

Mount Vernon Gazette

MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER

AUGUST 29, 2024

Via Veneto's New Owners To Keep Favorite Dishes

40 years of history with a devoted following.

BY GLENDA C. BOOTH
MOUNT VERNON GAZETTE

Sarai and José Navarette are the new owners of the Via Veneto Restaurant in Mount Vernon's Hollin Hall Shopping Center. The name, ambience and menu won't change, news welcomed by many loyal locals. In late July, owner Kathy Mack announced that she had sold the beloved eatery to the Navarettes, the owners of Roseina's next door.

The Mack family has provided many delicious meals and a friendly local gathering spot for 40 years. It's "bittersweet," Mack posted. "Via Veneto is in good hands. I'm so excited about this transition." In an interview, she added, "They are going to be wonderful. They want to keep the legacy. I'm honored they want to keep it the way it is."

Sarai expressed "our respect for what the Macks built. We value what's been entrusted to us," she emphasized. Her husband, José, has what Sarai calls a "natural inclination" as a restaurateur. "He loves to cook." Sarai manages the administrative tasks.

While the basic menu will change little, the pair has added two new dinner specials: baked salmon with mashed potatoes and asparagus, and slow-cooked boneless short rib in a brown sauce. "Some people want something new," she said. Favorites include lasagna, spaghetti carbonara and fettuccine Alfredo. The most popular dishes are pizza and penne alla Lenzi, Sarai said.

Maria Bonilla, Via Veneto's head cook for the past 40 years, prepared many authentic Italian dishes. "She's like my family," Mack commented. Bonilla retired, but she will do one-on-one training for the new owners.

The Navarettes have perked the place up with a new carpet, new tiles in the reception area, freshly painted walls, a new music system and remodeled restrooms.

Mount Vernonite Laurie Cherlock dined



PHOTO BY OUTPACE STUDIO

Jose and Sarai Navarette, new owners of Via Veneto



PHOTO BY GLENDA BOOTH

Restaurant sign over the entrance

there on Aug. 20 and applauded: "We recognized our friendly server, Reina, and enjoyed the same Tuesday- Wednesday specials that we've always had. It's such a relief to find a place that has given us delight on

numerous occasions is still welcoming us with warmth, delicious food, plus the same excellent service we'd come to depend on from its former owner. It continues to be a neighborhood gem."

Kate Morosoff offered, "Our recent lunch was not quite up to the standards set by the previous owners, but I understand the new

SEE VIA VENETO, PAGE 4



PHOTO BY GLENDA BOOTH

Via Veneto and Roseina's are side by side, both now owned by Jose and Sarai Navarette. Roseina's also does catering.



PHOTO BY GLENDA BOOTH

Via Veneto, ready for customers

New Water Fountain on the Mount Vernon Trail

BY MIKE SALMON
THE GAZETTE

The George Washington Memorial Parkway installed a new water fountain on the Mount Vernon Trail at the rest area near the Old Stone Bridge and Alexandria Avenue. The water fountain replaces the water fountain installed in 1987 by a previous incarnation of the Friends of the Mount Vernon Trail. The new water fountain is a frostless fountain which will be able to function year-round, and also includes a water bottle filling station. Replacement included installation of new underground plumbing

as well as a new concrete pad.

The rest area was designated as the Peter B. Webster III Memorial Area by Congress in 2018. Funding for the water fountain was provided by donations made to the National Park Foundation in Webster's memory.

In addition to the fountain replacement, the existing bench, bike rack and interpretive sign will be replaced with the assistance of the Friends of the Mount Vernon Trail.

Friends of the Mount Vernon Trail will host a volunteer event on Saturday, Aug. 31 at the Peter F. Webster III Memorial area to help complete the project. Sign up to help at mountvernontrail.org/events



PHOTO CONTRIBUTED

The new fountain is a step up at the Fort Hunt Park stop along the trail.

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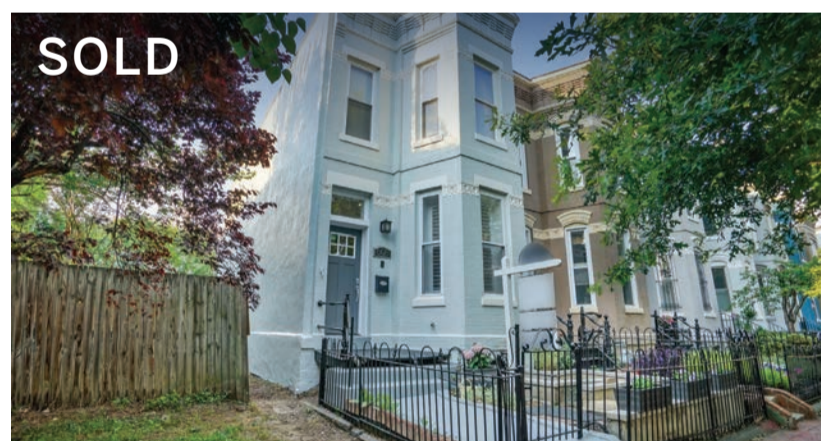
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Preparing For Another Tough Budget Season

Could data centers, meals tax, or Tysons casino help out?

On Sept. 10 at 9:30 a.m. a Full Board of Supervisors Meeting is scheduled, including a public hearing on the proposed data center zoning amendment, meant to strengthen the current provisions for data centers.

A week later, on Sept. 17, the board will hear a staff report by the County Executive on a proposed meals tax. The board will not need a public vote for approval. The Virginia General Assembly passed I§ 58.1-3833 County food and beverage tax in 2020. It allows counties to implement a meals tax of up to 6 percent without a referendum. Many jurisdictions in Northern Virginia have a meals tax, including Town of Herndon and Town of Vienna, cities of Fairfax and Falls Church, and Prince William and Arlington have a meals tax.

In the meantime, Senate Bill 625, the 'Tysons Casino Bill' introduced by Sen. Dave Marsden (D-Fairfax), is held over to 2025, which is sooner than we think. Could these three measures create a much-needed revenue stream for Fairfax County?

County supervisors are aware of the "projected shortfall based on identified county needs and equal schools growth" of \$363.63 million for FY 2026. This was forecast at the Nov. 28, 2023 Budget Policy Committee Meeting and stated in the Multi-Year Budget - FY 2025 and FY 2026.

"Disbursement requirements continue to increase because of the factors that drive expenses in the County and Fairfax County Public Schools (FCPS) budgets, such as employee compensation increases, student demographic changes, maintaining current service levels, and the need to address the priorities in the community. Thus, it is not anticipated that projected revenues in FY 2026 will be sufficient to cover expected spending increases," the multi-year budget document states. "Balancing the FY 2026 budget will require difficult decisions regarding which priorities to fund, which to exclude or delay, and whether programmatic reductions should be made in other areas or revenue enhancements should be considered."

Zoning Ordinance Amendment

On Sept. 10, the Board will consider "to amend the Zoning Ordinance to strengthen the current provisions for data centers while recognizing that data centers provide an economic benefit to the County," according to the Joint Board Matter with Chairman Jeff McKay and Supervisor Andres Jimenes, by Kathy L. Smith, Sully District dated March 19, 2024.

The Sept. 10 meeting's online Draft Agenda, reports that the data center public hearing is the final of 12 public hearings that day and is scheduled at 4:30 p.m. County staff will provide a presentation on the proposed



Data centers could provide an economic benefit to the county.



The possibility of meals tax looms in Fairfax County.

data center amendment.

A regulatory oversight led to the 12 public hearings on Sept. 10. Public hearings held during the July 16 meeting, including the one on data centers, are scheduled to be re-heard on Sept. 10. The oversight also postponed all public hearings scheduled for the July 30 Board of Supervisors meeting. Those hearings are also rescheduled to Sept. 10.

According to a spokesperson for Fairfax County, the new public hearing advertisement requirements effective July 1 is Sect. 15.2-2204 of the Code of Virginia. It includes the requirements for the advertisement of plans, ordinances, etc. § 15.2-2204. Advertisement of plans, ordinances, etc.; joint public hearings; written notice of certain amendments (virginia.gov). Two notices are required, the first being no more than 28 days before and the second no less than seven days before the date of the meeting.

As for the testimony process, any testimony

provided on July 16 will be included in the record for the Board's consideration, but all persons are invited to testify on Sept. 10 if they wish. Members of the public who testified at any of the four public hearings on July 16, can add themselves to the Speakers List for that Public Hearing on Sept. 10; re-submit their previous written testimony and modify the date to Sept. 10, or present new written testimony.

Instead of appearing in person at the Sept. 10 hearing, they can submit a YouTube video to be shown at the meeting, either using the July 16 YouTube video of themselves testifying, if accessible, or a different YouTube video.

On Sept. 17, the board will hear a report with all options for revenue diversification, including a possible meals tax. The county executive will present his report during the Board of Supervisors Budget Policy Committee at 3 p.m.

According to state code, not only will the tax be on food and beverages sold for human consumption, by a restaurant, the term "beverage" means alcoholic beverages as defined in § 4.1-100 and nonalcoholic beverages served as part of a meal. Grocery stores and convenience stores selling prepared foods ready for human consumption at a delicatessen counter will also be subject to the tax.

Advocacy groups, including No Food Tax are urging voters to tell their supervisors to vote no on the meals tax. This is not the first time the Fairfax County Board of Supervisors is seeking to introduce a meals tax. They did so in 2014 and again in 2016.

During the Nov. 28, 2023 Budget Policy Committee Meeting, School Board Member Ricardy Anderson said Richmond is not fully funding Fairfax County Public Schools according to a report by the Joint Legislative Audit and Review Commission (JLARC). Instead the burden to do so comes from local dollars, mostly the residential real estate

tax. Anderson said she wanted to discuss the option of a meals tax.

"We do know as of that time, almost every jurisdiction had either 2.5 percent all the way up to 10 percent in DC, which is a meals tax. We can't continue to fund our schools on the back of our homeowners. So I would definitely appreciate in earnest return to that conversation," Anderson said.

The third item is Senate Bill 675, introduced by Marsden. At the Feb. 1 meeting of the Virginia Senate Subcommittee on Resources, Marsden said a casino would help Fairfax County's loss of revenue from its Tysons commercial real estate, given the high number of vacancies.

Marden identified Comstock Holding Companies as the developer who seeks to build a resort-style casino with a hotel and entertainment complex in Tysons on land it owns near the Metro Silver Line station.

Should the Virginia legislature approve SB-675 and the bill be enacted, the Fairfax County Board of Supervisors would have the authority to place a referendum on future ballots, granting voters the authority to decide whether to go forward with a casino in Tysons.

The Virginia Senate Subcommittee on Resources voted 4-0 during the 2024 legislative session on Feb. 1 to "hold over" the bill to the 2025 General Assembly session for reconsideration after more study. The state's Joint Legislative and Audit Review Commission (JLARC) completed a casino study in 2019. Sen. Creigh Deeds, who questioned the viability of a casino in Fairfax County, urged the completion of an updated JLARC review before a public referendum.

The Senators heard testimony against a casino from elected Fairfax County and local officials. Supervisor Walter Alcorn said approximately one-third of the locations in SB 675 could be in the Hunter Mill district. He opposed a casino there. Linda Colbert, mayor of the Town of Vienna, testified that the town had been a part of the Tysons Comp Plan and strategic plan, and a casino was never mentioned. She said, "Town of Vienna residents are just really, really strongly against this."

Board Chair Jeff McKay (D-At-Large) sent a letter to the general assembly saying that the county had not been "substantively involved in the development of the casino concept envisioned by stakeholders and the patron of the legislation."

The Town of Vienna issued a statement saying that a casino anywhere "would hurt the county's economic bottom line, harm local businesses, increase gridlock and public safety problems, lower property values, and encourage risky behaviors, while forever changing the character of our community."

The NO Casino Coalition continues circulating its petition, urging the public to let Fairfax County Board Supervisors know it opposes a casino referendum. Its partner organizations include the Great Falls Citizens Association, Greater Tysons Citizens Coalition, McLean Citizens Association, Reston Citizens Association, Town of Vienna (Council), and Sully District Council of Civic Associations (issued with Western Fairfax).

PHOTO BY MERCEIA HOBSON/THE GAZETTE

SCREENSHOT



PHOTO BY GLENDA BOOTH

The walls are decorated with reminders of Italy, this one, Venice.



A framed photo of former owners and sisters Marisa Fleck and Guiliana Austin is in the reception area.



PHOTO BY GLENDA BOOTH

The reception area has new tiles.

Via Veneto's New Owners To Keep Favorite Dishes

FROM PAGE 1

owners are working hard on getting going. My expectation is that they will be able to make the place a success.”

The Navarettes bought Roseina's carry-out in 2021 from Uffe and Joy Mikkelsen. They've made no major changes in that menu either and say that jerk chicken is their customers' most popular choice.

Forty Plus Years of History

Two sisters, the late Marisa Fleck, Kathy Mack's mother, and Guiliana Austin took over the restaurant in 1984. In 2020, Kathy bought it from Guiliana. Before 1984, it was called Taste of Italy.

“V V,” as locals call it, has had a devoted following. A reviewer named Rick G. from



PHOTO BY SARAI NAVARRETTE

Spaghetti carbonara

Phoenix wrote on Yelp, “This is a quaint, very small, typical old country type bistro brought lovingly to Northern Virginia.”

The Navarettes, who came to the U.S.



PHOTO BY SARAI NAVARRETTE

Antipasto Misto

from El Salvador in the early 1990s, live in Woodbridge, have been married 24 years and have two children, ages 17 and 21.

Looking back, Mack summarized, “It's



PHOTO BY SARAI NAVARRETTE

Spaghetti and meatballs

been a wonderful ride, 40 years of wonderful memories.” Many locals agree and will be reassured by Sarai's closing comment: “Our lives are committed to this.”



Making his debut at the Olympics, Christian Tabash, a Franconia resident, wins bronze in the men's eights final at the 2024 Paris Olympics.



Ethan Doell, a Franconia resident, won gold at the Youth/Veteran Pan American Games in the Men's Pre-Cadet Foil.

Franconia Residents Win Medals

— MERCIA HOBSON



The U.S. won the bronze medal in the men's eights final in the 2024 Summer Olympics in Paris. Franconia resident, Christian Tabash is in the back row, far right. Tabash will be congratulated in person at a future Board of Supervisors meeting, said Supervisor Rodney Lusk (Franconia).

SENIOR LIVING

The History of Social Security

August marks the program's 89th anniversary.

Source: AARP
<https://www.aarp.org/socialsecurity>

In the fabric of society, few programs have woven themselves as deeply into the American culture as Social Security. The economic devastation of the Great Depression further exposed society's vulnerabilities, with millions of older Americans in poverty and many more at risk of financial ruin. In response, in 1935, President Franklin Roosevelt signed the Social Security Act into law to better ensure a measure of income security for older Americans in retirement.

Over the subsequent decades, it has matured into a vital source of guaranteed, inflation-adjusted income for millions of retirees who pay in and earn their Social Security through payroll taxes they and their employers contribute throughout their working lives. Social Security also enjoys widespread support across all ages and demographic groups.

Today, nearly 1.6 million Virginians receive Social Security. Most of those age 65 or older count on Social Security as their largest source of income, and about 25% of households rely on Social Security for 90% or more of their income.

With 90% of people saying Social Security is important to their retirement security, it

is helpful to understand how it was created and how it has evolved over time.

Here's a timeline of significant events in the history of Social Security:

- ❖ Aug. 14, 1935: President Franklin Roosevelt signed the Social Security Act into law.
- ❖ Aug. 10, 1939: The program was broadened to include benefits for workers' dependents and survivors.
- ❖ October 1950: Congress authorized the first cost-of-living adjustment (COLA), an increase of 77 percent.
- ❖ September 1960: President Eisenhower signed a law amending the disability rules to permit payment of benefits to disabled workers of any age and to their dependents.
- ❖ June 30, 1961: All workers are now allowed to retire early at age 62, albeit at a reduced Social Security benefit. Previously, benefits could not be claimed until the normal retirement age of 65.
- ❖ Oct. 30, 1972: President Nixon signed the Social Security Amendments making the cost-of-living adjustment automatic each year.
- ❖ April 20, 1983: President Ronald Reagan signed into law sweeping changes to Social Security aimed at addressing the imminent Social Security funding gap. These

SEE SOCIAL SECURITY, PAGE 9

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Labor Day and the Need For Stronger Rights in Virginia

BY DELEGATE PAUL KRIZEK

Labor Day is coming up next Monday, allowing us a time to pause and honor the immense contributions of the laborers who have and continue to drive the prosperity of Virginia and our nation. I plan to celebrate the holiday this weekend by serving meals to the many union members attending NoVA Labor's Annual Labor Day Picnic at Fort Hunt Park here in the 16th District.

In recent years, there has been an increased focus on supporting workers' rights, which has been a cornerstone of the current Biden-Harris administration's policies. President Biden, recognized as one of the most pro-union leaders in history, has championed the cause of working families by emphasizing economic growth that benefits all, not just the wealthiest few.

The achievements for workers under the Biden-Harris administration are significant. Over 15 million jobs have been created, including 800,000 high-paying manufacturing roles. Notably, manufacturing employment numbers have soared past pre-pandemic levels, making this post-recession gain the strongest in 72 years, and the second-strongest since World War II. This job creation has been accompanied by wage growth that surpasses

inflation, improving the standard of living for many, with lower-wage workers experiencing the most notable gains. According to the Bureau of Labor and Statistics, Virginia's seasonally adjusted unemployment rate currently sits at 2.7 percent, a near-historic low, and job growth has surpassed pre-pandemic levels.

A key focus of the administration has been on modernizing apprenticeship programs, opening pathways to well-paying union jobs. Another significant accomplishment has been the preservation of pensions for hundreds of thousands of union workers and retirees, securing their financial futures. Additionally, raising the minimum wage for federal workers and contractors has ensured fair compensation. Here in Virginia, the minimum wage goes up to \$12.41 on Jan. 1, 2025. In our community along Richmond Highway, residents benefit from workforce development and apprenticeship opportunities available at the WISH Center in the Hybla Valley Community Center.

The Bipartisan Infrastructure Law, the CHIPS and Science Act, and the Inflation Reduction Act have also been instrumental in



Krizek

supporting workers. These laws include prevailing wage requirements, ensuring fair pay for those working on federally funded projects. However, while federal initiatives are crucial, numerous challenges for workers remain at the state level.

In Virginia, despite legislative victories like the minimum wage increase, allowing localities to engage in collective bargaining, and expansions in worker compensation, there is a pressing need to address Virginia's so-called "Right to Work" law. This law, dating back to 1947 and steeped in a history of racism, was designed to weaken unions and maintain segregation. Despite its misleading name, "Right to Work" laws do not secure employment but rather undermine workers' ability to bargain collectively for better wages, benefits, and working conditions. By allowing workers to benefit from union negotiations without contributing financially, these laws dilute the power of unions.

The link between "Right to Work" laws and income inequality is clear. Unionized workers typically earn 15-20 percent more than their non-union peers, and these wage disparities disproportionately

affect women and people of color who often work in unionized industries. Repealing Virginia's "Right to Work" law is thus not just an issue of economic justice but one of racial justice as well.

As Virginia continues to confront its history and dismantle discriminatory laws, replacing "Right to Work" with a Virginia PRO Act, similar to the bill that Congressman Bobby Scott first introduced in 2019 which protects the basic right to join a union, presents a crucial opportunity to advance equity and justice for all workers. Aligning our labor laws with 21st-century values will empower every worker to advocate for fair wages, workplace protections, and a brighter future.

In conclusion, Labor Day is a powerful reminder of the contributions workers make and the ongoing fight to secure their rights. While federal progress under President Biden and Vice President Harris has been significant, the struggle continues, especially in states like Virginia, where outdated laws hinder employees' rights to organize and collectively bargain. As we move forward, it is imperative to renew our commitment to ensuring that every worker is treated fairly, their contributions are recognized, and their rights are protected.

Keeping Us Safe Year End Crime Report and Meet the Majors.

BY SUPERVISOR DAN STORCK

Thank you to the hundreds of communities that hosted National Night Out (NNO) this year and welcomed Team MVD and our officers to come celebrate with you. NNO provides an opportunity for our police and local stations to connect and create relationships. Community safety is our top priority in Fairfax County, and we're constantly working to ensure that our neighborhoods remain some of the safest in the nation. The Fairfax County Police Department (FCPD) recently provided these updates.

The Major Cities Chiefs Association (MCCA) released its Year-End Crime Report, once again naming Fairfax County the safest jurisdiction of our size in the country.

In coordination with this release, FCPD's Year-End 2023 Crime

SEE YEAR END CRIME, PAGE 11



Thank you to the hundreds of communities that hosted National Night Out this year.

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A Connection Newspaper



Celebration of Women's Equality Day 2024

PHOTOS BY SUSAN LAUME/THE GAZETTE

Workhouse Arts Center marks suffrage anniversary.

BY SUSAN LAUME
THE GAZETTE

Women's Equality Day, celebrated every year, officially on Aug. 26, marks the granting of women's right to vote, enshrined in the U.S. Constitution by the 19th Amendment in 1920. The Amendment prohibits states from depriving citizens of the United States of the right to vote based on gender. The 2024 theme for the Day, "Equality Starts with Empowered Women," highlights the importance of fostering wellbeing and resilience of women in the workplace and society.

The importance of women's equality in the vote and politics is particularly poignant this year as the first Black and Asian American female, Kamala Harris, is the Democratic nominee for United States President. Her nomination came just days before the historic 19th Amendment commemoration day.

The Workhouse played a significant role in the women's suffrage story, where over 70 of the suffragists who picketed the White House were incarcerated. The Workhouse Arts Center marked the 1920 date in history, when most women won the vote, with two related events: a Learning at Lunch lecture, titled Suffragists UNcarcerated; and a Women's Equality Day Celebration on the Center's tented quad, Rizer Pavilion.

While several suffragists famously were jailed for picketing in front of the White House, many other high profile socialite suffragists escaped incarceration. Author and lecturer Kenena Spalding, shared historic photos and stories of principal women in the suffrage movement, in the first in a series of new lunchtime lectures hosted by the Workhouse. For upcoming events, see <https://www.workhousearts.org/calendar>.

The Women's Equality Day festival held on Aug. 24, featured performances, readings, information tables and crafts. Capital Harmonia, a women's singing group formed in 2013, performs in support of women's causes. The group sang selections by female composers with themes of sisterhood.

Sonia Monson's belly dance group per-



Volunteers Nicole Mastin and Isabelle Shontz, juniors at Forest Park High School, lead participants in making paper roses, symbolic of the yellow roses worn by women to show support for the suffrage movement



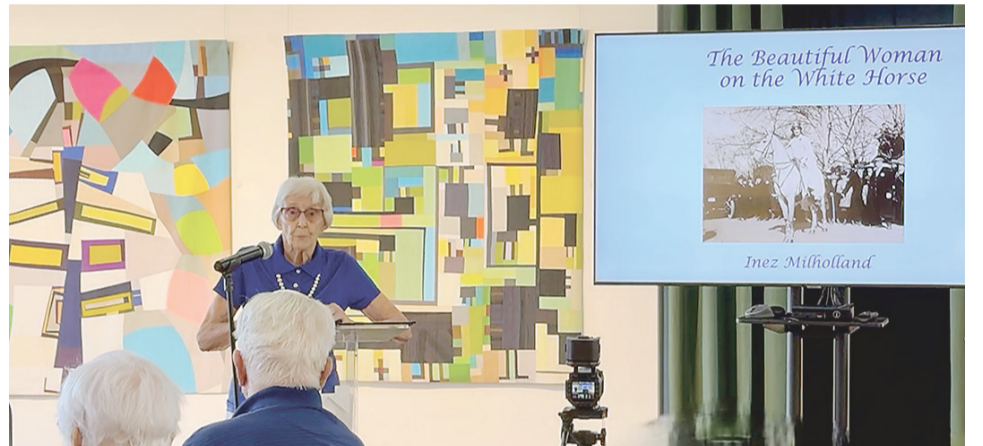
Abby Mundt of Springfield shows off her yellow rose construction and Women's Vote temporary tattoo

formed several styles of belly dance. The dance study seeks to help women find mental and physical health through movement, part of the physical exercise class offerings at the Art of Movement at the Workhouse. (<https://www.workhousearts.org/art-of-movement>)

Sherri Waas Shunfenthal, a poet, read her poetry and shared stories of inspirational women of her acquaintance. Volunteers led rose construction and suffrage tattoo crafts. Nancy Rodreiguez, of Cup & Crown



Katie Crooks, Director of Museum and Visitor Experience, reads a portion of President Biden's proclamation honoring Women's Equality Day



Local historian and author Kenena Spalding presents a Learning at Lunch lecture detailing women's actions in the suffragist movement using historic photographs and stories

(<https://www.cupandcrown.com>) offered an opportunity to create a custom tea mix, a nod to the part afternoon teas played in the suffrage movement.

Eleanor Gomolinski-Allu, formerly a long-time docent at the Lucy Burns Museum,

with friends Patty Marceron, Peggy Woods and Cynthia Cope agreed they came in recognition of the 'fellowship of women' and are eager to exercise their right to vote this year, "for the right person, who happens to be female."



Eleanor Gomolinski-Allu, formerly a long-time docent at the Lucy Burns Museum, with her friends Patty Marceron, Peggy Woods, and Cynthia Cope.



Sonia Monson's dance class performs belly dances with styles from several countries.

ENTERTAINMENT

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/>

NOW THRU SEPT. 22

Fleeting Moments: Street Photography II. At the Athenaeum, Alexandria. Artist Reception: Sunday, August 18, 4 - 6 p.m. Artist Talk, Sunday: September 22, 2:30 p.m. Fleeting Moments features photographs that capture candid moments, revelatory interpretations, and brilliant reflections of the mundane - work commonly referred to as "street photography."

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.

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Martin Garfield-Levine, Music Director, Washington Metropolitan Concert Orchestra
Caroline Mousset, Executive and Artistic Planning Director

MUSIC SCHEDULE
Sept. 1: Michael De Sapio, Violin
Sept. 8: Hai Jin, Piano
Sept. 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

MOUNT VERNON NIGHTS

Friday and Saturday evenings at 7:30 p.m.

At Grist Mill Park
4710 Mount Vernon Memorial Highway, Alexandria
Friday at 7:30 p.m.



FLEETING MOMENTS 2024 STREET PHOTOGRAPHY AT THE ATHENAEUM

Fleeting Moments: Street Photography II can be seen now thru Sept. 22, 2024 at the Athenaeum in Alexandria.

Aug. 30 – Melissa Qinn Fox (Country/Americana)

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

THURSDAY/AUG. 29

Author Q&A. 6 p.m. At Nepenthe Gallery, 7918 Fort Hunt Road, Alexandria. Join in a compelling Q&A with best-selling author, kidnapping survivor and founder of Soul Speak Press, Jessica Buchanan; together with best-selling author, yoga instructor, and wellness warrior, Delia Sullivan, as they discuss their stories of healing recently published in the second anthology of the Deserts to Mountaintops Series, "Choosing Our Healing Through Radical Self-Acceptance."

SEPT. 6-28

"Fascinating Fiber, Alluring Fabric" Exhibit. At Del Ray Artisans Gallery, 2704 Mount Vernon Avenue, Alexandria. Features art that is either created with fiber or fabric or depicts fiber or fabric as its subject. Opening reception on Friday, Sept. 6, 7-9 p.m. Gallery hours are Thursdays 12-6 p.m., Fridays 12-9 p.m., Saturdays and Sundays 12-6 p.m. (Closed on Sunday, September 29). Details at DelRayArtisans.org/exhibits

FRIDAY/SEPT. 6

Something Country. 8 p.m. to 12 a.m. At Electric Palm Restaurant, 12745 Sea Ray Lane, Woodbridge. Rockin' country that gets you dancing.

SATURDAY/SEPT. 7

Sidewalk Sale. 9 a.m. to 5 p.m. Experience a delightful day of shopping and dining at Belle View Shopping Center, 1632 Belle View Boulevard, Alexandria. Get ready for the Fall season. More than 30 merchants will be offering exclusive deals and special offers throughout the day. Discover fantastic bargains at popular spots like Top It Off Outlet, Pampered Pet, LIGHT, and Virginia Florist, with sales tables set up both inside and outside. To add to

the festivities, Revel and UnWined will be hosting a wine tasting from 2 to 5 p.m., either indoors or outdoors depending on the weather.

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. 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>.

FRIDAY/SEPT. 13

Summer Concert Series. 7:30 p.m. The U.S. Air Force Band returns to the Air Force Memorial in Arlington. Free and open to the public.

SEPT. 17-23

Fall Book Sale. The Friends of the Beatley Central Library will hold their Fall Book Sale from Tuesday, Sept. 17, 3 p.m.-7:30 p.m. (\$15 memberships available at the door); Wednesday, Sept. 18, 10 a.m.-7:30 p.m.; Thursday, Sept. 19, 10 a.m.-7:30 p.m.; Friday, Sept. 20, 10 a.m.-4:30 p.m.; Saturday, Sept. 21, 10 a.m.-4:30 p.m.; Sunday, Sept. 22, Half Price Day, 1-4:30 p.m.; Monday, Sept. 23, \$10 Bag Sale, 10 a.m.-3 p.m.. \$4 or less, unless specifically marked: hardbacks, paperbacks, children's books, and media. All genres. Charles E. Beatley Central Library, 5005 Duke Street, Alexandria; info: 703-746-1702; www.beatleyfriends.org.

THURSDAY/SEPT. 19

Coffee & Connections. 8:30-9:30 a.m. At The Landing Alexandria, 2620 Main Line Blvd., Alexandria. Join The Chamber ALX's Professional Women's Network for September Coffee & Connections. Hear from Dr. Sarah Johnson Conway, a practicing internal medicine physi-



The Chalk-A-Block will be held on Sunday, Sept. 29, 2024 in Old Town Alexandria.

cian at Johns Hopkins Hospital and the interim Senior Vice President of the Office of Johns Hopkins Physicians, who will share her story and highlight ways to stay healthy heading into the Fall.

SATURDAY/SEPT. 21

2024 American Horticultural Society Gala. 6-10:30 p.m. At River Farm, Alexandria. The annual soiree not only highlights the vibrant culture of gardening and horticultural practices but also raises vital funds to support AHS's outreach and educational programs and the stewardship of River Farm, headquarters of the AHS. The gala will feature cocktails, dinner, dancing and mingling set amongst River Farm's stunning gardens on the Potomac River. Complimentary valet is also included. Attire is black-tie. Individual tickets are \$375 each, and sponsorships start at \$1,250. Visit www.ahsgardening.org/2024gala to purchase tickets and sponsorships.

SATURDAY/SEPT. 21

Tons of Trucks. 10 a.m. to 2 p.m. At Chiquapin Park, 3210 King St., Alexandria. Attendees of all ages are invited to explore and get behind the wheel of their favorite City vehicles, meet the staff who help build, maintain, serve, and protect the community, and learn about the vehicles they use. Other activities include an art project with the City's Mobile Art Lab, giveaways, photo opportunities, and food truck vendors. Parking is available at Alexandria City High School, 3330 King St.; the First Baptist Church, 2932 King St.; and Oakland Baptist Church, 3408 King St. The City will also provide a sensory-friendly hour for the first 60 minutes of the event, 10 a.m.-11 a.m. For additional information, visit alexandriava.gov/rpca/tons-of-trucks-2024.

SUNDAY/SEPT. 22

Community Baby Shower. 12-2 p.m.

At Charles Houston Rec Center, 901 Wythe Street, Alexandria. Join ALIVE! member congregation @sixteenth_tabernacle_beth_el for the annual Community Baby Shower. Discover a wide range of resources for ensuring healthy pregnancies, self care and parenting. Topics and information range from nutrition in pregnancy to what to expect in the first year, both mother and child. There will also be free raffles for large prizes, baby walkers, cribs, strollers and more. For more information text 347-495-9233.

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 Feisterstein 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 prisoners, 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 or 703-869-0872.

SEPT. 26 AND 27

Jane Franklin Dance's Moving Stories. 7 p.m. At The Lloyd House

SEE ENTERTAINMENT, PAGE 11
WWW.CONNECTIONNEWSPAPERS.COM

SENIOR LIVING

The History of Social Security

FROM PAGE 5

included moving up scheduled increases in the payroll taxes that fund Social Security, gradually raising the normal retirement age to 67, and making 50 percent of Social Security benefits taxable for recipients with incomes above \$25,000 for an individual and \$32,000 for married couples filing jointly.

❖ Aug. 10, 1993: President Bill Clinton signed the Omnibus Budget Reconciliation Act, a large deficit reduction package of tax increases and spending cuts that included a provision raising the share of Social Security benefits subject to income tax from 50 percent to 85 percent for beneficiaries with incomes above \$34,000 (single) or \$44,000 (couple).

May 6, 2024: According to the Social Security Trustees report, Social Security can pay full benefits until 2035. That doesn't mean Social Security payments would end, but they would be funded only by each year's payroll tax revenue. The Trustees estimate that would cover about 83 percent of scheduled benefit payments.

is a testament to the promise between the government and its citizens. From its humble beginnings during the Great Depression, Social Security has stood the test of time, having never missed a payment, providing a foundation of retirement security to generations of Americans.

The following information illustrates how important Social Security is to Virginians:

Who Receives Benefits

❖ Retirement benefits: The largest group of beneficiaries in Virginia are its 1,147,511 retired workers, who account for 72.4 percent of all Social Security beneficiaries in the state.

❖ Disability benefits: Virginia has 199,120 residents who receive Social Security disability income, representing 12.6 percent of the state's Social Security beneficiaries.

❖ Spousal and survivor benefits: In Virginia, 144,084 spouses, former spouses, widows, widowers, and parents of deceased beneficiaries account for 9.1 percent of the state's Social Security beneficiaries. An additional 94,479 children, representing 6 percent of

The history of Social Security

SEE SOCIAL SECURITY, PAGE 10



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SENIOR LIVING

FROM PAGE 9

the state's Social Security beneficiaries, receive benefits.

Impact

❖ Economic engine. Annual Social Security benefits to Virginians pump at least \$27.6 billion into the state economy, with \$21 billion paid annually to those receiving retirement benefits and their eligible family members, \$3.1 billion via survivor benefits, and an additional \$3.5 billion paid through the disability program. Recipients buy goods and services with their Social Security benefits, increasing business sales—which help the companies making those sales and the firms that supply them. The result is more jobs and income to businesses and workers in Virginia.

❖ Reduced poverty. Social Security lifted 333,000 Virginians 65 or older out of poverty from 2018 through 2020. In fact, 31.8 percent of the state's residents in this age group would be in poverty but for Social Security benefits; that number falls to 7.3 percent when Social Security income is included. Nationally, the program lifted 16.1 million people 65 and older out of poverty, reducing the proportion below the poverty line from 37.8 percent to 9 percent.

Average Benefits

❖ Retirement benefits: The average Social Security retired worker benefit in Virginia is \$1,598 monthly (about \$19,200 annually). The national average monthly retirement benefit is \$1,544.

❖ Disability benefits: In Virginia, the average Social Security disabled worker benefit is \$1,291 per month (about \$15,500 annually). The national average monthly disabled worker benefit is \$1,277.

Reliance

❖ At least half of income. 483,567 Virginia residents, or 36 percent of individuals 65 and older, live in families that rely on the program for at least half of their income.

❖ More than 90% of income. 259,474 Virginia residents, or 19 percent of individuals 65 and older, live in families that rely on the program for at least 90 percent of their income.

❖ Black individuals rely more on Social Security income. Overall, 29 percent of Black Virginia residents 65 and older live in families that rely on Social for at least 90 percent of their income as compared with 18 percent of white residents.

For more information about the program, visit <https://www.aarp.org/socialsecurity>

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ENTERTAINMENT

FROM PAGE 8

Gardens, 220 N. Washington Street, Alexandria. Moving Stories is a movement-based work that is about historical Lloyd House and its Gardens, not as a static landmark, but rather as a place where people of different generations interact. The performance resonates with the landscape and references the site's history. Lloyd House, built in 1796, has housed many prominent people and is important to the streetscape of Washington Street, part of George Washington Memorial Parkway. The architecture of the building, the people who have lived there, and the changing community surrounding it, makes the location important to ALX275, the City of Alexandria's 275th Anniversary.

SUNDAY/SEPT. 29

Chalk-A-Block. 11 a.m. to 4 p.m. Throughout Old Town Alexandria. Follow the Old Town North Tern's footprints from site to site throughout Old Town North and

complete the scavenger hunt to be entered to win prizes. Chalk artists will transform the sidewalks and parking lots of Old Town North into their canvases. Live music will fill the air from a variety of artists including local favorites Mars Rodeo at Montgomery Park and Yellow Door Jazz at Canal Center. Local artists and makers will be on hand to showcase their works. From ceramics to jewelry to bath products to books and more, there's something for everyone. For more information about Old Town North Alliance, visit: <https://www.oldtownnorthalliance.com>.

SATURDAY/OCT. 19

9th Annual Tour de Mount Vernon. TDMV Ride 8:30 a.m.; Youth and Family Ride at 9 a.m. Starting and ending at Warehouse Arts Center, Lorton. Early bird special! Register for the 9th Annual Tour de Mount Vernon by August 31 for a discounted rate and be guaranteed a pair of Tour de Mount Vernon socks!

#Tdmv2024 Register now: <https://buff.ly/46VNVtx>

SAVE THE DATE

Yacht Haven Garden Club's 40th annual Fashion Show, Silent Auction and Luncheon, "American Beauty" October 16, 2024 at the Mount Vernon Country Club in Alexandria. Fashions will be provided by Sara Campbell.

THE BIRCHMERE

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

AUGUST

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
SEPTEMBER
Sun. 1: 5th Annual Danny Gatton Birthday Celebration \$39.50

Thu. 5: Dweezil Zappa – The Rox- (Postroph)y Tour \$79.50 SOLD OUT!
Fri. 6: John Cafferty & The Beaver Brown Band \$39.50
Sat. 7: James McMurtry with Betty-Soo \$39.50
Sun. 8: Jake Shimabukuro \$49.50
Wed. 11: Hoodoo Gurus \$35.00 SOLD OUT!
Fri. 13: Who's Bad – The Ultimate Michael Jackson Experience \$39.50
Sat. 14: Bob Schneider with Martin & Kelly \$45.00
Sun. 15: Ruben Studdard: The Masterpiece Tour \$45.00
Thu. 19: Amy Grant \$95.00
Fri. 20: Michelle Collins: The Big Natural Tour \$45.00
Sat. 21: Atlantic Starr \$65.00
Sun. 22: Atlantic Starr \$65.00
Tue. 24: Stella Cole \$35.00
Wed. 25: Suzanne Vega 'Old Songs, New Songs and other Songs' \$55.00
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Sun. 29: Jonathan Coulton and Paul & Storm \$39.50

Woe Is Me



By KENNETH B. LOURIE

(Definitely not a cancer column.) Rather, this is, to invoke Robin Leach of the mid-80s/early 90s syndicated series "Lifestyles of the Rich and Famous," and tease this column as the lifestyle of the middle-class cancer patient still surviving and not famous. Doesn't quite have the same ring, does it? Specifically, I am a current homeowner, going on 33 years and a former renter/co-"habiter" with my wife, Dina beginning in 1977. (To quote Maurice Chevalier: "I remember it well.") And in all that time, nearly 47 years-ish, I/we have had an electric dishwasher (I say 'electric' so there's no confusion with my being the dishwasher) for approximately eight of those years. With yours truly being the by-hand dishwasher, I'll be generous and say 95% of the time. Moreover, never once in all that time have I/we gone out/shopped online for dishwashers, installed or portable. As a result, my shopping lists have never, ever, included Cascade or Finish. Moreover, neither have I/we ever considered the features and benefits of dishwashers- and/or brands available for today's kitchen, in all of these years. We/mostly me have managed under the duress. Well, I've mostly managed.

And it's only been recently, a year or two ago, that Dina observed/suggested that maybe I should use rubber gloves when doing the dishes, that I've gloved up. Believe it or not - and this might interest "Ripley's," for most of these 40-ish years of handwashing, I've been washing au naturel, and I don't mean in the buff. I mean bare-handed.

In fact, Dina is responsible for another life-changing suggestion directed my way: She suggested I buy the sturdiest, heavy duty litter scoop I could find for our minimum three-cat, maximum five-cat household of indoor cats instead of the cheap plastic ones that always break. They are a lot less expensive - or so it seems at the time. With upwards of five litter boxes in our house, using a plastic litter scoop that unlike Paul Mason's wine, it did indeed break before its time. And after breaking a dozen or so of these cheap plastic scoops over these multiple decades (yikes!), this commercial grade scoop has solved the problem. Not only does it not break, it also doesn't even bend. Why this upgrade never occurred to me I can only guess. Perhaps I wasn't clear as to the long-term commitment I was a part of. Dina knew. That's why she suggested it. Despite its frequency of use, the metal scoop has been able to meet the demand with nary a complaint - or need to replace.

Back to Dina's suggestion to me about wearing gloves, it was another lightbulb moment for me. It simply never occurred to me was my answer as to why - in spite of the fact that the water is quite often hot when doing the dishes, I never used gloves. I know, duh! Well, as anybody knows who's used rubber gloves when hot anything, especially when water is involved; what a difference a little rubber can make - or whatever the glove is made of (nitrile, et cetera). The only problem is, similar to the plastic litter scoops, are that the rubber gloves are generally not up to the task. Let's just say, they don't do the job. They are, in addition to being barely protective of the heat of the hot water, forever tearing and being poked through by silverware leading to water in the glove which is a problem. As a negative result, this in-glove water means I need to buy another pair, pronto. Then I have to start this entire process all over again. Nevertheless, until the gloves reached their usual breaking point, I managed well enough, sort of, with bare skin. I guess what you don't know can hurt you until another voice is there to tell you otherwise.

I imagine Dina, from her perspective, likely has had other similar lifestyle-changing ideas, but I'm out of column space so ... no more. Sometimes, from the mouths of babes. Who would have thunk it? Obviously, not me.

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

Year End Crime Report and Meet the Majors

FROM PAGE 6

Report (https://fcpdnews.wordpress.com/wp-content/uploads/2024/03/fcpd-county-wide-crime-summary_q4-2023.pdf) highlights several accomplishments, including a 42% decrease in motor vehicle parts thefts, a significant reduction in fatal crashes and a nearly 40% increase in traffic summonses. FCPD recovered 1,192 firearms and increased DUI arrests by 20%, all contributing to our ongoing mission to keep our community safe. Additionally in 2023, FCPD made arrests in 70% of all retail theft incidents – an incredibly high number. These efforts are continuing in 2024.

In 2016, FCPD's Diversion First program was established to offer alternatives to jail for individuals with mental illness, co-occurring substance use disorders and developmental disabilities who encounter the criminal justice system for low-level offenses. The 2023 Diversion First Annual Report (<https://www.fairfaxcounty.gov/topics/sites/topics/files/Assets/Documents/PDF/2023-DF-Annual-Report.pdf>) discusses the work of the co-responder program, Fairfax County Mental Health Dockets and the Striving to

Achieve Recovery (STAR) program, which continue to provide alternatives to arrest, combat stigma and offer paths to recovery. It was reported that over 80% of individuals transported to the Merrifield Crisis Response Center by law enforcement in 2022 did not have a repeat visit related to criminal justice involvement within the following year, and these numbers are consistent with the previous year.

And the STAR program in the Adult Detention Center continues to have an impact on individuals focused on recovery. In July, as part of our Summer Crime Prevention Initiative, FCPD officers removed 39 impaired drivers from our roads and issued over 658 traffic charges for unsafe driving. This year, the initiative focused on reducing impaired driving and promoting safe driving behaviors across the County.

I am pleased to introduce two new leaders who will be instrumental in our ongoing community safety efforts. Major Marisa Kuhar is the new Franconia District Station Commander. With over two decades of experience in the FCPD, including roles in patrol, Youth Services, the Criminal Justice Acade-

my, the Department of Public Safety Communications (9-1-1 Center) and the Major Crimes Bureau, Major Kuhar is eager to collaborate with the community and officers to address key concerns like traffic and theft.

Major Matthew Luik is the new Mount Vernon District Station Commander. Major Luik began his FCPD career in 2002 as a patrol officer and has since held various roles, including detective in the Organized Crime and Narcotics Division and team leader of the SWAT Team. In May, he was promoted to Major of the Criminal Investigations Division within the Major Crimes Bureau. Please join me in welcoming Major Kuhar and Major Luik to our community!

To learn more about these topics and other FCPD news, check out the new FCPD Crime and Traffic Data dashboard (<https://www.fcpd.org/pages/crime-data>), sign up for the police blog FCPD News (<https://fcpdnews.wordpress.com/>) and follow FCPD on X and Facebook: @FairfaxCountyPD.

Thinking about a career in law enforcement? Discover the opportunities waiting for you — learn more and apply (<https://joinfcpd.org/>).

BULLETIN BOARD

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

VOLUNTEERS WANTED

ALIVE! Volunteers are needed to assist with multiple programs relating to their Food Program, ALIVE! House, and Alexandria Eviction Prevention Partnership Program will distribute food at Mobile Pop-ups and Truck to Trunk events, etc. <https://www.volunteeralexandria.org/ALIVE>
Assistance League of Northern Virginia is an all-volunteer non-profit organization that feeds, clothes and provides reading assistance and books to children in need. Assistance League's programs touch the lives of hundreds of children in Fairfax and Prince William Counties and the City of Alexandria. There are many volunteer opportunities for community members to contribute to helping those in need.

To learn more, email info@alnv.org, or visit www.alnv.org.
STEM Professionals Needed. Help assist K-12 STEM teachers as part of the American Association for the Advancement of Science's STEM Volunteer Program, stemvolunteers.org, during the 2018-19 school year. In the 2017-18 school year, there are 85 volunteers in 6 Northern Virginia school districts. Contact Don Rea at 571-551-2488, or donaldrea@aol.com.
Volunteer 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.
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.



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9301 Old Mansion Dr | \$1,000,180



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8337 Bound Brook | \$890,000

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