work with 450+ nonprofit partners across the region, partners who distribute an average of 88,000 meals daily. Together, provide more than 30 million meals every year. www.capitalarea-foodbank.org

❖ New Hope Housing, ending homelessness in Northern Virginia by providing housing, offering hope, and building community. We currently offer various Housing Programs, and Support Services. 8407E Richmond Hwy., Alexandria, VA 22309 www.newhopehousing.org/how-to-help/donate/

❖ Rebuilding Together Alexandria, 703-836-1021, www.RebuildingTogetherAlex.org, Home repair and maintenance for vulnerable veterans, elderly, disabled and families with children.

❖ Senior Services of Alexandria, 703-836-4414, www.seniorservicesalex.org, Support services for elders enabling them to age with dignity.

❖ Stop Child Abuse Now (SCAN) of Northern Virginia, 703-820-9001, www.scanva.org, Parent education, public education — re: child abuse and court advocacy for abused and neglected children.

❖ United Community, Mount Vernon, 703-768-7106, 7511 Fordson Road, Alexandria, VA 22306 assists low-income families and individuals living along the Route 1 Corridor, UC provides housing programs as well as a Workforce Development Center. Make a Financial Contribution to support the Holiday Gift Room 7511 Fordson Road, Alexandria VA 22306. www.ucmagency.org

Donations of cash/checks and gift cards are also welcome.

❖ Volunteer Alexandria, 123 N Alfred St., Alexandria, VA 22314; 703-836-2176; <http://volunteeralexandria.org>; Volunteer recruitment and placement, court-referred community service placement, community awareness events, and volunteer management training.

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 instruments 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.

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CENTRE VIEW

Thank you to the hundreds of supporters who helped to keep all our 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's 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.

Please, help save these historical papers.

All gifts will be used to fund our printed newspapers and websites and to meet obligations to our loyal and patient employees, writers, contractors and suppliers.

The ongoing pandemic continues to crush many newspapers across the country, and our newspapers continue to be at risk. The Northern Virginia area's best read and most trusted source for community news includes the Alexandria Gazette Packet, Mount Vernon Gazette and all Connection Newspapers in the metropolitan region.

The pandemic has hit small businesses hard, which in turn has reduced advertising revenue that keeps these local newspapers alive to provide hyper local news to residents. It feels like no small miracle to be looking forward into 2022.

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.

Connection Newspapers has been offering these local newspapers to residents for over 200 years. Countless residents have grown up with these papers covering significant moments in the lives of family and children, news, community events, school activities, and even pictures of your dogs and cats. Internet news and large national newspapers cannot provide the local connection or historical connection that local papers like Connection Newspapers and the Alexandria Gazette Packet provide. If your child, dog, mother, father, neighborhood, school has been featured, you understand the value of local community newspapers.

Visit connectionnewspapers.com or <https://www.gofundme.com/f/help-keep-your-newspaper-printing>
 Connection Newspapers... Alexandria Gazette Packet, Mount Vernon Gazette, Centre View, Potomac Almanac
 1606 King Street • Alexandria, VA • 703-778-9431

Still Struggling



By KENNETH B. LOURIE

If any of you regular readers thought one week would be enough content for me to write any wrongs concerning my brother, Richard's premature death, you were mistaken. Given the depth of the loss – for me, and even more so for Richard's wife, Vanessa, one week of literary substance is not nearly enough (your real concern should be that writing forward, this space will become Richard-centric, brotherly driven). Nevertheless, for this week at least, the subject of my brother's death is front and center, again.

Practically speaking, life goes on. Still, when one of your foundational pieces is destroyed (for lack of a better description) and replacing it is completely impossible, where does one go to rudder-the-ship back on track. Unfortunately, I don't think there's any place to go, and that's what scares me. Moreover, being the sole survivor of the Barry Lourie family (neither Richard nor I had natural-born children) carries a certain weight/finality to it that seems awfully heavy.

If either of your parents are living, you feel connected to previous generations. However, when your surviving parent dies, you become – in essence, an orphan, and often your connection with the family is adjusted, sort of. It's just not the same. Combined with the passing of time – and simple geography in many instances, many of these connections don't stand the test of that passing time. I'm not admitting, exactly, but I'm something I wasn't prior to my brother's death: lonely. I'm not alone, but the loss/his passing is palpable. It's as if the connection to myself has been severed. And it will be impossible to reconnect. Because for me, being the one surviving sibling, is all it's cracked up to be: lousy. It's not as if there's any accrued benefit in surviving, as in a last-man-standing scenario where assets, associations, memories, et cetera, accrue – to some unspoken benefit. Granted, the memories are priceless, but I'd rather talk to him – in person, not remember him. It's almost an injustice to remember him, as if that's sufficient. It's not. He deserves so much more but there's nothing I can really do to change that. I must accept it. He's gone. Never to be forgotten, for sure. Nevertheless, it seems a hollow testament to a life well lived.

What bothers me as much as anything is the age when he died: 73. I thought that he (and I) would live at least as long as our parents did (presuming the succeeding generations live longer) who were 87 and 86 respectively, and who had minimal health problems until their final years. Yet, Richard has already passed at age 73 and yours truly, who is five years younger, has a "terminal" form of papillary thyroid cancer, which likely makes me mortality challenged as well and unlikely even to reach my brother's age at death. In summary: what a rip!

This column is not at all an admission that only upon my brother's death did I realize how lucky I was to have had Richard as my older brother/caretaker. I knew, very clearly during his life, how fortunate I had been to have Richard in my corner. As a few examples: when I was hospitalized for a week in early August 2015, my brother was at the hospital every day, all day – and I knew it. A few years ago, I was again hospitalized, for nearly another week due to elevated calcium, the aftereffects to a previous month's thyroidectomy. Again, every day, my brother was present at the hospital, advocating, when necessary, but mostly supporting. In the two most significant cancer-related hospital admissions (not to mention all the oncology appointments and infusions where he, as a founding member of Team Lourie, was always present and accounted for) my brother didn't just talk the talk, he walked the walk, on my behalf. When I had the chance, this past summer, to return the favor and commit to his welfare/recovery from sepsis, I was, along with his wife, Vanessa, likewise present and accounted for every day. I had learned from the best how to act in a family crisis.

And it's that commitment which makes his passing difficult to process. Vanessa and I put so much time and effort into his recovery (happily so) that it's hard not to feel cheated by his semi unexpected death. Certainly, we were aware/had been educated as to the severity of septic shock, which precipitated his emergency room visit that mid-July evening, and subsequently left him comatose for almost two weeks; still, his miraculous recovery made us all so proud and hopeful that since he endured the worst of it, perhaps we all might be rewarded with the best of it: his return to a normal-type life. We thought he had dodged a bullet and that his future was bright. When he died that early Dec. morning, we were surprised but not shocked. Still, it's been difficult to process. He was doing so well.

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

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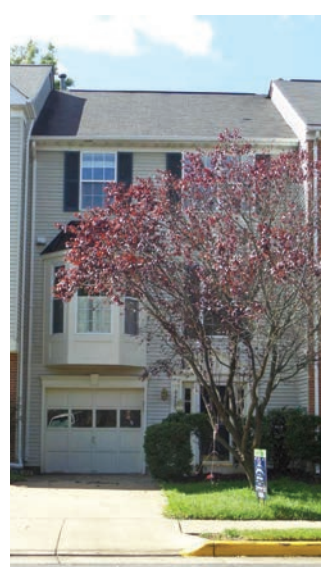
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