



West End 'City Hall' Named for Del Pepper

New resource center consolidates city services.

By JEANNE THEISMANN
GAZETTE PACKET

Former City Councilwoman Del Pepper took center stage as she led the ribbon cutting for the dedication of the new Redella S. "Del" Pepper Community Resource Center of Alexandria building located in the city's West End.

Located at 4850 Mark Center Drive, the 10-story building was named in honor of Pepper's 36 years on City Council, which ended with her retirement in 2021.

"This building is just plain awesome," Pepper said to the crowd that included Mayor Justin Wilson and several local officials. "And I love telling people it is 10 stories high. If that doesn't impress them nothing will."

The building, which was taken over from the Institute of Defense Analyses, was purchased by the city and overhauled to serve as the new home to the Department of Community and Human Services, the Alexandria Health Department and Neighborhood Health. Additionally, a Permit Center and Finance Department will be located in the building which will have 700 employees and serve 25,000 residents. Limited Clerk of the Court services will also be available.

"Mom has been in politics for at least 42 years," said Pepper's son Murphy. "I remem-



Former City Councilwoman Del Pepper speaks at the April 27 ribbon cutting of the new Mark Center Community Resource Center named in her honor.

ber the two terms she was an aide to Mayor [Charles] Beatley. Then to serve 36 years on

"The building is awesome in so many ways. I am so very proud to have my name on it."

— Former City Councilwoman Del Pepper

council – that is a long time and I think people appreciate that."



Former City Councilwoman Del Pepper, center, is joined by family and local officials as she cuts the ribbon for the new Redella S. "Del" Pepper Community Resource Center April 27 at 4850 Mark Center Drive.

Occasionally referred to as the West End City Hall, the new facility is served by several DASH and Metrobus routes. An adjacent parking garage will be free for the first year of operations.

"This is more than just a building for our community just like Del was more than just another member of the City Council," Wilson said in his remarks. "This is an embodiment of the services we provide to this city, the heart of this city, just like Del was the heart of this city council for so, so long."

While Pepper praised the new building,

she saved her highest accolades for the work that will take place in the new facility.

"More than truly beautiful, this is a place of hope and help," Pepper said. "The activities here and the services offered are life changing, or if you will game changing. Our workers are the brightest and the best. They are the most welcoming and helpful and that is what you're going to need for the kind of activities that go on here: people who can hear the pain."

In closing, Pepper said, "The building is awesome in so many ways. I am so very proud to have my name on it."



Former councilwoman Del Pepper, second from right, with daughter-in-law Soo Pepper, son Murphy Pepper and granddaughter Mary Pepper at the April 27 ribbon cutting for the new community resource center named in her honor.



Undersheriff Deputy Robyn Nichols, right, congratulates Del Pepper at the April 27 ribbon cutting of the community resource center named in honor of Pepper's 36 years on City Council.



Del Pepper, second from right, is congratulated by (l-r) Del. Elizabeth Bennett-Parker, Mindy Lyle, former aide Tracy Thompson, vice Mayor Amy Jackson and City Manager Jim Parajon following the April 27 ribbon cutting of the new community resource center named in Pepper's honor.

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Paw Patrol APD recognizes service of K9s, officers.

BY JEANNE THEISMANN
GAZETTE PACKET

The Alexandria Police Department showed its appreciation for the service of several K9s and their handlers with a reception March 29 at the K9 kennels at the Nannie J. Lee Center.

APD Officer Brian Fromm was presented with a shadowbox commemorating his time with the K9 unit.

"I was a K9 handler from 2004-2023," said Fromm, who has left the unit but remains with the department. "Working with my partners – I worked with three dogs -- K9 Titan, K9 Odin, and K9 Zeus – we caught quite a few bad guys. We were able to make the community safer."

Retired K9s Odin and Zeus remain in Fromm's care.

Officer Steven Escobar was recognized along with the late K9 Zara, who he worked with for 7-and-a-half years.

"Zara was a bomb detection dog," Escobar said. "We did a lot of explosive sweeps, parades, and assisted with the United States Marine Corps Marathon to make sure everything was safe. I am now with K9 Stella. She has been on the streets almost three years and is also a patrol and explosive detection dog."

APD Sgt. Kyle Russel presented the plaques, which included one for retired K9



APD Sgt. Kyle Russel, left, presents a plaque commemorating the service of the late K9 Zara to Officer Steven Escobar March 29 at the K9 kennels at the Lee Center.

Stryker, who was handled from 2016 to 2022 by Officer Matthew Wilson, who could not attend the ceremony.

www.alexandriava.gov/police-department/canine-unit



APD Sgt. Kyle Russel, right, presents a shadow box to Officer Brian Fromm in appreciation of the service of K9s Odin and Zeus March 29 at the K9 kennels at the Lee Center.



Elizabeth Jones, Susan Lilly Gerock, Gabriela Cañamar Clark, Bismah Ahmed and Ebony Fleming as panelists at the 2023 Women's Leadership Forum presented by The Chamber ALX March 24 at the Westin Old Town Alexandria.

Women's Leadership Forum

More than 220 attendees turned out for the Chamber ALX's 10th annual Women's Leadership Forum March 24 at the Westin Old Town Alexandria.

Ebony Fleming, Director of Communications and Public Information for the City of Alexandria, served as the moderator of the event. Panelists included Bismah Ahmed, VP of Government Affairs with Apartment and Office Building Association of Metropolitan Washington & Miss District of Columbia 2022; Gabriela Cañamar Clark, Partner at LandDesign; Susan Lilly Gerock, SVP of Information Technology and Chief Information Officer at Elme Communities; and Elizabeth Jones Valderrama, Executive Director of Offender Aid & Restoration (OAR) of Arlington, Alexandria, & Falls Church.

Professional Women's Network Chair Marcia Call was lead organizer of the event with The Goodhart Group as presenting sponsor.

www.thechamberalx.com

- JEANNE THEISMANN

Body-worn Camera Deployment Started in April

The Alexandria Police Department began the official deployment of body-worn cameras (BWC) for its officers on Monday, April 17, 2023. The deployment of body-worn cameras is part of the department's ongoing commitment to transparency, accountability, and community policing.

BWCs are an essential tool that will help enhance public trust, protect the rights of both officers and civilians, and provide an unbiased record of interactions between law enforcement and the public.

The use of body cameras will promote transparency by providing an additional layer of documentation that can be used in investigations and court proceedings.

"We remain committed to building positive relationships with our community and continuously improving our policing practices," said Alexandria Police Chief Don Hayes.

The body cameras are worn by officers on their uniforms to capture video and audio recordings of law enforcement activities, including traffic stops, arrests, and interactions with the public. The camera footage will be stored securely following all departmental policies.

"As part of the deployment, APD will conduct comprehensive training for our officers on the proper use of body cameras, including when to activate and deactivate the cameras, as well as how to handle and store the recorded data," said Lt. Jason North, Chief of Staff and the BWC program coordinator.

"Police were behind in having something to record from their point of view," said Yvonne Callahan, community activist and contributor to the BWC policy. "The cameras will help by providing reassurance that the police are acting appropriately, and [the footage] is going to provide a more comprehensive picture to the public at large."

APD plans to conduct a rolling deployment for the BWC program by deploying 30 cameras a month until each sworn officer is assigned a camera.

REMEMBRANCE

PHOTOS BY JANET BARNETT/GAZETTE PACKET



Sheriff Sean Casey, right, and Deputy Sheriff II Carlos Cañas place a wreath at the William Truesdale Memorial May 3 at the headquarters of the Alexandria Sheriff's Office.

'The Definition of Hero'

Wreath laying remembers fallen Deputy Truesdale.

BY JEANNE THEISMANN
GAZETTE PACKET

The Alexandria Sheriff's Association held its annual wreath laying ceremony at the memorial for Deputy William G. Truesdale at the Sheriff's Office May 3 as a remembrance in advance of National Correctional Officers Week, slated for May 7-13, and National Police Week, May 14-20.

Members of the Sheriff's Office Honor Guard presented the colors followed by the recitation of the Pledge of Allegiance. Deputy Sheriff II Carlos Cañas, Vice-President of the ASA, and Sheriff Sean Casey placed the wreath at the memorial.

"As we start to transition to National Correctional Officers Week, it is extremely important that we take a moment to remember the sacrifice that Deputy Truesdale made, that a lot of our fallen Alexandria police officers made, and law enforcement officers across the country made protecting us and protecting the community at large," Casey said in his remarks. "Deputy Truesdale did not expect to be murdered when he showed up for work that day but he knew that was a reality when he put on the uniform, when he put on the badge, when he put on his duty belt. He knew that was a reality as we all do as we stand here today."

Master Deputy Todd Stubblefield offered a reflection and prayer followed by remarks from Cañas about the meaning of sacrifice and Truesdale's service.

"Deputy Truesdale was a hero who gave the ultimate sacrifice pursuing the core values that he chose to live by," said Cañas as he recounted Truesdale's career, which included service as a U.S. Navy veteran during the Korean War. "He became a deputy sheriff with the Alexandria Sheriff's Office in 1973 and served until his tragic murder on January 27, 1981. He dedicated his entire professional career to public

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Deputy Sheriff II Carlos Cañas, left, and Sheriff Sean Casey stand after placing a wreath at the William G. Truesdale Memorial May 3 at the headquarters of the Alexandria Sheriff's Office.

safety and embodied what it means to not only be an officer but what I have come to realize is the definition of hero."

Casey praised his staff and all public safety employees for their commitment and service to the City of Alexandria.

"We [serve] because we are committed to our community," Casey said. "We do it because we know that someone needs to do it, that someone has to do it. It's a calling and we are all called to do it."

As part of the upcoming National Correctional Officers Week, the Alexandria Retired Police, Fire and Sheriff Association will join the Sheriff's Office and Police Department for a joint wreath laying ceremony May 9 at 9 a.m. at Waterfront Park.

"I couldn't be prouder of the men and women that I am responsible for, both in uniform and all my civilian staff," Casey added. "They are an important part of this office. Thank you for the sacrifice you make every day. Thank you for the sacrifice our police department and our fire department makes every day. I couldn't be prouder to be a part of this community that I have been a part of for my entire life."

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Hemlock Overlook Park Recognized as Old Growth Forest

Trees are “treasures in our backyard”

BY SUSAN LAUME
THE GAZETTE PACKET

Called “treasures in our backyard” by Fairfax County Board Chairman Jeff McKay, the old growth forest at Hemlock Overlook Regional Park was inducted into the Old-Growth Forest Network on April 17th during a brief ceremony in the forest. The Hemlock Overlook includes the first trees in Fairfax County to be included in the network, raising Virginia’s count to eleven recognized old-growth forests.

The Old-Growth Forest Network (OGFN) is the only national network in the United States of protected, old-growth, native forests, where people can experience biodiversity and the beauty of nature. OGFN aims to preserve at least one forest in every county in the U.S. that can sustain a forest. OGFN works to identify forests for the Network, ensure their protection from logging, and inform people of the forest locations. Founded in 2012 by Dr. Joan Maloof, “The national count is 190, across 32 states, and is rapidly growing,” said Jeffrey Wright, Old-Growth Forest Network Board President.

The Hemlock Overlook induction ceremony included unveiling of a permanent sign marking the forest’s location and importance. Additional signs will be added to educate visitors on the history and importance of these ancient forests. McKay said, “Parks are so important for conservation and the protection [of the environment]. Equally important to me, is becoming a strong source of education. We must educate our people not only on the importance of preserving nature, but also our history, how we got to where we are now, and things people can do to stand up for and protect our environment. These things are worth fighting for.”

Old-growth trees like the Eastern hemlocks growing on the banks of Bull Run in Hemlock Overlook Regional Park are exceptionally rare; less than one percent of these original forests are thought to remain in the eastern United States. The trees offer exceptional ecological value, such as providing valuable canopy layers that shelter hundreds of species of birds, insects, and mammals. Old-growth trees also retain more pollution-causing carbon and nitrogen than younger trees, and slow growing hemlocks are especially good at absorbing carbon from the air and holding stream banks in place.

Hemlocks Overlook is a 400 acre woodland along Bull Run in southern Fairfax County, which was acquired by NOVA Parks in 1962. There are stands of old-growth eastern hemlocks along steep slopes adjacent to Bull Run, some as old as 250 years. In addition, there are old-growth sycamore and several old-growth stands of tulip poplars. A large canopy of American beech, white oak, red oak, and mountain laurel predominate. Well maintained trails through the steep topography allow visitors access to the old-growth forest areas (13220 Yates Ford Road, Clifton).

“We are thrilled to be recognizing one of the few old-growth forests in Northern Virginia,” said Cate Magennis Wyatt, Chair of the NOVA Parks Board. “NOVA Parks has been a conservation leader for 64 years. One of the properties saved in its early days was this remarkable stand of hemlock trees that

is several hundred years old.”

Another forest in the OGFN is Glencarlynn Park. Although located in a highly urbanized area, it includes examples of mature, old age natural forests, unique water resources, and a great diversity of native flora. In addition to high native plant diversity, the park includes a number of Champion and Significant Tree specimens. The active floodplain and lower slopes are documented as Mesic Mixed Hardwood Forest, with Oak Hickory and Oak Heath forests occupying the drier slopes. The estimated age of the community is 100+ years. It is most likely the second oldest extant growth of natural forest remaining in Arlington, and appears to pre-date the large-scale forest removal associated with the Civil War. The oldest forest remnant is most likely Arlington Woods

within Arlington Cemetery. (301 S Harrison St, Arlington, VA 22204

The celebration of the Hemlock Overlook trees came at a time of year when our nation celebrates Arbor Day; the last Friday in April. The first American Arbor Day occurred on April 10, 1872, in Nebraska City, Nebraska, when individuals and groups were encouraged to plant trees. On that day an estimated one million plus trees were planted in Nebraska. Planting trees has grown in importance as their benefit in helping to reduce the effects of climate change has become better understood. By absorbing carbon dioxide (CO2), removing and storing the carbon and then releasing the oxygen back into the air, they are helping to deter climate change. For more information on OGFN, see <https://www.oldgrowthforest.net/>



PHOTOS COURTESY NOVA PARKS

NOVA Parks and Fairfax County Park Authority employees and park visitors gather to recognize Hemlock Overlook forest’s age and beauty.



Old-Growth Forest Network board president and Virginia Master Naturalist Jeff Wright, and Mid-Atlantic Regional manager Brian Kane, a landscape architect, celebrate Hemlock Overlook Regional Park’s induction into the Old-Growth Forest Network, by hugging a Hemlock.



NOVA Parks Executive Director Paul Gilbert; Fairfax County Board of Supervisors Chairman Jeff McKay; NOVA Parks Board Chair, Cate Magennis Wyatt; Supervisor, Pat Herry; and OGFN Board President Jeff Wright, with new educational signage at Hemlock Overlook Regional Park.

Survivors Find Healing by Writing Poetry

BY SHIRLEY RUHE
ARLINGTON CONNECTION

The poets sit scattered across the auditorium at Lee Center in Alexandria waiting for their turn on the stage. The goal of “Embrace Your Poetry Share” is to create a trauma-informed, survivor centered space for all of those impacted by sexual violence and their supporters.

“It illustrates the power of community and art in the individual collective healing process and reminds us all that we are not alone,” says Linley Beckbridge, Development director at Doorways in Arlington.

The participants who have signed up to read their poetry at the event on Wednesday, April 26 each have an individual story but all share the trauma and self doubt that come from sexual violence in its many forms. Some are nervous, others are assertive, others still recovering from the hurt and still seeking answers. Some can’t let go of it; others won’t let it define them anymore.



Poet LKN from the Philippines on zoom for Embrace Your Poetry Share event on Wednesday, April 26.



Holly Karapetkova, Arlington poet laureate.



Sonja Allen, Executive Director of Alexandria's Guest House.

“I pray for the ability to self regulate, let go of my fear; to ask the question again and again even when I cannot bear to hear the answers again and again.”

Holly Karapetkova, Arlington’s poet laureate, begins the evening by reading a poem written by her student, Jordan, for Karapetkova’s creative writing class at Marymount University and read at a campus event last fall. Karapetkova says she held this “Speaking Out on Sexual Assault Event” because she had heard from a number of

students who had experienced sexual assault and wanted to speak out about it. She explains that sexual assault is a big problem on all college campuses.

Solidarity is why she held this event because part of what is going on is that people speaking out gain courage from each other. “Some shared experiences for the first time,” says Karapetkova.

Jordan said the sexual assault happened when she was 16 years-old, about five years ago. And at the Marymount event when she



Doorways staff, board and volunteers at Embrace Your Poetry Share event.

read her poem, “I finally felt like I got it out there. I came from a community that was very religious. If I told people about it, the common response was to pray about it.” She says she was frustrated and angry. “I didn’t feel like I was getting help. I felt like I was alone.”

Jordan says it helped her to heal by writing. She found that by put-

ting it in words really helped instead of telling about it. “Saying it out loud and openly left me vulnerable with a form of media like this. But there were other people there who knew.” She said it was a release, more of an honor to be able to feel comfort. “It was more of a survival story in a way.”

SEE SURVIVORS, PAGE 13

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Fishing Boats Retrofitted for Improved Service to Veterans

Veterans Fishing Adventures returns to fleet of four.

By SUSAN LAUME
GAZETTE PACKET

Veterans Fishing Adventure rechristened two boats in its fleet on April 29th at Pohick Bay Regional Park's marina. But it's hard to tell if the story starts there or somewhere else. Does it start dockside at Pohick Bay, with a bottle broken on the bow, or on the battlefield in a foreign land, or in a retired Marine's living room as he talks with his daughter over popcorn and a movie? For this telling, we will make a start in the small town of Milton, population 4,482, located along the Salmon Falls River in southeast New Hampshire, and home to the Eastern Boat Works.

Volunteers from Veterans Fishing Adventures in Lorton traveled to the New England town recently to reunite with two of the boats from their fleet after about six months in retrofit. Then they escorted the boats back to Virginia for continued service providing veterans and their families fishing and boating trips on the Potomac and Occoquan rivers. The non-profit organization has offered such trips, without charge, for four years, operating on donations and volunteer help. Although open to all veterans and their families, Veterans Fishing Adventures offers those with physical limitations an opportunity to participate and take their children fishing. With four specially fitted boats in the fleet, Veterans Fishing Adventures makes as many as three trips per week, allowing Veterans with disabilities to enjoy a pastime that most can enjoy without much thought for the logistics.

Veterans Fishing Adventures volunteers, many themselves veterans, were greeted warmly in New Hampshire by Milton residents. First responders with lights flashing gave escort along streets lined by waving town residents on their way to the "reveal" of the two retrofitted boats, including "4 Freedom," a 248 Explorer. Smiles and applause greeted the trailered boat as it moved from behind Eastern Boat Works large manufacturing building for its first viewing after upgrades. Addressing the crowd of well-wishers, boat works owner Greg Hopkins said, "It's not about what you have; it's what you do, and what you do for others, to make every day special. We have

our own challenges, but these people [VFA] showed me that there is no challenge you can't overcome."

He listed the refitting tasks done by Eastern Boat Works crew on "4 Freedom" to include the impressive flag wrapping and new sponsorship decals; a lot of sanding, buffing, painting and waxing; a new motor and impressive electronics, redone interior cabins, and the handicap accessible door for wheelchairs. He added "it's kinda tough when you cut a hole in a boat."

Hopkins joined VFA's founder Ed Moore, Tim Majewski and other volunteers in returning the boats, overland, to Pohick Bay for the rechristening event.

Also on hand were Iraq War veteran Chris Walker, a triple amputee as a result of an IED detonation injury, and World War II veterans Val Dadamio and Henry Miller. During the Iraq War, from 2003-2011, IEDs were used extensively by insurgents against U.S.-led forces causing significant injuries and deaths.

Dadamio and Miller served at the five week long Battle of the Bulge in December 1944 to January 1945. It was Germany's last offensive on the Western Front in World War II; described as the largest and bloodiest single battle fought by the U.S. in that war.

A bagpiper, gathering of first responders, veterans, and others saw the three veterans and some family members on a short cruise on the Pohick Bay near the docks.

SEE VETERANS FISHING. PAGE 10



Helping hands extended in thanks for military service at the core of Veteran Fishing Adventure; Ed Moore with World War II Veteran Val Dadamio.



World War II Veteran Val Dadamio, 100 years old, is all smiles after his cruise of Pohick Bay, with VFA's Ed Moore.



Iraq War Veteran Chris Miller (seated center) breaks a bottle for the boat christening celebration.



Veterans Chris Miller, Val Dadamio and Henry Miller return to dock on Veteran Fishing Adventure's flagship, "Not 4 Gotten".



A large crowd gathers to welcome Veteran's Fishing Adventure boats return to the fleet after retrofit, and to thank honored veterans for their service.



Veteran Fishing Adventure's flotilla passes before the colored water cannon of TowBoatUS.



Fairfax County's rescue fleet now includes an airboat intended for shallow water rescues in the muddy areas of Pohick Bay.



Fishing vessel "4 Freedom," retrofitted with a new motor, wrappings, electronics and a handicap accessible door, returns to service in Pohick Bay and adjacent rivers.



Retrofit details include a new interior as well as new motor and electronics.



Residents of Milton New Hampshire line the route to welcome Veteran Fishing Adventure Veterans and volunteers to reunite with their retrofitted boats serviced at Eastern Boat Works.

Veterans Fishing Adventures Returns to Fleet of Four



Well wishers gather at the boatyard for the reveal of "4 Freedom".

FROM PAGE 8

The flotilla included the VFA fleet, Fairfax County Marine Police boat, and county and private rescue boats, including Fairfax County's newly acquired air boat. Two boats equipped with water cannons provided a red-white-&-blue water arch in celebration of the flotilla parade, fit for a New York Harbor celebration, albeit on a smaller scale.

Returning to dock, well-wishers

formed a long line to thank the three veterans for their service. Miller was asked if he will return for a fishing trip to go for the enormous Blue catfish that inhabit the rivers. He said he is awaiting completion of a rod and reel set accommodated for his prosthetics, "so the fish don't take these arms back to sea with them."



Ed Moore

organization, see [veteransfishingadventure.org](http://www.veteransfishingadventure.org).

To see *The Connection's* award winning story on VFA's support of Ukrainian veterans, see <http://www.connectionnewspapers.com/news/2022/nov/29/injured-ukrainian-soldiers-enjoy-fishing-adventure>. For a link to VFA



Retrofitted boats are trailed home to Virginia.

PHOTOS COURTESY VETERAN FISHING ADVENTURE

Inova Receives \$65k For New Biopsy System

Board of Lady Managers also continues support of pastoral care.

BY JEANNE THEISMANN
GAZETTE PACKET

The Board of Lady Managers presented a check for \$65,000 to Inova Alexandria Hospital March

9 to go towards the purchase of a Brevara Biopsy system.

"The Brevara biopsy unit is the only machine of its type to be used in the Inova health care system," said Shannon Hiskey, Executive Director of Philanthropy East Region at Inova Health System. "The Board of Lady Managers is providing the cutting edge tech-

nology and support to Alexandria, where most of the biopsies are happening in the east region."

The Brevara system streamlines the entire breast biopsy process from start to finish – with real-time imaging for instant verification and automated post-biopsy specimen handling.

This has the potential to save an average of 10 minutes per procedure to transform the patient experience and boost productivity.

Additionally, the Board of Lady Managers committed to raise \$15,000 for the pastoral care unit at Inova Alexandria.

"The impact of the work of the Board of Lady Managers really makes a difference."

— Inova Alexandria director of Philanthropy Colleen Hughes

"This will support the pastoral care education program," said Colleen Hughes, Director of Philanthropy at Inova Alexandria. "It will support our patients and support our team members, giving them more flexibility and continuity of care. The impact of the work of the Board of Lady Managers really makes a difference."



PHOTO BY JANET BARNETT/GAZETTE PACKET

Representatives of Inova Alexandria and the Board of Lady Managers gather for a photo March 9 following the donation of funds for the Brevara Biopsy System. Pictured in back: Shannon Hiskey, Executive Director of Philanthropy East Region at Inova Health System; Donita Greene, Secretary Board of Lady Managers; William Tweedy Regional Spiritual Manager Inova Alexandria; Lauren Geraghty; Colleen Hughes, Director of Philanthropy Inova Alexandria. In front: Barbara Wells, Board of Lady Managers President; and Syzana Durrani, spiritual volunteer.

5 Dates to Circle in May

By HOPE NELSON
GAZETTE PACKET

From art openings to fan dances to Mother's Day shopping, the amount of food-and-drink festivities around town is plentiful this month. Circle some of these dates on your calendar for safekeeping.

Art Mart Happy Hour at Canal Center Plaza, May 5

Kick off Cinco de Mayo with an Art Mart Happy Hour at Canal Center and start the weekend in style. The Alexandria Art Alliance and Alexandria Celebrates Women are joining forces for an event teeming with female art vendors, an all-female art gallery opening, birria tacos and margaritas and live bossa nova from Sara Y Zhu. Canal Center Plaza Waterfront, Old Town. 5-9 p.m.

Secret Language of the Fan – and Chocolate Bon-Bons, May 6

Learn a new language of sorts

and work on your fan skills at this event at the Carlyle House Historic Park. A 19th-century staple, these fans were often used by women to convey various emotions and thoughts; try your 21st-century hand and see what you can communicate, too. And lest you get peckish during the proceedings, take heart: Bon-bons from Potomac Chocolate await! 121 N. Fairfax St. 6 p.m. \$40.

Maifest Celebration at Village Brauhaus, May 6

Celebrate spring in the German fashion with Village Brauhaus' annual Maifest celebration. Partake of Maibock beer (in a stein, or if you're feeling more adventurous, a boot) along with sausage and giant pretzels while you kick back and listen to music by Johnny Koenig all afternoon. Visit villagebrauhaus.com for reservations. 710 King St. Noon.

Mother's Day Market at Lost Boy Cider, May 12

Oh, no. Don't tell us you've waited until the last minute to pick



Fans and chocolate.

something up for your favorite mama on Mother's Day weekend! Well, just in case you find yourself in this predicament, Lost Boy Cider has you covered. Local vendors selling such gift items as candles, sweets, cards, artwork and more will be stationed inside the cidery to help you in your hour of need. 317 Hooffs Run Drive. 6-9 p.m.

Wright at Twilight at Woodlawn and Pope-Leighey House, May 12

Ring in the weekend with a glass of wine and some complimentary snacks as dusk falls at the Pope-Leighey House. Take a tour of the Frank Lloyd Wright construction, play lawn games, listen to music and watch how the changing light highlights the architecture. Bring a picnic and breathe in the spring air. 9000 Richmond Highway. \$25.

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

NOW THRU JULY 15

Alexander D'Agostino: "A Shrine for the Forgotten" Exhibition. At the Torpedo Factory Art Center, 105 N. Union St., Alexandria. Baltimore-based solo artist exhibition recipient, Alexander D'Agostino, presents "A Shrine for the Forgotten." The work explores queer histories and images, through performance, installation, and reclaiming material from queer archives and other cultural resources related to the historic marginalization of LGBTQ people.

THURSDAY/MAY 4

The Chamber ALX's Coffee & Connections. 8:30-9:30 a.m. At The Landing Alexandria, 2620 Main Line Blvd., Alexandria. Featuring Marcia Call, CEO of TalentFront. Cost is \$15 for Members | \$25 for Prospective Members.

THURSDAY/MAY 4

Authors & Appetizers. 7 p.m. At The Athenaeum, Alexandria. Great Publishing Company LLC in conjunction with the Athenaeum presents Authors & Appetizers, the new release edition curated by KaNikki Jakarta, Inaugural Poet In Residence at the Athenaeum. This event will feature author reads by Vinele Timmons and Dawne Horizons. Followed by a mini panel discussion, and an audience Q&A. Enjoy appetizers, network with authors, and find out how these awesome writers became authors at an event perfect for book lovers, poets, writers, readers, and aspiring authors. For ticket link email: greatpublishing@yahoo.com

FRIDAY/MAY 5

Building Safety Month Kick-Off. 11 a.m. to 2 p.m. At Market Square, 301 King Street, Alexandria. Building Safety Month is an annual public awareness campaign to help residents and businesses understand what it takes to create safe and sustainable structures. The event focuses on promoting building safety as well as the businesses and organizations involved in maintaining building safety throughout the City. This year's theme is "Building Safety Starts with You!" Questions regarding donations, participation in the event, or to receive posters, contact Pete Mensinger by calling 703 746-4210 or by email to pete.mensinger@alexandriaviv.com



The Sherwood Regional Library will hold a used book sale on Saturday, May 6, 2023.

Used Book Sale

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

FRIDAY/MAY 5

Art Mart on the Plaza. 5-9 p.m. At 99 Canal Center Plaza, Alexandria. Vendors, Libations, Bossa Nova from Sara Y Zhu.

MAY 5-27

The "Prints in May@DRA: Exploring the Possibilities" exhibit. At Del Ray Artisans gallery features traditional printmaking techniques such as reliefs, intaglios, monoprints and handmade prints with mixed media, along with artworks created using computer graphics programs and other objects enhanced with block prints or imprints. View at Del Ray Artisans Gallery, 2704 Mount Vernon Avenue, Alexandria. Open Thursdays 12-6 p.m., Fridays 12-9 p.m., Saturdays and Sundays 12-6 p.m. (Closed May 28). Details: DelRayArtisans.org/exhibits

SATURDAY/MAY 6

Spring Garden Tour. 10-11 a.m. (Adults) Enjoy a guided tour of Green Spring's beautiful demonstration gardens with an Extension Master Gardener docent. Hear about our 18th century origins and our mission today. Find inspiration in our horticulturists' plant choices and garden

bed designs and take their ideas home to try in your own landscape. Garden tours run rain or shine. \$12 per person. Register online at <http://www.fairfaxcounty.gov/parks/parktakes> or call Green Spring Gardens at 703-642-5173. Code AUH.WQZD.

SATURDAY/MAY 6

Garden Talk – Problem Plants & Better Alternatives. 10:30-11:30 a.m. (Adults) Fast-growing invasive plants spread like wild-fire, covering your garden and anything that does not move! Give invasives an inch and they'll take over your yard. Learn about Fairfax County's new mandate against bamboo aggression and hear from Extension Master Gardeners about the best native alternatives for your garden. \$12 per person. Register online at <http://www.fairfaxcounty.gov/parks/parktakes> or call Green Spring Gardens at 703-642-5173. Code AL8.KOA5.

SATURDAY/MAY 6

Write Like A Woman. 1 p.m. At The Athenaeum, Alexandria. Enjoy an afternoon of engaging conversation and writing! Facilitated by poet, author, and Athenaeum Poet in Residence, KaNikki Jakarta, this workshop welcomes

amateur to professional women writers ages 18-100. Each workshop centers on uplifting and inspiring through writing and allows participants to enhance their writing styles. Space is limited, RSVP to greatpublishing@yahoo.com

UNDAY/MAY 7

Wonders of the Wetlands. Noon to 4 p.m. At Huntley Meadows Park, 3701 Lockheed Blvd., Alexandria. Explore a thriving wetland sanctuary during Wetlands Awareness Day! Join us in celebrating the significance of Huntley Meadows Park and get connected with the treasured homes and habitats of the wildlife throughout the park. Enjoy an up-close view of live raptors, reptiles and amphibians and interactive displays and activities. Bring the whole family, and your neighbors too, to stroll the forested paths and immersive boardwalk trails throughout the park. See the plants and animals that live in the park and learn how they play vital roles in the ecosystem. Grab a discovery guide when you check in and visit different activity stations, receiving a stamp at each station to earn a prize. Call 703-768-2525

SEE CALENDAR, PAGE 12

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.

FAMILIES SOUGHT TO HOST INTERNATIONAL STUDENTS

Families and individuals from the Washington, D.C.-metro region are being sought to become hosts for international students for 12 weeks, a semester, or an academic year. Exchange students represent nearly 80 countries and cultures, including Kenya, Ukraine, Egypt, Turkey, Italy, Germany, Chile, Thailand and more. AFS-USA, a leader in international high school student exchange for 75 years, is focused on providing opportunities for intercultural exchange that can help lead to a more just and peaceful world. Those interested in hosting an AFS Exchange Student are encouraged to contact 1-800-AFS-INFO or visit www.afsusa.org for more information. You can also get involved as an AFS-USA Volunteer. Visit www.afsusa.org/volunteer to get started or learn more about opportunities to make a difference.

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 donaldrea@aol.com.

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

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 Depart-

ment 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

SEE BULLETIN, PAGE 15

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CALENDAR

FROM PAGE 11

or visit Huntley Meadows Park.

SUNDAY/MAY 7

Canal Center Book Signing, 4-6 p.m. At The Canal Center Gallery, at 99 Canal Center Plaza, Alexandria. Elisabeth Griffith Ph.D., Author of *Formidable: American Women and the Fight for Equality, 1920-2020*. Join in a special signing event with author Dr. Elisabeth Griffith will discuss her book, answer questions, and sign copies of her new book.

MAY 10-11

Free Career Fair and Resource Expo. Fairfax County Economic Development Authority (FCEDA) is hosting a free, two-day career fair May 10-11, 2023, with Virginia Chamber of Commerce's Hire Vets Now Foundation in partnership with Fort Belvoir, Virginia Department of Veteran Services, and Virginia Employment Commission.

In-person Career Fair and Resource Expo - Wednesday, May 10, 10:00 a.m.-1:00 p.m. EST, National Museum of the United States Army, 1775 Liberty Drive Virginia, Fort Belvoir 22060. Free headshots, resume guidance and access to upskilling resources will be available to set you up for success!

Virtual Career Fair and Resource Expo - Thursday, May 11, 1:00-4:00 p.m. EST, via online meeting portal, Premier Virtual. To find out more, visit www.workinnorthernvirginia.com

THE BIRCHMERE

At 3701 Mount Vernon Ave., Alexan-

dria. 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.

MAY

- Thu. 4: Raheem DeV Vaughn \$85.00 SOLD OUT!
- Fri. 5: TUSK - The World's #1 Tribute to Fleetwood Mac! \$45.00
- Sat. 6: KT Tunstall & Martin Sexton \$49.50
- Mon. 8: Cowboy Junkies \$65.00 SOLD OUT!
- Tue. 9: Amy Grant \$79.50 SOLD OUT!
- Fri. 12: The Manhattans featuring Gerald Alston \$59.50
- Sat. 13: The Jerry Douglas Band \$35.00
- Sun. 14: Redneck Mother's Day with THE GONZO COMPADRES - A Tribute to Jerry Jeff Walker \$45.00
- Fri. 19: THE CURTIS MAYFIELD SOUNDTRACK SHOW - A Curtis Mayfield Tribute- featuring Shelton Price, Roger Chapman, Ignatius, Sonya Chichester, Sonja, Brigitte Johnson, Keith 'Showtime' Busey & The Unit Band \$39.50
- Sat. 20: NAJEE \$59.50
- Sun. 21: BoDeans \$35.00
- Tue. 23: The Lone Bellow Trio "Love Songs For Losers Tour" w/ Lindsay Lou \$45.00
- Wed. 24: Chrisette Michele \$69.50
- Thu. 25: Chrisette Michele \$69.50
- Fri. 26: Bela Dona Band \$39.50
- Sat. 27: The Smithereens with Marshall Crenshaw \$39.50 (Rescheduled from 3/17/23) SOLD OUT!
- Sun. 28: The Seldom Scene & Larry Keel Experience \$35.00

Survivors Find Healing

FROM PAGE 7

“Her eyes scream ‘help me’
Why did it happen?
I have no answer.....
Will we be ok?
I finally have an answer
I hold her shaking hand
We will be ok
She is hurt
She is guarded
She is withering
but someday she will be ok.”

LKN, a poet attending the event from the Philippines, explains even the male gender can be assaulted. He is a victim of rape in 2017 by four men in Manila who drugged him in a bar. The poem he wrote is a reaction to a comment he got several weeks ago about a poem he had written relating to his rape. “They wanted me to make it less powerful, less impactful.”

He had performed in person in Manila earlier this month and was approached by some attending the event who had not been personally impacted themselves. LKN says they found it disturbing and wanted him to make the poem more hopeful. “Rape is never hopeful. But those who were there who had experienced sexual assault lauded my poems.

LKN was published by Doorways in 2020 and has been attending Poetry Share virtually since 2021. He says poetry has been a companion of his trauma. “It listens to the pain all survivors share — a part of us got stolen that moment, and we can never have it back. Later in the year he plans to release his debut full collection of poetry.

“when I share about rape,
I wish my rapists taught me
how to water it down lower than
ignorance
is bliss of softening trauma can
feel so good
like how they try to shush me
when I tried to scream for help?....

I wish rape didn’t burn
the children’s books in my body
or the spotlight of my childhood’s
innocence
they were all razed of judgment i
can’t reclaim
the recollections of my ruin is all
i have
should i let others’ consideration
fill my library?

Sonja Allen, Executive Director of Guest House, read “I Need to Speak,” a poem from the Alexandria poet laureate, Zeina Azzam.

“Choose to remember or not to remember,

SEE SURVIVORS, PAGE 14
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Legals

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING is hereby given that Alexandria Renew Enterprises (AlexRenew) will hold a PUBLIC HEARING on its PROPOSED OPERATING AND CAPITAL BUDGET for the FISCAL YEAR ENDING JUNE 30, 2024, on Saturday, May 20, 2023 at 9:00 a.m. The meeting will be held at AlexRenew’s Environmental Center Building located at 1800 Limerick Street, Alexandria, VA. The proposed FY2024 budget is available for examination by the public online at www.alexrenew.com. Copies will be made available upon request – phone (703) 721-3500 ext. 2260. April 27 and May 4.

Alexandria Renew Enterprises
BY: William Dickinson
Secretary – Treasurer

Legals

RESOLUTION OF INTENT TO ADOPT AND CHANGE CERTAIN RATES, FEES, AND CHARGES

BE IT RESOLVED, that the City of Alexandria, Virginia Sanitation Authority d/b/a Alexandria Renew Enterprises, hereby signifies its intent to change certain rates, fees, and charges to become effective **July 1, 2023** and hereby sets the date of **Saturday, May 20, at 9:00 a.m.**, at Alexandria Renew Enterprises’ administration office, 1800 Limerick Street, Alexandria, Virginia 22314 for a public hearing to receive comment regarding same.

BE IT FURTHER RESOLVED, that the Chief Executive Officer is hereby directed to have published in a newspaper having general circulation in the City of Alexandria, for two consecutive weeks, notice of the proposed change in the schedule of rates, fees and charges and the day and time of the public hearing.

The proposed rates, fees and charges are:

Description	Meter Size	Current Effective July 1, 2022	Proposed Effective July 1, 2023	Proposed Effective July 1, 2024
Individually Metered Residential Service – Wastewater Treatment Charge	All Meters	\$9.26*	\$9.76*	\$10.26*
Commercial Service – Wastewater Treatment Charge				

*Per 1,000 gallons

Description	Meter Size	Current Effective July 1, 2022	Proposed Effective July 1, 2023	Proposed Effective July 1, 2024
Residential Base Charge	All Meters	\$13.14	\$13.85	\$14.57
	5/8"	\$39.42	\$41.55	\$43.68
	3/4"	\$39.42	\$41.55	\$43.68
	1"	\$98.55	\$103.87	\$109.19
	1-1/2"	\$197.10	\$207.74	\$218.38
Commercial Base Charge	2"	\$315.36	\$332.39	\$349.41
	3"	\$591.30	\$623.23	\$655.14
	4"	\$985.50	\$1,038.72	\$1,091.90
	6"	\$1,971.00	\$2,077.43	\$2,183.80
8"	\$3,153.60	\$3,323.89	\$3,494.08	
Minimum Deposit Based on Meter Size	-	\$0.00	\$0.00	\$0.00
Residential Customer Activation Fee	-	\$15.00	\$15.00	\$15.00

The new rates and charges shall be effective on July 1, 2023, and shall remain in effect thereafter until further revised. Any rates, fees, or charges not revised herein shall remain in effect until further revised.

Obituary



BALDWIN, Donald W., May 18, 1929 - April 17, 2023. Born in Danville, VA. He was the son of Robert J. and Sabra R. Baldwin. Donald is survived by his wife of 65 years, Joan (Jody) Bolling Baldwin; son, Alan H. Baldwin and daughter, Elizabeth B. Chryst. His eldest son, Winston M. Baldwin, preceded him in death. He is also survived by his daughter-in-law, Kate E. Baldwin, seven grandchildren and 12 great-grandchildren. An alumnus of both VMI and the University of Virginia, he served 2 years in the U.S. Air Force during the Korean War. He worked as an Administrative Assistant to two Republican Members of the House of Representatives before joining the National Forest Products Association, what is now the Northern Pacific Railroad. Later he worked at the White House Conference of Food, Nutrition, and Health under Richard M. Nixon. He eventually founded Donald Baldwin Associates. Don was active in local and national GOP politics over the years, as well as the Sons of the American Revolution, and the Sons of Confederate Veterans. He was also active in the ACC movement which withdrew from the Episcopal Church. With his wife, Jody, he founded the parish in 1979 where his funeral will be held on May 8, at 11:00 am. The funeral services will be held at St. Andrew and St. Margaret of Scotland, 402 E. Monroe Ave., Alexandria, VA. Burial will be private, family only, in the Baldwin plot in Sherwood Memorial Park in Salem, VA. Fond memories and expressions of sympathy may be made at www.routson.com.

Obituary

Legals

Small Claims Publication Summons And Notice

Case No. . 2023SC005125
STATE OF WISCONSIN, CIRCUIT COURT, MILWAUKEE COUNTY

Plaintiff(s):
Short Term Financial, L.L.C dba Americash Loans
2400 E. Devon Ave, Suite 300
Des Plaines IL 60018

-vs-

Defendant(s):
Donald Kernan
5533 N Morgan St Apt 304
Alexandria VA 22312

TO THE PERSON(S) NAMED ABOVE AS DEFENDANT(S):
You are being sued by the person(s) named above as Plaintiff(s). A copy of the claim has been sent to you at your address as stated in the caption above. The lawsuit will be heard in the following Small Claims court:
Milwaukee County Courthouse Telephone Number of Clerk of Court: 414-985-5757

Courtroom/Room Number: Room 400
Address: 901 N 9th Street, Milwaukee, WI 53233
on the following date and time:
Date: 6/2/2023
Time: 8:30 a.m.

If you do not attend the hearing, the court may enter a judgment against you in favor of the person(s) suing you. A copy of the claim has been sent to you at your address as stated in the caption above. A judgment may be enforced as provided by law. A judgment awarding money may become a lien against any real estate you own now or in the future, and may also be enforced by garnishment or seizure of property.

You may have the option to Answer without appearing in court on the court date by filing a written Answer with the clerk of court before the court date. You must send a copy of your Answer to the Plaintiff(s) named above at their address. You may contact the clerk of court at the telephone number above to determine if there are other methods to answer a Small Claims complaint in that county.

Electronically Signed by Jillian E. Caggiano
Attorney’s State Bar Number 1101032
Date 4/28/2023

Dobberstein Law Firm, LLC
225 S. Executive Dr. Suite 201
Brookfield, WI. 53005
Plaintiff’s/Attorney’s Telephone Number 262.641.3715

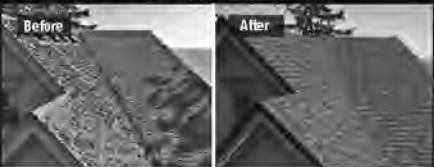
An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.

-Werner Heisenberg

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http://connectionarchives.com/PDF

NEWS

Survivors Find Healing

FROM PAGE 13

forgive or not to forgive

the ones who hurt you. Each time you speak the prick of a memory fades.”

Elizabeth Tropea is assistant director of Artemis House, a 24-hour emergency shelter in Fairfax County offering temporary housing, case management, access to employment resources and legal services. She puts her experience with the clients into poetry. “It’s magic to put words onto paper.”

She observes that their clients are in major survival mode when they arrive at the shelter and are dealing with homelessness as well as sexual assault. “They can’t work through their grief yet; they are worrying about their next meal and where they will stay the night.”

And she adds that unlike other assault victims the people who come to their shelter don’t have a support system to help them through the grief.

“I have always loved poetry and this Share the Poetry Event was an intersect of poetry with the work I do. Art is incredibly healing; I hope to incorporate more of it in the work I do.”

“I pray for the strength to step into these spaces

again and again and again to ask the questions again and again

even when I cannot bare to know the answers

again and again and again

I hold onto hope that these inadequate actions and efforts will somehow contribute to the end of another’s abuse

so they do not come home to pain again and again and again so they might begin again

I cannot be a savior, but I can be a seer.”

The event was sponsored by Doorways, a 24-hour emergency shelter and family residential home for formerly homeless in Arlington; Guest House, a residential facility in Alexandria for women who have committed non-violent crimes; and the Alexandria Sexual Assault Center which has a 24-hour hotline and offers services to abuse victims. Over the last 10 years, the event has morphed from in-person before Covid, to all virtual during the pandemic to a hybrid in-person/virtual event on Zoom this year.

“I’ve made bad decisions
 You’re behind bars
 and I’m shooting for the stars
 I’m no longer the victim
 You didn’t win and I’m proud to be me.”

Ways to Engage On Housing for All

Safe and affordable housing is still a challenge for many Alexandrians. Zoning for Housing is a comprehensive proposal of zoning reforms with the goal of expanding housing production and affordability and addressing past and current barriers to equitable housing access.

The City of Alexandria is continuing its Zoning for Housing work begun in 2020 by exploring additional solutions to these long-standing challenges through proposed amendments to the Zoning Ordinance.

Upcoming Community Meetings

May 10 Community Meeting (Hybrid)

Wednesday, May 10, 6-7:45 p.m. – Charles Beatley Central Library, 5005 Duke Street (Hybrid)

Zoom link: [https://zoom.us/webinar/register/WN_BTlvqHw6THSksxyLdxssuw#/](https://zoom.us/join/https://zoom.us/webinar/register/WN_BTlvqHw6THSksxyLdxssuw#/)

BULLETIN BOARD

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ate 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 option). No class on holidays. Contact jkjkingconsulting@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.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.

registration
Webinar ID: 948 3193 8473
Passcode: 090952
Dial in: 301.715.8592
Interpretation services for Amharic, Arabic, Dari, Pashto, and Spanish speakers will be provided for in-person and virtual participants.

May 22 Community Meeting (Hybrid)

Monday, May 22, 6-8 p.m. – Lee Center, 1108 Jefferson Street (Hybrid)

Zoom link: https://zoom.us/webinar/register/WN_mw6CJuZFT_GxZjTifUkO-zA#/registration

Webinar ID: 912 9958 3966
Passcode: 532244
Dial in: 301.715.8592
No interpretation services will be offered for this meeting.

Questions or comments related to the Zoning for Housing initiative? Comment here

Community Comment Form <https://www.research.net/r/AlexandriaVA-Zoningfor-Housing>

- va.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 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.
- The Military Officers Association of America's** scholarship fund gives out loans and grants to children of military families. To learn more, apply or donate visit www.moaa.org/scholarshipfund.

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We Need Your Help Again

We are sincerely grateful and thankful to you for helping in 2021 to save one of America's oldest newspapers, the Alexandria Gazette Packet, publishing continuously since 1784



And affiliated newspapers:
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CENTRE VIEW

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 Robust 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 www.gofundme.com/f/help-keep-your-newspaper-printing
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Connection Newspapers—Alexandria Gazette Packet, Mount Vernon Gazette, Centre View, Potomac Almanac
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Kicking the Bucket - List



By KENNETH B. LOURIE

Whether it's literally been true or not, it feels like I've been off the Kenny-with-cancer-go-round for a few months, especially since I've been focused/preoccupied with my brother's death and its impact on me (see lots of previous columns). And if the reason for the break-in-the-cancer action wasn't so horrible, I might have enjoyed the past few months of non-cancer centrality. Because if there's one thing a cancer patient needs are time/life when cancer isn't front and center, but rather back and to the side. These non-cancer moments may be a delusion, but oh, what a feeling!

And therein lies the key to surviving/trying to thrive with cancer. Living like you're living, not "Living like you were dying," as Tim McGraw sang in 2004. Moreover, for me, it's living as if you have something to live for, not just die from. And while you're living, not just dying, let's stop blaming the cancer. God knows (and everyone else knows to) that cancer is a great excuse for not doing a whole host of things. Nevertheless, as much as possible – and it's not always possible, I've tried not to use it as an excuse. If it were used, it's so easy, so acceptable; using it as the ultimate excuse becomes almost narcotic. Once you start using it, it's hard to stop. Although a cancer diagnosis is hardly a privilege, it is an explanation for whatever you don't want to do. Be it household, personal or business. And these decisions are not always intended. The cancer has a way – through its many emotional tentacles – and physical challenges, to control one's subconscious. Without really thinking about it, doing – or not doing, almost is out of your control. And so, you blame the cancer.

But I don't want to. I want to blame me. I want to take responsibility for myself/my actions – or lack thereof. In addition, I don't want to be seen as Kenny-with-cancer. I want to be treated as if I didn't have cancer: for good, bad, or indifferent. Nor do I want to do things/go places/make lists just because I'm diagnosed with a "terminal" form of cancer. Again, I don't want to live like I'm dying because if I do, I know I'll do whatever I'm doing because I'm dying, and I want/need a certain experience. To me, that would be reinforcing a negative (premature death; although aren't they all?) which is exactly the vibe I don't want in my life. I want normalcy. 'Normalcy,' to me doesn't equate with dying. It equates with living. You just have to work in the cancer stuff as if it's just another variable, not an end-of-life, do-and-die set of insurmountable hurdles. If I've accomplished anything in my 14+ years as a cancer patient, it is that I never (or tried to never) let it get the best of me or have it be the dominant reason for my decisions/choices. I've tried to treat cancer as just another blip on life's radar. Sometimes, it has mattered, and other times, it has not.

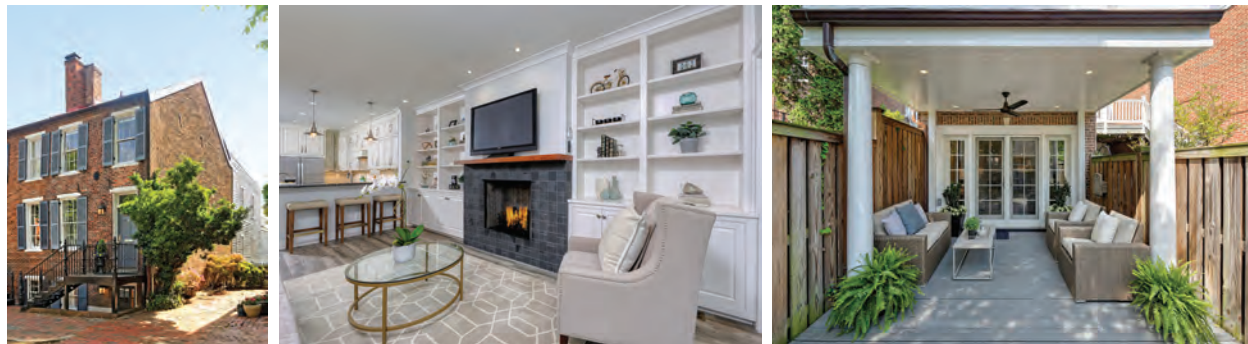
Even watching my brother's struggles to survive and then overcome the septic shock that hospitalized him for six-plus weeks didn't adjust my thinking. I was doing exactly – by visiting him every day, what I wanted to do, cancer be damned. The diagnosis was not going to interfere with my responsibility to my brother. And being there every day for a few hours, being in surgical intensive care, medical intensive care, a regular room or in the rehab center adjacent to the hospital, my cancer situation was so far onto the back burner that it was completely out of sight. In fact, it was so far out of my mind that Kenny-with-cancer was replaced by Kenny-whose-brother-was-possibly-dying. And for the nearly three months in total, until his death on Dec. 3rd, I was a complementary player of sorts. I was living to benefit my brother and trying to help him in any way he needed.

And I wouldn't have had it any other way, other than wishing he had survived. I was a cancer patient who for the many moments that transpired during Richard's nearly three-month struggle to survive, did not ever think I needed to be anywhere else because I was "terminal" and needed to check an item off a list. Hardly. My brother was my list. My brother was – despite my cancer diagnosis, the most important consideration in my life and I was going to do everything I could to help him. I did for him everything I would have done regardless of my cancer diagnosis. I was going to treat his situation as normally as possible. I didn't necessarily neglect my own health but rather didn't let it get in the way of my priorities: Richard's recovery. "Cancer sucks," for sure. But septic shock turned out to be worse.

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

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