

# Alexandria Gazette Packet



25 CENTS

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AUGUST 8, 2024

## GOLD! Alexandria's Noah Lyles claims world's fastest man with 100m Olympic Gold.

BY JEANNE THEISMANN  
GAZETTE PACKET

The race took less than 10 seconds. The official results took three times longer but the agonizing delay was worth the wait as Alexandria's Noah Lyles took home the gold in the men's 100-meter final Aug. 4 at the Paris Olympics.

Despite being slow out of the blocks, Lyles came from behind to claim victory, putting the USA atop the global sprinting stage for the first time in 20 years. Lyles finished just 0.005 seconds ahead of Jamaica's Kishane Thompson in a race that required video replay.

**"America, I told you. I got this!"**

— Noah Lyles following his 100m victory at Paris Olympics

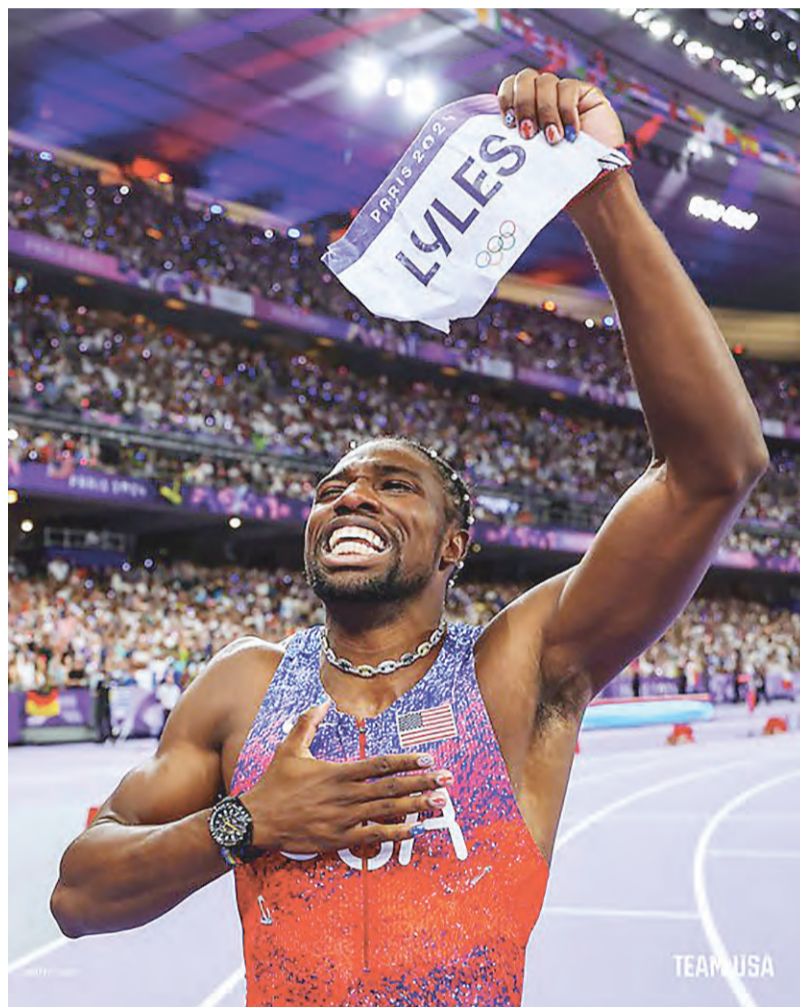
"This is just the most amazing thing in the world," said Lyles' uncle Rahsaan Caine, who watched the race at a viewing party at Pork Barrel BBQ in Del Ray. "He really is an inspiration, not just to Alexandria but to the world."

Lyles' official time was 9.784 seconds with Thompson coming in at 9.789. Fellow American Fred Kerly took bronze in 9.81. It was actually Kerly that had the first body part to cross the finish line — the orange shoe on his right foot. But track competition rules state that "Competitors shall be placed at the finish line in the order in which any part of their bodies (i.e., the 'torso,' as distinguished from the head, neck, arms, hands, legs, or feet) reaches the finish line."

Omega, the official provider of photo finish images, shared the image of Lyles extending his body forward, with his torso — namely, his shoulder and clavicle — crossing the line before anyone else.

Lyles, 27, grew up in Alexandria and along with his brother Josephus starred in track and field during their years at T.C. Williams High School. Together the two shared Outstanding Track Athlete of the Year honors at the 2016 Alexandria Sportsman's Club annual awards gala. Lyles had previously received the award in both 2014 and 2015.

"One of the great things about the Alexandria Sportsman's Club is to honor our student athletes when they are in the formidable high school years, when they dream of achieving greatness," said ASC president Ryan Fannon. "To actually watch this come to fruition brings us and everyone in Alexan-



PHOTO/TEAM USA

Alexandria's Noah Lyles, representing the United States, celebrates winning the gold medal in the men's 100-meter Aug. 4 at the 2024 Paris Olympics.



PHOTO/OMEGA SA

Photo finish provided by OMEGA of the men's 100-meter final at the Paris Olympics Aug. 4. Alexandria's Noah Lyles, representing the United States, was declared the winner.



PHOTO CONTRIBUTED

Noah Lyles, left, Maggie Lohrer, and Josephus Lyles at the Alexandria Sportsman's Club Annual Banquet in May of 2016. Noah and Josephus (formerly of T.C. Williams now Alexandria City High School) shared the Boys High School Track Athlete of the Year honors while Lohrer from Bishop Ireton was named the Outstanding Cross Country Runner in 2016.



PHOTO BY JEANNE THEISMANN/GAZETTE PACKET

The crowd reacts to the announcement that USA's Noah Lyles won the men's 100-meter at the Paris Olympics during a watch party Aug. 4 at Pork Barrel BBQ in Del Ray.

dria incredible pride and joy. We can't wait until Noah comes back so we can all celebrate as an Alexandria community."

It was 12 years ago when Lyles watched

Jamaican icon Usain Bolt win gold in both the 100 and 200 meters at the London Olympics. He decided then, in the living room of his Alexandria home, that he want-

ed to do the same.

"Noah grew up with asthma and now he is the fastest man in the world," Caine said. "It shows the power of the mind and that you can achieve anything."

Lyles, who has been open about his struggles with mental health, posted on social media following his victory, "I have asthma, allergies, dyslexia, ADD, anxiety, and depression. But I will tell you that what you have does not define what you can become. Why Not You!"

Following his gold medal 100m run, Lyles is one step closer to achieving that dream. He has qualified for the 200m final, a race where he is a three-time gold medalist at the 2019, 2022 and 2023 World Championships. He is seeking his first Olympic gold in the 200 after winning bronze in the event at the Tokyo Games.

The 200m final will take place Aug. 8 at 2:30 p.m. ET.

As the confident Lyles proclaimed to the cameras after securing his place in history, "America, I told you. I got this."

# Grant To Increase Access to Cancer Screening

Neighborhood Health hosts roundtable discussion on community health centers providing primary care.

The Health Resources and Services Administration (HRSA) Administrator Carole Johnson and Associate Administrator Jim Macrae visited Neighborhood Health to announce a new grant to increase access to cancer screening and highlight the critical role that community health centers play in ensuring access to primary health care.

Neighborhood Health is a non-profit, community health center that has provided primary medical, dental, and behavioral health care to Alexandria, Arlington, and Fairfax County for over 27 years. Neighborhood Health provides care to more than 41,300 low-income uninsured and underinsured individuals.

Johnson and Macrae took a tour of Neighborhood Health's Richmond Highway clinic in the Alexandria section of Fairfax County where they provide primary medical care for



Roundtable discussion at Neighborhood Health.

children and adults, dental care, behavioral health care, optometry, on-site labs, and medication access assistance at a new onsite pharmacy. The HRSA administrators also participated in a roundtable discussion with Neighborhood Health leadership, clinicians, staff, and patients to learn about current challenges and successes. The discussion included workforce development, cancer screening programs, and mental health.

Johnson announced new funding to improve access to life-saving cancer screenings in underserved communities; Neighborhood Health is a new grantee. She also highlighted National Health Center Week and new

data that shows that community health centers served almost 32.5 million patients in 2023, a record-breaking number. One in 10 people in the U.S are health center patients.

Johnson commented, "We appreciate the chance, during health center week, to celebrate how much primary care matters and to come to a model health center like Neighborhood Health to see up close the way you have integrated resources."

Neighborhood Health has grown from providing care to 1,500 patients at one clinic in 1997, to serving over 40,000 patients at fifteen clinics in 2024, including 16,220 people without health insurance.



HRSA Associate Administrator Jim Macrae, Neighborhood Health CEO Dr. Basim Khan, and HRSA Administrator Carole Johnson.

**THE CHAMBER ALX**

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## 2024 LIVING LEGENDS

# Living Legends of Alexandria



Ed Arthur



Myron Contee



Paris Davis



Lawrence "Lucky" Elliott



Andrew Macdonald



Willem Polak



Mac Slover



Fran Terrell



Dr. David Weintritt

## LLA announces 2024 Legends.

BY JEANNE THEISMANN  
GAZETTE PACKET

**T**he 2024 Living Legends of Alexandria have been selected with nine individuals chosen for the prestigious honor.

"We are excited to announce the list of our 2024 Alexandria Living Legends," said Alexandria Living Legends president Mary Wadland. "This year we had a pile of nominations to consider. It's an important process, and the board gives each nominee careful consideration."

According to the organization's mission statement, the Living Legends of Alexandria is an honor bestowed upon individuals who live and/or work in Alexandria and have contributed to the community in an exemplary and lasting way that has significantly impacted the quality of life in Alexandria and inspired others.

Founded in 2007 by photographer Nina Tisara, the first Legends were honored in 2008 including former City Manager Vola Lawson, longtime state senator Patsy Ticer and Civil Rights icon Ferdinand Day. Today, over 147 people have been honored as Living Legends of Alexandria.

The newest Legends will be celebrated at the annual Meet the Legends reception in the fall.

This year's honorees are:

Ed Arthur — A lifetime of giving led to Hearts of Love, a foundation Ed and his wife Kathleen started, dedicated to providing  
[www.connectionnewspapers.com](http://www.connectionnewspapers.com)

food and temporary shelter for abused and neglected women and children. It is now one of the most successful efforts to help provide food, shelter, employment, mentoring, tutoring, encouragement, and confidence-building opportunities for women, children, and families at risk or in need in Alexandria's Chirilagua neighborhood and surrounding communities.

Myron Conte — As the chaplain for the William G. Truesdale Adult Detention Center, Chaplain Contee uplifts the hearts and souls of hundreds of incarcerated individuals each year. He carries the added credibility that comes from having once served time himself at the very same jail 30 years ago. Beyond the jail walls, Chaplain Contee supports the formerly incarcerated through his Second Chance Ministries. A professional plumber with his own business, he also hires returned citizens.

Paris Davis — On Saturday, June 17, 2023, exactly 58 years from the date he saved countless men while enduring heavy enemy artillery fire and multiple injuries, and 10 weeks after President Biden awarded him the Medal of Honor, the nation's highest military award, Colonel Paris Davis was honored in his hometown of Alexandria. After he retired in 1985, he founded the Metro-Herald, a newspaper that focused on the local Alexandria community, civil rights issues, and African American accomplishments.

Lawrence "Lucky" Elliott — Elliott is best known as a youth sports coach, activist, and advocate for teens and young adults in the metro area. He coached youth football and basketball for close to 20 years. He has dedicated himself to fighting alcohol abuse among young teens as co-founder of the 'We

Care Organization,' a group formed to combat alcohol and substance abuse.

Andrew McDonald — Macdonald has made countless and significant contributions to the City of Alexandria during his lifetime. He is a staunch conservationist, both environmentally and architecturally, and fights nonstop to preserve that unique and irreplaceable character that makes Alexandria so special. He is a former City Councilman and Vice Mayor and served for many years on the Environmental Policy Commission (EPC). He is the chair of the Environmental Council of Alexandria (ECA).

**"It's an important process, and the board gives each nominee careful consideration."**  
— LLA president Mary Wadland

Willem Polak — Founder of the Potomac Riverboat Cruises, Polak built and expanded the footprint of his company, establishing the water taxi service and activating the Alexandria waterfront. But more important than that is his work with the Alexandria Police Foundation. In front of the Police Headquarters is the Fallen Officers Memorial bearing the names of 18 fallen officers who lost their lives in the line of duty. The Memorial would not exist if not for the efforts of Willem Polak, who took over as board president in 2013.

Mac Slover — You would be hard-pressed to find an organization in Alexandria that

has more cross-collaboration than the Miracle League of Alexandria, founded by retired City of Alexandria Department of Recreation, Parks & Cultural Activities, Mac Slover. Slover said he started talking about building a field for kids and adults with special needs in 2005. Construction began in 2010 and the field opened in 2012. It was the first city-sponsored program to be developed for special needs youth and adults, which includes private, government, non-profit, and educational organizations.

Fran Terrell — Terrell's lifelong contributions to preserving and telling the history of Alexandria's historic African American communities have made a lasting difference in how the city now acknowledges and memorializes its past. A specific highlight of her contributions is the work she did with the Fort Ward and Seminary African American Descendants Society to recognize the African American community who had first come to Fort Ward following the Civil War.

David Weintritt — Dr. Weintritt recognized the crisis in the Alexandria community based on the statistics that the area has some of the highest incidence and mortality rates from breast cancer in the nation, as well as some of the highest rates of late-stage breast cancer. Founded in 2014 by Dr. David Weintritt, the National Breast Center Foundation (NBCFoundation) is the only comprehensive breast health foundation located in the city of Alexandria. Since its inception in 2014, NBCFoundation has been instrumental in providing free cancer services to the medically underserved community.

[WWW.ALEXANDRIALEGENDS.ORG](http://www.ALEXANDRIALEGENDS.ORG)

ALEXANDRIA GAZETTE PACKET ♦ AUGUST 8-14, 2024 ♦ 3

COMMUNITY

# All Fired Up

Friendship Firehouse celebrates 250 years.

BY JEANNE THEISMANN  
GAZETTE PACKET

The Friendship Firehouse Festival celebrated the 250th anniversary of the founding of the city's first fire company Aug. 3 at the historic Friendship Firehouse Museum on South Alfred Street.

Now in its 28th year, the festival is sponsored by the Friendship Veterans Fire Engine Association and Historic Alexandria. Crowds lined up for tours of the museum as attendees learned about the city's historic firefighting apparatus and checked out modern firefighting equipment on display.

"This is always a great festival," said Friendship Veterans Fire Engine Association board president Jimmie McClellan. "This is the 250th anniversary of the founding of the Friendship Fire Engine Company as well as the 275th anniversary of our great city so this is a great day to celebrate."

In addition to tours of the Friendship Firehouse Museum, festival goers learned about fire safety and had the opportunity to see Alexandria Fire Department equipment up close.

**"It's great to be able to be outside with the kids and have some fun while they learn about fire prevention."**  
— Local resident Aaron Swift

The festival also included booths by the Alexandria Police Department and Sheriff's Office, music performances, face painting, and displays by community organizations and local vendors.

Younger attendees participated in hands-on activities with all children receiving free toy Friendship firefighting helmets.

Established in 1774, the Friendship Fire Company was the first fire company in Alexandria. Today the Friendship Firehouse, built in 1855, is a museum open to the public.

The Friendship Veterans Fire Engine Association (FVFEA) is a philanthropic organization focusing on fire-fighting history and fire safety. It remains active in community events, including the annual Festival, and supports historic preservation of the building and its collection.

"This is a fantastic day," said Aaron Swift, who attended the festival with his daughter Liana and friend Mike Labadie and his son Jack. "It's great to be able to be outside with the kids and have some fun while they learn about fire prevention."

[www.alexandriava.gov/FriendshipFirehouse](http://www.alexandriava.gov/FriendshipFirehouse)

PHOTOS BY JANET BARNETT/GAZETTE PACKET



The Aug. 3 Friendship Firehouse Festival celebrated the 250th anniversary of the founding of firefighting in Alexandria.



The Thomas family enjoys the Friendship Firehouse Festival Aug. 3 in Old Town.



A firefighter helps demonstrate how to use a fire hose on a makeshift burning house at the Friendship Firehouse Festival Aug. 3 in Old Town.



Lynette Garrett, John Renner and Friendship Veterans Fire Engine Association president Jimmie McClellan at Friendship Firehouse Festival Aug. 3 in Old Town.



Festival attendees enjoy a ride on the DASH bus



Mike Labadie, Jack Labadie, Liana Swift and Aaron Swift enjoy the Friendship Firehouse Festival Aug. 3.



Children enjoy hands-on activities at the Friendship Firehouse Festival Aug. 3 in Old Town.

# COMMUNITY



2024 Food Collection at City Hall

## City-Wide Food Drive Food4ALX

**36,500 lbs of Food Collected During the Month of July.**

**D**uring the month of July, Volunteer Alexandria (VolALX) hosted its second annual city-wide food drive. With 34 different collection locations throughout the city, Food4ALX collected more than 36,500 pounds over the course of the month.

“We are pleased with the outcome of this drive. It not only collected the necessary food, but also raised a lot of awareness in the community,” said Marion Brunken, Executive Director, Volunteer Alexandria. “Dozens of volunteers were engaged in this effort, as well as numerous businesses.”

All items collected were donated to ALIVE!’s food program to directly benefit members of the Alexandria community in need of food assistance.

Many local organizations hosted a food drive collection box and encouraged patrons to donate items. This sponsorship was instrumental in getting promotional materials off the ground and funding collection boxes.

“United Bank is committed to serving the community by partnering with local charities. We are proud to partner and sponsor Volunteer Alexandria and Alive Inc food drive this year,” said Paige Fawehinmi, Branch Manager.

The food collected through this food drive will support more than 2,000 families and ensure that ALIVE! has the resources to continue being a safety net for neighbors in need.

Elizabeth Murphy, a volunteer, said, “Being involved has been a great opportunity for me to help local families that are struggling with food insecurity during the summer months.” Volunteer Alexandria made it easy, Murphy added.

Without the support businesses like Passport Auto Group, The Hoffman Town Center, Lisa Groover Real Estate-McEneaney



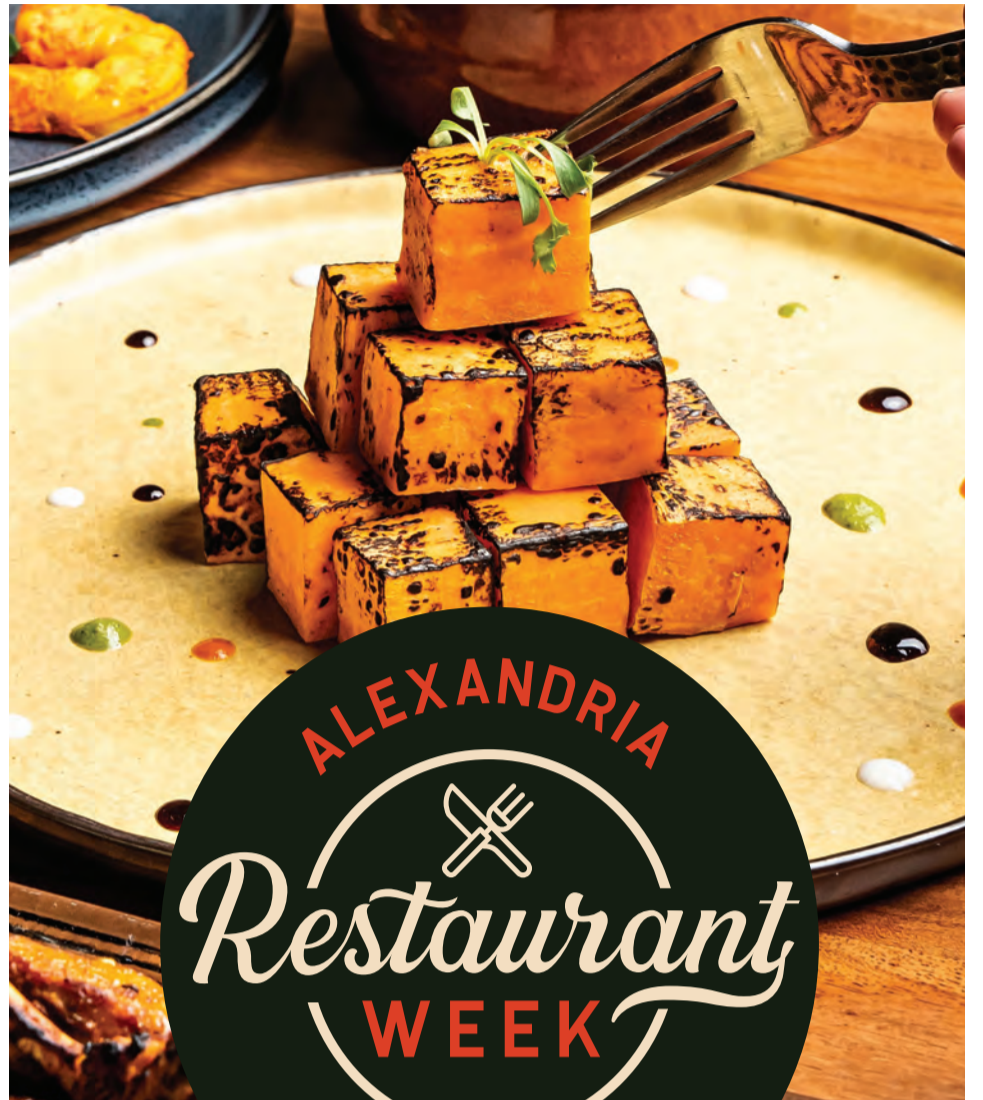
Sue Goodhart helped exceed 2024 food collection goals.

Associates, Harris Teeter, Fitness Together, Wegmans, the Kiwanis Club of Alexandria, and the Zebra Press, the food drive would not have been nearly as successful as it was.

Other partner organizations and their patrons included: Alexandria & Company, ALX Community, Alexandria Women for Good, Barrett Library, Beatley Library, Burke Library, Cameron Station Condominiums, City of Alexandria, City Hall, Duncan Library, Emmanuel Episcopal Church, Fairlington United Methodist Church, Fitness Together Alexandria, Lisa Groover Real Estate, Neighborhood Pharmacy, Old Presbyterian Meeting House, Old Town North Farmers Market, Old Town Village Roundhouse Community Center, Russell Temple CME Church, The Episcopal Church of Saint Clement, The Goodhart Group, Top It Off, United Bank.

ALIVE! is the largest private safety net in the City of Alexandria, founded in 1969. An interfaith organization, ALIVE! has grown to 50 member congregations and serves thousands of individuals every month, providing food, transitional shelter, financial help, eviction prevention, and furniture & housewares. [alive-inc.org](http://alive-inc.org).

SOURCE: VOLUNTEER ALEXANDRIA



ALEXANDRIA  
Restaurant  
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**ALX275**  
The City of Alexandria's 275<sup>TH</sup> Anniversary

**#ALXRESTAURANTWEEK**



Liliana Rosen chats with Captain Jason North and Officer Arielle Deem of the neighborhood initiative unit, at National Night Out at John Carlyle Square on Aug. 6



The ice cream man cheers for Captain Jay North, Liliana Rosen and Officer Arielle Deem at National Night Out at John Carlyle Square



Sheriff's Department Sgt. Victor Ignacio serves snow cones at Four Mile Run Park for National Night Out



From left, Deputy City Manager Yon Lambert, Captain Jerry Newcomb, City Manager Jim Parajon and Acting Captain Steve Carr stand with participants at National Night Out at Four Mile Run Park



Water fun in the splash pad at John Carlyle square

# Enjoying a Festive National Night Out

Many sites to gather for NNO with neighbors and public safety officials around the city.

It was the last official National Night Out for Mayor Justin Wilson, who is not reluctant to give up that duty. But there is something special about National Night Out in Alexandria, as Wilson attests.

PHOTOS BY JANET BARNETT

"The whole community comes out," Wilson said. "And we've seen a lot of new neighborhoods come into the mix in the last few years."

National Night Out (NNO) is a celebration of community and public safety agencies coming together to promote community policing partnerships.

Acting Chief of Police Raul Pedroso said: "National Night Out is an incredible opportunity for everybody in the community to be coming out, getting together with their friends, their neighbors, and even more importantly, the police officers, the firefighters, all of our public servants, having great food and just having a great time."

During the event, residents throughout Alexandria are asked to come outside and enjoy the evening with their neighbors, police, firefighters, and other City officials. Events varied by neighborhood but included cook-outs, block parties, and more.

Alexandria Sheriff Sean Casey said: "We're proud to serve a community that is so engaged and supportive, and on National Night Out we love getting to celebrate with them."

NNO is designed to increase crime prevention awareness, generate support for crime prevention programs, and send a



Fun on the water slide at Four Mile Run Park on National Night Out.

message to criminals that neighborhoods are organized, and are in partnership with law enforcement and public safety agencies to help prevent crime.

NNO was introduced in August of 1984.



With Officer Richard Sandoval at Four Mile Run Park



Sheriff's Department's Sgt. Victor Ignacio and Sgt. Cassandra Branch serve snow cones as Police Officer Richard Sandoval looks on



Acting Chief Raul Pedroso and Mayor Justin Wilson play musical chairs at John Carlyle Square



Dominion Energy representatives pass out information on energy saving at Four Mile Run Park



Acting Chief Pedroso (third from left) stands with members of the Alexandria Police Department at John Carlyle Square Park



Acting Chief Raul Pedroso with (far left) and Mayor Justin Wilson (4th from left), and Councilman John Chapman with members of the Police Department and others.



Lt. Liz Magyar and Lt. Tara Delio May in uniform (center) stand with the Woods Place neighbors at National Night Out

# NATIONAL NIGHT OUT

Kids revel in the chance to cool off on a warm evening at NNO

PHOTOS BY JANET BARNETT



Fun on the water slide at Four Mile Run Park

## BULLETIN BOARD

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

### VOLUNTEERS WANTED

**Alexandria Families for Safer Streets -** Executive Assistant to AFSS Board of Directors. The agency is seeking an executive assistant to help coordinate a diverse group of tasks necessary to keep us on track and moving forward. Someone with office manager skills would be the ideal candidate. [www.volunteerallexandria.org](http://www.volunteerallexandria.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.volunteerallexandria.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](mailto:info@alnv.org), or visit [www.alnv.org](http://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](mailto: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](http://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 [donaaldea@aol.com](mailto:donaaldea@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](http://www.alive-inc.org/volunteer.htm) or contact the Volunteer Coordinator at [volunteers@alive-inc.org](mailto: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](http://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

SEE BULLETIN, PAGE 11

# ENTERTAINMENT



Alexandria Summer Sidewalk Sale takes place Saturday, Aug. 10, 2024 throughout Old Town Alexandria and Del Ray.



Alexandria Restaurant Week takes place Aug. 16-25, 2024 throughout Old Town Alexandria, Del Ray, Carlyle, Eisenhower and the West End.

## WEDNESDAYS THROUGH SATURDAYS

**Tours Aboard Tall Ship Providence and Sen. John Warner Maritime Heritage Center.** 10 a.m. to 5 p.m. At Alexandria's Waterfront Park, 1A Prince Street, Alexandria. Guests of all ages are recruited into the Continental Navy aboard Tall Ship Providence with legendary Captain John Paul Jones. Recruits are assigned jobs on the ship, learn where they will work and live, how to load a cannon, etc... Tours conclude in the Naval History Theatre with a film about the ship. The Heritage center is a floating museum on the Alexandria waterfront. Visit <https://tallshipprovidence.org/>

## 34TH SEASON OF THE LYCEUM CHAMBER SERIES

**The Washington Metropolitan Philharmonic Association (WMPA) announces the 34th season of its Lyceum Chamber Series, under the guidance of Music Director Laureate Ulysses James.** Hosted at the Alexandria History Museum at The Lyceum, located at 201 South Washington Street in Old Town Alexandria, this series promises to offer an array of exceptional weekly performances throughout the summer. All concerts are at 3 p.m.; no tickets required. Suggested donation \$25.

### LIVING. BREATHING. MUSIC.

Featuring Anna Binneweg, Music Director, Washington Metropolitan Philharmonic  
Ulysses James, Music Director Laureate, Washington Metropolitan Philharmonic  
Alberto Rodriguez, Music Director, Washington Metropolitan Youth Orchestra  
Martin Garfield-Levine, Music Director, Washington Metropolitan Concert Orchestra  
Caroline Mousset, Executive and Artistic Planning Director

### MUSIC SCHEDULE

August 11: Tapestry Cello Ensemble  
August 18: Quodlibet, Flute/Clarinet/Bassoon  
August 25: Samuel Runolfson, Cello  
September 1: Michael De Sapio, Violin  
September 8: Hai Jin, Piano  
September 15: John Sutherland Earle: Piano & Friends

## JUNE 1 TO AUG. 31

**Creative Summer Programs is a series of workshops exploring the arts.** Learn techniques in drawing, stone carving, jewelry, resin, mosaics, and more from local artists. Delve into creative exploration solo or with friends. Free and paid programs are offered. Sign up for what inspires you! Held at Del Ray Artisans (2704 Mount Vernon Avenue, Alexandria) unless noted. Details: [DelRayArtisans.org/creative-summer](http://DelRayArtisans.org/creative-summer)

**MOUNT VERNON NIGHTS Friday and Saturday evenings at 7:30 p.m.**  
At Grist Mill Park  
4710 Mount Vernon Memorial Highway, Alexandria  
Fridays at 7:30 p.m.  
AUGUST  
9 Project Locrea (World Music)  
16 Burn the Ballroom (Alternate Rock)  
23 Deanna Bogart (Blues, R&B)  
30 Melissa Qinn Fox (Country/American)

## AT WORKHOUSE ARTS CENTER

9518 Workhouse Way, Lorton  
Saturdays at 7:30 p.m.  
AUGUST  
10 Ocho de Bastos (Latin/Pop)  
17 Alex Hamburger (Jazz)  
24 The U.S. Army Band Country Roads (Country)

## AUG. 2-31

**"The Science of Our Surroundings" exhibit at Del Ray Artisans gallery features art that draws inspiration from science and math, with a focus on diagrams, cutaways or cycles that the artist or creator may find particularly fascinating.** View at Del Ray Artisans Gallery, 2704 Mount Vernon Avenue, Alexandria VA. Opening Reception: Friday, August 2, 7-9pm. Open Thursdays 12-6pm, Fridays 12-9pm, Saturdays & Sundays 12-6pm (Closed September 1). Details at [DelRayArtisans.org/exhibits](http://DelRayArtisans.org/exhibits)

## AUG. 2-16

**ALX Bark Bingo.** Come and celebrate Alexandria during the first two weeks of August with a free and fun game of bingo! ALX Bark Bingo is simple to play: 1) Fetch a bingo card from participating stores that feature a bright yellow box on the storefront; 2) Scan the QR code on the storefront's yellow box to reveal a dog, and 3) Have a match

on your bingo card? Pop into the store and get your card stamped! Win with one horizontal/vertical/diagonal bingo and email a photo of your winning card to [barkbingo@alxdogwalk.com](mailto:barkbingo@alxdogwalk.com). Winning cards will be entered into a drawing on 8/19, and four winners will receive a bag of \$300 worth of gift certificates from participating stores! ALX Bark Bingo participating stores include: Animal Welfare League of Alexandria, Bad Ass Coffee of Hawaii, Beeliner Diner, Bellies & Babies, Benny Diforza's Pizza, Boxwood, Cameron Café, District Biscuit Company, The Dog Park, ERA Clothing & Accessories, fibre space, Fiscus Glassworks, Frizzles Hair Salon, Kungfu Kitchen, Lost Boy Cider, Magpie Reclamations, Ms. Moxie's Moon Shop, Pippin Toy Co., Taqueria Picoso, Ten Thousand Villages, Today's Cargo, Top it Off Accessories, Whiskey & Oyster, and Zuki Moon. Visit [www.alxdogwalk.com](http://www.alxdogwalk.com)

## SATURDAY/AUG. 10

### Alexandria Summer Sidewalk Sale.

Throughout Old Town Alexandria and Del Ray. One of the longest-running seasonal summer shopping events—Alexandria Summer Sidewalk Sale—returns to the D.C. region's "Shop Small" destination on Saturday, August 10, 2024, throughout Old Town and Del Ray. The event features dozens of Alexandria boutiques stepping out of their storefronts and offering deeply discounted summer merchandise. Learn more at [VisitAlexandria.com/SidewalkSale](http://VisitAlexandria.com/SidewalkSale). Visit [AlexandriaVA.com/SidewalkSale](http://AlexandriaVA.com/SidewalkSale)

## AUG. 16-25

### Alexandria Restaurant Week.

Throughout neighborhoods in Alexandria, including Old Town, Del Ray, Carlyle, Eisenhower and the West End. For 10 days and two weekends, dozens of restaurants in Alexandria, Virginia, will offer a \$27.50, \$40 or \$50 in-person dinner for one during Alexandria Restaurant Week, August 16-25, 2024. The special \$27.50 offer is a playful nod to Alexandria's 275th anniversary. Find additional special offers and discounts at fast casual restaurants throughout Alexandria during Alexandria Restaurant Week. Alexandria Restaurant Week

showcases the inventiveness of local chefs and international cuisine in neighborhoods throughout the city, including Old Town, Del Ray, Carlyle and Eisenhower and the West End. In early August, guests will find a digital flip-book of menus at participating restaurants on [AlexandriaRestaurantWeek.com](http://AlexandriaRestaurantWeek.com).

## SATURDAY/AUG. 17

**Port to Port Beer Festival.** 11 a.m. to 3 p.m. At Port City Brewing Company, 3950 Wheeler Avenue, Alexandria. Port to Port Beer Festival will bring 14 breweries from ports near and far to showcase their best brews. Featured breweries include Sideward Brewing and Jackie O's all the way from Orlando, Florida and Athens, Ohio, respectively, alongside local favorites like Lost Boy Cider and Cedar Run Brewing. Festival guests will receive a commemorative 5 oz. glass with their admission ticket along with three tickets for 4 oz pours. Additional drink tickets can be purchased during the festival to keep the party going. Guests will also enjoy yard games, tented seating, and live music from Road Street Avenue. On August 17th, the Tasting Room and outdoor Beer Garden will remain open to the public for regular business. However, festival beers are only available to ticket holders! Tickets are on sale for \$20 a person with an early-bird discount, increasing in price on August 10th to \$25 a person, so make sure to snag yours today for this fun new event in Northern Virginia's backyard.

## SATURDAY/AUGUST 17

### Del Ray Bands & Brews Bar Crawl.

12:30- 6 p.m. At Del Ray Business Association, 2308 Mount Vernon Ave., Alexandria. Join the fun and vibrant Del Ray community for a special summer event, featuring live music in outdoor restaurant venues along the Avenue! Bands & Brews. This event is being brought to you by the Del Ray Business Association and will benefit a local non-profit. The first 250 registrants will get a swag bag with a 16 oz souvenir collectors cup! Advance tickets are \$15 (\$25 at the door), and include specials on cocktails, beer, and food at each of the 20+ participating restaurants, live music at every venue, trolley

transportation, 50/50 raffles, a photo booth, and many more fun giveaways. You must be 21+ to participate in the crawl, but children and families are welcome at family friendly establishments and at the main stage at Pat Miller Square. Visit [visitdelray.com](http://visitdelray.com).

## FRIDAY/AUG. 23

**Summer Concert Series.** The U.S. Air Force Band returns to the Air Force Memorial in Arlington. Free and open to the public.

Friday, Aug. 23 at 7:30 p.m. - Airmen of Note

Friday, Sept. 13 at 7:30 p.m. Air Force Birthday Concert.

## SATURDAY/AUG. 24

### Around the World Cultural Food Festival.

11 a.m. to 7 p.m. At Oronoco Bay Park, 100 Madison Street, downtown Old Town Alexandria. Come and enjoy delicious foods from around the world while watching a diverse folk show with singers and dancers from different countries, then take a break and go shopping from the ethnic artisans and crafters participating in the festival.

## SATURDAY/SEPT. 7

### Find Your Ancestors!

9 a.m. to 3 p.m. At Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Attend this conference featuring one of America's most popular genealogical lecturers. John Colletta will discuss how historical research can help to understand the day-to-day lives of our ancestors. Lively discussions will follow. Cost: \$40. Email: [contact-us@mvgenealogy.org](mailto:contact-us@mvgenealogy.org). Website: <https://mvgenealogy.org/store.php?sid=7>

## SATURDAY/SEPT. 7

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

SEE ENTERTAINMENT, PAGE 11



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Obituary

Obituary



**David Stuart Holland, 81**, of Alexandria, Virginia, a retired reserve Army officer, writer, runner, and outdoor adventurer, passed away peacefully on 29 June 2024 at home with his family, after a short battle with severe illness. David is survived by his wife Rhonda, daughters Ada and Kedron, and sister Cary. His family is deeply grateful for their time with him, and he will be sorely missed.

David half-jokingly said that his most significant military accomplishment was preventing a public affairs nightmare as a reserve Army Colonel in Panama in 1995. While this is certainly notable, he also served in Vietnam in 1966-1969 in the 716th Military Police Battalion, the 173rd Airborne Brigade, and finally as a Military Assistance Command Vietnam Infantry Battalion Advisor. The highlight of the civilian career that followed was the four years (1973-1977) he spent in the Micronesian Islands settling claims against the U.S. government for WWII damages, while also adventuring with his wife Rhonda across the eastern Pacific. David remained in the U.S. Army Reserves as a public affairs officer, serving in the Pentagon during the first Gulf War and retiring as a colonel in 2003.

David wrote several books, including memoirs of his time in Vietnam and in the federal government, economic analyses, and a collection of political poems illustrated by his longtime friend Phil McKenney. He was also a prolific blogger. David was a lifelong student, graduating from Williamsburg's Walsingham Academy then earning a bachelor's degree from the University of Virginia (UVA) in 1965, a law degree from UVA in 1972, an MBA from William and Mary in 1979, a DBA from George Washington University in 1988, another bachelor's degree in electrical engineering from George Mason University in 2004, and even auditing Chinese language classes at the Northern Virginia Community College in the 2000s.

David was an adventurer and a dedicated runner. He took his daughters on several multi-week hiking and canoeing trips in various wilderness areas and instilled in them a love of the great outdoors. He kayaked a good portion of the distance from Alexandria to his beach home in Avon, NC in day-length segments. He ran the Marine Corps Marathon every year for 38 years, as well as several ultramarathons including 25 years of the JFK 50-miler, four Old Dominion 100s, and the Western States 100. For years neighbors could expect to see David out for his daily run.

David was deeply committed to his family, even through his final years. He took care of his wife Rhonda through her cancer treatment in 2023, provided childcare for many of his grandkids, and stood through several soccer games of his older grandkids—even in the pouring rain.

David's remains will be inurned at a private ceremony at Arlington National Cemetery at a later date. His family is grateful for the love and support of David's friends and neighbors. They also thank the cardiac nurses of Sentara Norfolk General Hospital who provided gracious and gentle care for David in his final days.

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# Excessive Party Politics

To the Editor:

I wanted to comment on the Gazette publishing three opinion pieces on July 25 by local Democratic politicians concerning Joe Biden dropping out of the presidential race. Isn't that excessive? I can see where the congressman is allowed to comment on this matter but why are my state senator and state delegate being given this platform? Their job is to represent their constituents in Richmond

not pontificate on presidential politics.

These opinion pieces were nothing more than Democratic Party machine propaganda. The fact of the matter is Biden was forced out by the Democratic Party chieftains who told him he had to go because he was hurting the party.

Don't insult our intelligence by trying to compare Joe Biden to George Washington. Washington was a military leader who would have never created a fiasco like what Biden perpetrated with the abrupt, disgraceful withdrawal from Afghanistan where

American lives were needlessly lost and tons of equipment was abandoned to the Taliban.

As for Washington setting a precedent of serving only two terms, Roosevelt violated that custom by getting elected four times. What if Trump had been assassinated? Would Biden have dropped out?

It's important to recognize that not everybody in the area marches in lockstep with the Democratic Party machine.

**Greg Paspatis**  
Alexandria, Va.

## Addressing An Unimaginable Reality



By KENNETH B. LOURIE

(Yet again, not a cancer column.) Within the next month or so, I will have affixed all the self-address labels that I have received/accumulated over the years. And over those same years, the numbers and frequency of these self-address-label-senders has diminished greatly. So much so that I have reached my last sheet of labels (bottom of a previous stack). I can remember back in the heyday of receiving/accumulating these unsolicited labels and due to their numbers - and my interest in keeping them, I had to organize a place for them in my home office as their arrivals continued. And though I used the labels regularly, their supply nevertheless overwhelmed my demand.

In the recurring process of handling these various sheets of self-address labels (and adding new to old), I remember thinking that I would never get to the bottom of this newly organized pile. But here I sit, one measly sheet remains. If I don't receive new self-address labels soon, I'll have to actually, write, write, write my own name and address on my outgoing mail.

Perhaps you don't remember a time when you'd receive in the mail correspondence from a charity, a hospital, a 501c3-type organization, et cetera, a presumptively quid-pro-quo "return cash contribution to pay for their 'gift' to you." "Gifts" almost always included sheets of self-address labels. In addition, there might be note pads (often personalized with your name on it) pocket calendars, appointment organizers, and let's not forget the light bulbs, the donation pins, the medallions, refrigerator magnets and my personal favorite: holiday/greeting cards - with envelopes. Over these many years of receiving these "gifts," I had accumulated quite an inventory of stuff. As for the underlying business of these mailed solicitations, a return envelope - self-addressed of course and an easy-to-understand reply card with denomination choices. I have to admit I didn't always pay my way, but neither did I ask to be solicited so regularly in this way. Occasionally phone calls followed to as we call it in the sales world: "pre approach," to confirm receipt and make the pitch in person, so to speak.

And being that longtime salesperson, I had no problem being courteous and appreciative of their outreach while turning down their solicitation. As many "nos" as any of us salespeople have heard, I found it not particularly difficult to say "No" myself. I thanked them for their initiative and wished them well with their next call. Oddly enough, as I write this column/share this memory, I can't recall now when it was that I last received labels in the mail or a phone call to confirm their receipt. Thanks to, or because of the Internet, mail is not quite what it used to be; either as a method of communication or as a method of soliciting/meeting prospects. And because of all this evolution and technology, it seems I'm running out of self-address labels.

Perhaps it's time, probably past time, that I join the ranks of those people who have embraced technology and assimilated it into their daily lives. Specifically, I'm referring to people who "online-bank" their way through life and/or who might not even have a checking account - where for us old-schoolers, actual paper checks are used to pay bills by mailing the check in the self-addressed envelope provided, back to the addressee. If I can click the keys on my keyboard or press the numbers on my phone, I can eliminate, almost, the need for ever needing a self-address label, and dare I say, standing in line at the Post Office. Perhaps when I've used up my current stack of blank checks? Presently, I'm at check number 1804. When I get to the end of checks, number 1941, I'll likely make the change. But until then, I could sure use some more self-address labels. Imagine that.

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

### BULLETIN BOARD

FROM PAGE 8

upcoming orientation, email Carly Hubicki at [chubicki@volunteerfairfax.org](mailto:chubicki@volunteerfairfax.org) or call RSVP at 703-403-5360. To learn more about RSVP, visit [www.rsvpnova.org](http://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](http://www.spaceofherown.org) and [www.spaceofhisown.org](http://www.spaceofhisown.org). For more information on how to become a SOHO mentor, contact Sarah Maroney at [sarah.maroney@alexandriava.gov](mailto:sarah.maroney@alexandriava.gov) or phone at 703-746-4687.

#### 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](mailto: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 Jeffer-

son 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](mailto: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](mailto: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](http://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](http://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 [jjkingconsulting@yahoo.com](mailto:jjkingconsulting@yahoo.com).

**Seeking Donations.** Computer CORE, which is dedicated to helping low-income adults become computer literate is seeking donations. Visit [www.computercore.org/contribute](http://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](mailto:ktoohey@ccda.net).

**Be Heard at the City's Monthly Public Hearings.** A schedule of the meetings can be found at [www.alexandriava.gov](http://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.

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.

### ENTERTAINMENT

FROM PAGE 9

#### WEDNESDAY/SEPT. 25

**"Life in Alexandria's Civil War Prisons Lecture.** 7 p.m. At The Lyceum, 201 S. Washington Street, Alexandria. The Alexandria Historical Society is pleased to announce its upcoming lecture, "Life in Alexandria's Civil War Prisons." Local historian Madeline Feirstein will present her research on the five military prisons of Alexandria during the Civil War. Her lecture will provide an in-depth look at life within these institutions for both Confederate and Union pris-

oners, examining how their presence disrupted the daily lives of Alexandria residents. Additionally, Madeline will explore the medical treatment of jailed soldiers and prisoners of war at hospitals such as Grosvenor Branch, which was the confiscated Lee-Fendall House. Attendees will gain insight into first-hand accounts from individuals who experienced imprisonment within Alexandria's city limits, from the earliest days of battle to the beginnings of Reconstruction. For more information, contact David Heiby, Treasurer of the Alexandria Historical

Society, at [davidheiby@gmail.com](mailto:davidheiby@gmail.com) or 703-869-0872.

#### THE BIRCHMERE

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

#### AUGUST

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Thu. 8: Robert Earl Keen \$65.00 SOLD OUT!

Fri. 9: White Ford Bronco \$35.00

Sat. 10: 1964: The Tribute

\$45.00

Sun. 11: Trevor Hall: An Evening in a Blue Sky Mind \$65.00

Thu. 15: Keke Wyatt \$65.00

Fri. 16: JON B. \$69.50

Sat. 17: JON B. \$69.50

Sun. 18: The Secret Sisters w/ Jon Muq \$35.00

Fri. 23: Marcus Miller \$69.50

Sat. 24: Kim Waters \$35.00

Sun. 25: Sandi Patty \$59.50

Thu. 29: Dave Alvin & Jimmie Dale Gilmore with The Guilty Ones w/ Jon Langford & The Bright Shiners \$45.00

Fri. 30: Raheem DeVaughn \$85.00

Sat. 31: Raheem DeVaughn \$85.00

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### Fort Williams Park | \$1,495,000

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### Penn Daw Townhouses | \$899,000

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



### Clermont | \$675,000

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