



Hometown Hero

Olympic champion Noah Lyles returns to ACHS.

BY JEANNE THEISMANN
GAZETTE PACKET

Supporting not one but two Olympic medals, Noah Lyles returned to a hero's welcome Sept. 15 as Alexandria rolled out the red carpet for the hometown hero and newly crowned "fastest man in the world."

Lyles earned the moniker, traditionally bestowed on the winner of the men's 100-meter race, in a come-from behind photo finish victory over Jamaica's Kishane Thompson Aug. 4 in the 2024 Paris Olympics. Lyles went on to take bronze four days later in the men's 200-meter final despite having COVID.

"I am thankful I have a city that supports me and comes out and gives thanks that I was even from here," Lyles said in addressing a standing room only crowd at Alexandria City High School. "Not everyone has that opportunity."

The festivities began with Lyles greeting crowds from atop a convertible along a parade route in Chinquapin Park adjacent to ACHS. He was accompanied by his girlfriend Junelle Bromfield, a Jamaican track and field Olympic medalist, as members of the ACHS



Noah Lyles family members attend the homecoming celebration for the Olympic champion Sept. 15 at Alexandria City High School.

band provided the celebratory fanfare.

The festive mood was evident as admirers from throughout the region gathered to get a glimpse of Lyles with signs and posters welcoming the Olympian home to where he began his track and field career.

"I am very proud to be a Titan," Lyles said. "While I didn't live all of my life here, Alexandria is a huge part of my life. This is where I started my journey to become

the Noah Lyles that you see today. This is where I stopped focusing so much on high jump and became a sprinter."

The celebration moved indoors to the ACHS gymnasium with Mayor Justin Wilson and ACPS Superintendent Melanie Kay-Wyatt leading the cheers for Lyles.

"Every one of you in this room remembers where they were on that day in August when this man became the fastest man in the world," said Wilson, who was



Olympic gold medalist Noah Lyles waves to supporters during a homecoming parade in his honor Sept. 15 in Alexandria. In the front passenger seat is Lyles' girlfriend Junelle Bromfield, a Jamaican track and field Olympic medalist.

barely heard above the roars of the crowd.

During the indoor program, Lyles was emotional and spoke through tears when remembering his high school coach Rayshawn Jackson, who died June 30 while Lyles was competing in the Olympic trials.

"Coach Rayshawn was a very

instrumental piece of my career," Lyles said. "I heard the news the day I won the 200-meter in the Olympic trials. It was a shock and a hard moment again in the Olympic Village knowing I could not be here for his memorial to give some remarks. He was a huge inspiration for my life."

SEE OLYMPIC CHAMPION, PAGE 2



Students gather to welcome Noah Lyles to his high school alma mater Sept. 15 at Alexandria City High School.



Members of the Alexandria City High School band play at the homecoming celebration for Olympic gold medalist Noah Lyles Sept. 15 in Alexandria.



Olympic champion Noah Lyles enters the gym at Alexandria City High School during the Sept. 15 homecoming celebrations in his honor.

THURSDAY/SEPT. 26

**Rev. Jim Wallis Lecture and Reception,
"Faith and Democracy."**

**7-9 pm, Virginia Theological Seminary
(Addison Academic Center),
3737 Seminary Road, Alexandria.**

Wallis will speak about Christian White Nationalism and the counter-movement among people of faith and conscience in support of democracy. He is the author of the New York Times bestseller, *The False White Gospel*.

Sign up for free tickets or the livestream at
<https://www.eventbrite.com/d/va--alexandria/jim-wallis/>

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NEWS

Olympic champion Noah Lyles returns to ACHS

FROM PAGE 1

Lyles recalled Jackson's encouragement as he transitioned from high jump to sprinting during his time in Alexandria.

"When I first came to TC I was just here for the high jump," Lyles said. "But then I started running 300s, 200s, and eventually started doing the 100 and thought, 'I may be good at this.' I remember the first day Coach Rayshawn told me he thought I could be a 100-meter runner on top of being a 200-meter runner and encouraged me along the way. The day that I won the biggest race I thought that he would be there to see it. It was hard not having him there physically but I know he is here spiritually."

Lyles' mother Keisha Caine Bishop also praised Jackson for the support he showed both Lyles and his brother Josephus in their track aspirations.

"Without Coach Rayshawn my boys would never have lived their Olympic dreams," Bishop said. "They were in 9th grade and went to Coach Rayshawn and told him they wanted to make the Olympic team as high schoolers. He didn't laugh at them, he didn't put them down, he didn't doubt them. He figured out a way to make it happen. I am so appreciative of that."

Lyles used his return to the city to show Bromfield some of his high school haunts.

"I was showing my girlfriend some of the places that I was living and went to during my childhood," Lyles said. "When we were in high school, we'd go to Fairlington Pizza a lot. We'd finished practice and then my coach would drive us over there."

Bishop also praised Fairlington Pizza, thanking the owner "as the guy who used



PHOTOS BY JANET BARNETT/GAZETTE PACKET

Noah Lyles' mother Keisha Caine Bishop at the Sept. 15 homecoming celebration for the Olympic gold medalist.

to feed my kids every Friday night. Coach Rayshawn would take his paycheck and take the whole track team to Fairlington Pizza on Friday nights so shout out to Fairlington Pizza."

The homecoming also included a winter coat collection for Alexandrians in need organized by the Lyles Brothers Sports Foundation.

"Most of my life has been centered on ups and downs, peaks and valleys and team-oriented achievements," Lyles said in closing. "As I go into the next part of my life, I want you all to know I truly am blessed to have you all a part of my team."



Olympic champion Noah Lyles shakes hands with supporters during a Sept. 15 homecoming parade in his honor.

Congratulations

Myong (Bruce) Park, CNA

Alexandria Chamber of Commerce Community Champion Senior Provider of the Year



Woodbine Administrator, Donna Shaw, and the entire Woodbine Team Congratulate Bruce, an exceptional professional, leader and caregiver on this well-deserved award!



NEWS

Play It Forward

Jessell family donates LED scoreboard to Miracle Field.

BY JEANNE THEISMANN
GAZETTE PACKET

Daniel Jessell was only 21 when he died unexpectedly in 2018. The Florida native loved baseball and as his parents searched for a way to honor their son, they came across an online video of the Miracle League of Alexandria. The rest, as they say, is history as the Jessell family was on hand for the Sept. 7 dedication of the LED scoreboard for the Kelley Cares Miracle Field in honor of Daniel and his aunt Loey Seligman.

“Dan didn’t just like baseball, he loved baseball,” said Daniel’s father Mark Jessell at the dedication ceremony. “He was a better than average player and the thing he loved most was running the bases. He would do anything in Little League to get on first – hit by a pitch or square up on a 3-1 count to bunt to throw the pitcher off. Dan figured if he could get to first, he could probably get to second then third.”

The Jessell family donated the new LED scoreboard to the Miracle League of Alexandria in memory of Daniel Jessell and Loey Seligman, who died in 2020. More than 100 people were in attendance as the scoreboard was dedicated, including Mark and Sheri Jessell and their son Robert from Florida, and Loey Seligman’s widow Howie Seligman from Massachusetts.

“Through the generous gift donation to the Miracle League of Alexandria by the Jessell family the scoreboard was purchased and installed,” said MLA board chair Mac Slover. “The scoreboard will allow for videos, pictures and scoring that will enhance the experience for players in the Miracle League, as well as for others who use the field.”

The Miracle Field is a rubberized surface baseball diamond designed specifically to allow wheelchairs and walkers to be used in a safe and pleasant environment to play sports. The field is geared towards baseball, but many other sports and activities can be played on it.

The donation began with a Jessell family holiday tradition.

“During the holidays, Sheri and I



Miracle League of Alexandria board chair Mac Slover, kneeling center, is surrounded by players and volunteers at the Sept. 7 dedication of the new LED scoreboard at the Kelley Cares Miracle Field.

PHOTOS BY JUSTIN SLOVER



Sheri Jessell holds a poster dedicating the LED scoreboard in memory of her son Daniel and sister Loey Seligman. With her are Howie Seligman, left, Mark Jessell, second from right, and a Miracle League team player.



Photos of Daniel Jessell and Loey Seligman are shown on the new LED scoreboard at the Kelley Cares Miracle Field dedication Sept. 7 at the Lee Canter.



A new LED scoreboard was dedicated at the Kelley Cares Miracle Field Sept. 7 in memory of Daniel Jessell and Loey Seligman.

would come up with three charities and invite each of our kids to pick one they would like us to donate to on their behalf,” said Mark Jessell. “Two years ago, my son Robert chose the Miracle League from the three. On an internet search, Sheri came across the Miracle League of Alexandria’s COVID-19 video and she proceeded to cry ... a lot. She sent the \$50 donation.”

MLA received a \$50 donation from the Jessell family in the 2023 Spring2ACTION fundraiser. Slover

corresponded with the family and invited the Jessell’s to attend the Annual National Miracle League All-Star game in 2023 which was being held in West Palm Beach, not far from their home.

“Experiencing that event and seeing the passion and compassion of Mac and other volunteers, the enthusiastic support and cheering of parents, friends and relatives, and the players’ pure joy was extremely moving. We were hooked,” Mark Jessell said.

Sheri Jessell’s sister, Loey Seligman, was a math teacher for 35 years. When she died in 2020 she left a sum of money to be used to honor her nephew’s memory.

“When we asked Mac how we could get more involved, the idea of a scoreboard came up,” said Sheri Jessell. “It was the perfect way to honor Loey’s legacy. It will enhance the players’ and fans’ experience, while allowing us to remember Dan and his love of the game as well as Loey’s generosity and kindness. It’s

a win-win.”

In attendance at the dedication were elected officials, Miracle League participants and their families, and members of the city’s Department of Parks, Recreation and Cultural Activities. The Alexandria City High School Volleyball teams served as the game’s “Angels in the Outfield” Buddies to the players while the Alexandria Chapter of Omega Psi Phi Fraternity served food following the ceremony and game.

“Sheri and I want to thank everyone who made this moment possible,” said Mark Jessell. “Mac, Bill Rivers, Miracle League board members, the many volunteers; members of Alexandria City Council; contractors and workers who designed, built and Simpson Development who installed the scoreboard; the parents, friends and community. Finally, a special thank you goes out to the Miracle League of Alexandria players for your participation and enthusiasm.”

Sheri Jessell ended the dedication with, “Remember love and kindness wherever you go and always ‘Play it Forward.’”

Following the speeches, the scoreboard was revealed with the pictures of Daniel Jessell and Loey Seligman on the video screen and the words “Love and Kindness – Play it Forward” at the bottom of the scoreboard.

“In 2012, we had a Miracle dream come true with the construction of the Kelley Cares Miracle Field and again in 2024 another Miracle dream has come true with the installation of the scoreboard,” Slover said. “I feel our participants and the City of Alexandria have truly been blessed by the love and kindness of people like the Jessell Family. They will be forever a part of our Miracle League family and in the history of the City of Alexandria.”

The Miracle League games are held on Wednesdays and Saturdays in the fall and spring at the Kelley Cares Miracle Field, located at 1108 Jefferson Street, Alexandria, Virginia 22314. For more information, to volunteer or to donate, visit www.miracleleagueofalexandria.com or contact Mac Slover at mac.slover29@outlook.com.

SENIOR LIVING

PHOTOS BY JANET BARNETT/GAZETTE PACKET



Centenarians Florence Katz, Lois Madolyn Cross Brooks, Charles Funderburk and Walter Hammersley are joined by members of City Council at the Centenarian Celebration Sept. 10 at City Hall.



Centenarian Florence Katz, center, with Deborah Kalceuis and Olivia Horseman Sept. 10 at City Hall.

“I attribute my longevity to dark chocolate and exercise.”
— Centenarian Florence Katz

Celebrating a Century

City honors centenarian residents.

BY JEANNE THEISMANN
GAZETTE PACKET

Mayor Justin Wilson and members of City Council honored centenarian residents from across the city at a Centenarian Celebration Sept. 10 in the Vola Lawson lobby of City Hall.

Four of Alexandria’s centenarians were in attendance with 13 listed in the program for recognition of “attaining the title and status of Alexandria centenarian,” according to the certificates presented by Mayor Wilson.

“I am very excited to be here,” said 100-year-old Florence Katz.

Katz, who never married, attributed her longevity to “dark chocolate and exercise.” She spoke fondly of the years she lived in Hawaii and was most proud of a published paper on repealing marijuana restrictions.

“It’s famous, it’s on the internet,” Katz said.



Lois Madolyn Cross Brooks at the Centenarian Celebration Sept. 10 at City Hall.



Mayor Justin Wilson presents a certificate to centenarian Charles Funderburk as family members look on during the Centenarian Celebration Sept. 10 at City Hall.



Mayor Justin Wilson congratulates centenarian Walter Hammersley Sept. 10 at City Hall.

The paper, “A Case for the Repeal of Marijuana Laws,” author Florence Katz at the University of Hawaii at Manoa School of Public Health, was developed as part of a

Masters degree, according to the internet.

In addition to Katz, other centenarians in attendance included Lois Madolyn Cross Brooks, Charles Funderburk and Walter Hammersley.

Kate Garvey, Director of the Department of Community and Human Services, emceed the event with the Alexandria Citizens Band providing entertainment.

PACE Can Help Older Northern Virginians Age at Home

Program of All-Inclusive Care for the Elderly.

BY DR. RACHELI SCHOENBURG

For older adults in Northern Virginia and across the country, high-quality, at-home healthcare and support services are increasingly scarce as our senior population grows. Between 2010 and 2020, the number of adults aged 65 and older in Northern Virginia grew by 61%, marking the sixth-largest increase among the nation’s 50 largest metropolitan areas.

Like many across the country, older adults

in Northern Virginia wish to age comfortably and safely at home, yet options remain limited. Many are unaware of a promising resource that can support independent living: the Program of All-Inclusive Care for the Elderly (PACE).

Since arriving in Virginia 15 years ago, PACE has served individuals aged 55 and older — typically those who are dual-eligible for both Medicare and Medicaid — and helped them remain safely in their homes and communities. The program provides a

comprehensive range of services, including social and medical care at the PACE Day Center, transportation, and in-home assistance with daily tasks like light housekeeping, personal hygiene and meal preparation.

As a geriatrician and family medicine physician, I am passionate about the PACE model of care. Working alongside an interdisciplinary team that includes a home care coordinator, physical and occupational therapists, social workers, dietitians, nurses, recreational therapists, drivers, and certified nursing assistants allows me to deliver holis-

tic care tailored to each participant’s needs.

In this collaborative environment, I have built meaningful relationships with patients, allowing for thorough evaluations and personalized treatment plans. This proactive approach enables the PACE team to identify and address potential health issues early, rather than waiting for urgent crises to arise — a common challenge in many healthcare settings.

As a result, PACE significantly reduces federal and state healthcare spending, as

Nothing compares to what's next.



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Karen Barker +1 703 928 8384



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TTRSIR is a proud sponsor of
The Animal Welfare League of Alexandria's

Paws in the Park
Sunday, October 13, 2024
11 a.m. — 4 p.m.

Oronoco Bay Park
100 Madison Street, Old Town Alexandria
pawsintheparkva.com



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All Fired Up

Friendship Firehouse holds antique firefighting apparatus muster.



Alexandria Fire Chief Felipe Hernandez Jr., right, prepares to lead volunteers in maneuvering the 1851 hand-drawn suction engine into the Friendship Firehouse Museum during the Sept. 14 antique firefighting apparatus muster.



Volunteers carefully guide Alexandria's 1851 hand-drawn suction pumper into the Friendship Firehouse Museum Sept. 14.

BY JEANNE THEISMANN
GAZETTE PACKET

The history of firefighting was on colorful display Sept. 14 as the Friendship Firehouse Museum hosted a muster of over 15 antique apparatus, including Alexandria's 1851 hand-drawn suction engine, to commemorate 250 years of firefighting in Alexandria.

Alexandria's 1851 suction engine recently underwent a conservation and was returned to the city for the event. At the end of the day, Fire Chief Felipe Hernandez Jr. led a group of volunteers in maneuvering the pumper inside the Friendship Firehouse Museum.

"It was the ultimate parallel parking feat to move the pumper back into the museum," said Gretchen Bulova, Director of the

Office of Historic Alexandria. "We appreciate the tremendous support of the Friendship Veterans Fire Engine Company and community members to fund the pumper's conservation."

Antique hand-drawn firefighting apparatus from throughout the region lined the 100 block of South Alfred Street, including 19th century suction fire engines and hose reel carriages.

Suction engines, invented in the early 19th century, drew water from wells, hydrants, and other sources through a hose, and provided a powerful and constant stream of water. The first hoses were typically made in 50-foot lengths, and only a few pieces could be carried on the fire engine itself, so additional vehicles were created specifically to carry extra lengths of hose.

In a town of mostly wooden buildings, fire was a constant danger where open flames were used for heat, light and cooking. The Friendship, Sun, Relief, Hydraulion, and Star volunteer fire companies served Alexandria, fighting significant blazes in 1827, 1855, and 1871.

Friendship Firehouse Museum's historic firefighting vehicles includes the Prettyman Hose Reel Carriage, built in Alexandria in 1858 by coachmaker, and Friendship Fire Company member, Robert Prettyman. It was ornately decorated and fitted with two large bells to sound the alarm as the vehicle traveled through Alexandria's streets.

Through fundraising efforts led by the Friendship Veterans Fire Engine Association, the Prettyman hose carriage recently underwent conservation, returning to Friend-

PHOTOS BY JEANNE THEISMANN/GAZETTE PACKET

ship Firehouse in 2022.

Friendship's 1851 hand-drawn suction engine is an example of the highly regarded powerful Philadelphia-style engines. Built by John Rodgers, a preeminent builder of fire engines in the U.S. at the time, it was designed for both firefighting and invoking civic pride. When first tested in November 1851, with over a dozen men working the "brakes" – the curved iron arms that powered the internal pump – the engine propelled water 155 feet.

Only about a dozen examples of Rodgers' engines survive to the present day. While Friendship's Rodgers' apparatus was repainted and repaired many times, this is the first time it was professionally conserved. Conservator Josiah Wagener oversaw the work with the pumper now on display at the Friendship Firehouse Museum.

The Friendship & Firefighting in Alexandria muster was sponsored by the Friendship Veterans Fire Engine Association and the Office of Historic Alexandria.



Children pose for a photo in front of the 1893 hand-drawn hose reel from Independent Hose Company No. 1 in Frederick, Md., as part of the Friendship Firehouse Museum muster Sept. 14. The hose reel was in service from 1893 to 1926.



A 1924 Bickle was on display as part of the Sept. 14 Friendship Firehouse Museum muster of antique firefighting apparatus.



A 1889 Silsby Hand Reel and Carriage from Junior Steam Fire Company No. 2 in Frederick, Md., on display Sept. 14 as part of the Friendship Firehouse Museum muster of antique firefighting apparatus.

'Night Sky'

Original play
debuts Sept. 27
at ACCT.

BY JEANNE THEISMANN
GAZETTE PACKET

Night Sky, an original drama by playwright Patricia Connelly, will make its debut Sept. 27 on stage at Aldersgate Church Community Theater.

Night Sky is a family drama with humor about the bonds of family, friendship, and the inescapable

"This is a story about life. It is about the difficulties, the joys, and the unexpected challenges life throws at us."

Night Sky director Joanna Henry

changes brought on by aging as Julia, a woman in her 70s, attempts to hold onto her home, her independence, and life as she knows it.

"As a playwright, I am drawn to tell the stories of women and girls who are driven to overcome the obstacles that society unfairly places in their paths simply because of gender," Connelly said.

Connelly began writing Night Sky after reading news stories about people losing their homes to foreclosure during the economic crisis.

"I also read about working class people who lost jobs and savings because of the downturn in the market," Connelly added.

The central character in Night Sky is Julia, a woman in her 70s living in the South Bronx. Despite being healthy and still working, Julia is suddenly forced to face the loss of her home due to circumstances beyond her control. As people around Julia make assumptions and try to make decisions for her, Julia, with her indomitable will, remains determined to move forward independently and on her own terms.

The cast of Night Sky features Patricia Nicklin as Julia, Christine Tankersley as Julia's daughter Jill, Kate Ives as her friend Doris, Amelie Chirhart as Julia's granddaughter Sam, and Brad Sperber as Richard.

"Julia has lived in the Bronx for over 50 years," said Nicklin of her character.

"She is a young 72, full of energy, spirit, and a bit of moxie, which she brings to her long-time job at a diner, to her stargazing visits with her granddaughter, Sam, and to her nightly card games with her best friend, Doris. Suddenly, Julia's life is buffeted by dramatic changes — both societal and personal — affecting her family life, her home, and her work. But she is bold and



PHOTO BY HOWARD SOROOS

Patricia Nicklin (Julia), Brad Sperber (Richard), and Christine Tankersley (Jill) star in the Aldersgate Church Community Theater production of "Night Sky," which opens Sept. 25 and runs through Oct. 13. www.acctonline.org

determined not to let the expectations of others control her."

Executive producer of Night Sky is Marg Soroos with Margaret Chapman and Bobbie Herbst as producers. Award-winning Joanna Henry is directing.

"This is a story about life," Henry said. "It is about the difficulties, the joys, and the unexpected challenges life throws at us. It also focuses on the different dynamics between mothers and daughters, friends, employers.

We can all identify with what is unfolding on the stage and recognize a part of us in these characters, whether a teenager looking

for a shooting star, a mother trying to cope with personal struggles, a diner owner re-evaluating life, a neighbor wishing to be closer to family, or a grandmother facing the sunset of life while looking for the North Star. Night Sky is a metaphor for life with all its imperfections."

Tankersley plays Jill, Julia's daughter and mother to teenage Sam. "Jill is in a position so many people are in these days," said Tankersley. "She struggles with giving both her mother and daughter the independence they need, but still trying to keep them safe. She is doing the best she can

to make sure everyone is safe and taken care of but not everyone always agrees on the best way to do that."

Added Connelly, "My hope is that audiences appreciate and take away from the play the resilience of the ageless human spirit, a recognition of the importance of family and friendship at all ages, and a deeper understanding of the meaning of home."

"Night Sky" is playing Sept. 27 through Oct. 13 at Aldersgate Church Community Theater, 1301 Collingwood Road, Alexandria, VA 22308. For tickets or more information visit www.acctonline.org.

Monday's Child Celebrates Reopening

**Why Not?
nook featured
in new
location.**

BY JEANNE THEISMANN
GAZETTE PACKET

Monday's Child, a destination for high-quality children's toys and gifts for over four decades, held a grand opening celebration Sept. 13 at its new location at 127 S. Fairfax Street.

In addition to a larger space, the new location features an extended toy section dubbed

the "Why Not? nook." The nook features a selection of best-selling toys from Why Not? the iconic toy store on King Street that closed in 2016.

"We are thrilled to welcome our customers to our happy new location," said owner Maura Burchette who bought Monday's Child in 2018 and whose mother shopped for her at Monday's Child when she was a little girl. "It was bittersweet leaving our location of 44 years, but our new storefront on South Fairfax is one of Old Town's most iconic boutique buildings with the beautiful patio and it is a dream come true for us to be here. The expanded space allows us to offer a more magical shopping experience for our loyal customers and we are so excited and honored to

be able to include a nook dedicated to the legendary toy store that families in the D.C. area cherished for over 50 years."

Monday's Child is a children's boutique carrying sizes newborn to 12 and classic toys to encourage creative play. A shopping destination for traditional children's clothing for over 40 years, the boutique offers a selection of baby gifts, play clothes, special occasion outfits, baptism gowns, and First Communion dresses and accessories.

"While we will never be the same as the majestic two-story Why Not? store, we are so happy to carry the classic toys that so many people loved," Burchette said. "We love playing a small role in outfitting families for photos, helping to pick out the perfect baby gift and



PHOTO CONTRIBUTED

A ribbon cutting was held Sept. 13 to celebrate the grand opening of Monday's Child at its new location at 127 South Fairfax Street.

seeing girls twirl in a new dress they adore. Now we can help with special gifts for birthdays, Christmas and other celebrations. Childhood is such a sweet period of time that passes so quickly, dress kids

up while you can and let them play."

Monday's Child is located at 127 S. Fairfax Street. 703-548-3503

www.mondaychildclassics.com.

ENTERTAINMENT



Housing Alexandria is hosting its annual Fall Festival on Thursday, Sept 26, 2024 at The Garden Alexandria featuring live band entertainment, a jazz performance from the Metropolitan School of the Arts performing arts students, food and wine trucks and games.

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. 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

GROW WITH YOUR GARDEN AT GREEN SPRING GARDEN TALKS

The Park Authority is here to help gardeners this fall with a plant-tastic lineup of Green Spring Garden Talks, 4603 Green Spring Road in Alexandria. Learn some tips and techniques that will spruce up your plants and other "soil-mates" with the help from fellow gardeners, VCE Master Gardeners and naturalists. All events are held at Green Spring Gardens and are \$12 per person. Additional fees apply for out-of-county residents.

Alternatives for Invasive Plants. Friday, Oct. 11, 1:30-2:30 p.m. Discover the different plants you can grow to avoid other bullying plants from taking over your yard.

Make a Backyard Sanctuary for Wildlife. Saturday, Oct. 26, 10:30-11:30 a.m. Learn gardening techniques



Old Town Cocktail Week takes place Sept. 26 to Oct. 6, 2024 at locations throughout Alexandria.

for attracting pollinators, birds and other native insects into your garden to improve habitat loss. **Composting Made Simple.** Friday, Nov. 8, 1:30-2:30 p.m. Learn the value that comes with putting compost into your yard and garden instead of your trashcan.

Adapt & Thrive with Climate Change. Saturday, Nov. 16, 10:30-11:30 a.m. Extension Master Gardeners share ways to adapt your garden practices to changing climate patterns through plant selection, water management and more!

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 Feierstein 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.

THURSDAY/SEPT. 26

Housing Alexandria's Annual Fall Festival. 4-8 p.m. At The Garden Alexandria, 5380 Eisenhower Ave., Alexandria. Housing Alexandria, a leading non-profit dedicated to affordable housing, invites the community to its annual Fall Festival. Tickets range from \$10-\$60, with all proceeds directly supporting affordable housing initiatives in Alexandria. Tickets include food, beverages, and raffle entries – a complete package for a fun-filled evening with a purpose. The family-friendly fair hosts a captivating performance by a jazz/tap ensemble of talented students (ages 12-18) from the renowned Metropolitan School of the Arts (MSA). Guests can also enjoy live music from local band, Live at Zac's House, while indulging in various Alexandria vendors. To purchase tickets, go to www.housingalexandria.org.

SEPT. 26 TO OCT. 6

Old Town Cocktail Week. At locations throughout Old Town Alexandria.

ROMEO AND JULIET ABLAZE



SEPTEMBER 28 - 29, 2024

"Romeo & Juliet - Ablaze" will be performed by the Alexandria Symphony Orchestra on Sept. 28-29 in Alexandria.

who have lived there, and the changing community surrounding it, makes the location important to ALX275, the City of Alexandria's 275th Anniversary.

SEPT. 28-29

"Romeo & Juliet - Ablaze." Presented by the Alexandria Symphony Orchestra. On Sept. 28 at 7:30 p.m. at Rachel M. Schlesinger Concert Hall & Arts Center, Alexandria. On Sept. 29, at 3 p.m. at George Washington Masonic Memorial, Alexandria. Featuring James Ross, conductor; Marlisa Woods, violin; Chris Franke, violin; Aaron Clay, bass; Antonín Dvořák: Carnival Overture; Jennifer Higdon: Concerto 4-3 (Excerpts); Maurice Ravel: Menuet from Tombeau de Couperin; Gabriel Fauré: Pavane; Gabriela Ortiz :Kauyumari; Sergei Prokofiev: Selections from Romeo and Juliet Suites.

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>.

OCT. 4-6

Fall Wine Festival & Sunset Tour. 6-9 p.m. At George Washington's Mount Vernon, 3200 Mount Vernon Memorial Hwy., Mount Vernon. Taste unlimited samples from Virginia wineries after hours at George Washington's estate. Bring a blanket and relax on the east

SEE ENTERTAINMENT, PAGE 11
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Time To Walk to End Alzheimer's

Health and long-term care costs for people living with dementia are projected to reach \$360 billion this year and nearly \$1 trillion in 2050

It's Walk to End Alzheimer's season, and hundreds of Northern Virginia residents will unite this weekend in a sea of purple to raise awareness and funds for the Alzheimer's Association. Walks will take place on the National Mall in DC on Saturday and at the Reston Town Center on Sunday. Walk to End Alzheimer's is the world's largest fundraiser for Alzheimer's care, support and research.

Among those returning to walk this year is Centreville resident Tracy Cheifetz, captain of Team Amy's Army. The team of family and friends has been participating in the Northern Virginia Walk since 2018 in honor of Cheifetz's mother, Amy Shimkus, who died with Alzheimer's in March 2022. "My Mom was a nurse. She participated in drug trials and knew that they would not help her – but might help others someday," says Cheifetz, who shares her time and enthusiasm for the cause as a member of the Northern Virginia Walk planning committee. She encourages people to participate. "If you know someone who has or had Alzheimer's, the Walk is a great way to honor them. I walk to raise money and hope that one day we will end Alzheimer's."

Natasha Carnell of Alexandria will be walking on the National Mall in honor of her mother, Marty, who is living with Alzheimer's. Carnell knows how hard caregiving can be. "What keeps me up at night is thinking about how many individuals living with dementia do not have access to the same level of care and commitment as Mom does" says Carnell, who serves on the DC Walk planning committee. "I am proud of the work we are doing to raise much needed

funds for continued research towards a cure and am hopeful for our collective futures."

The number of people affected by Alzheimer's is staggering. Nearly 7 million Americans are currently living with the disease, and more than 11 million family members and friends are providing their unpaid care. Health and long-term care costs for people living with dementia are projected to reach \$360 billion this year and nearly \$1 trillion in 2050.

"There has never been a greater need for the community to join in the fight against Alzheimer's disease by participating in Walk to End Alzheimer's," said Kate Rooper, President and CEO of the Alzheimer's Association National Capital Area Chapter. "Funds raised through the Walk will provide information, education and support to people living with Alzheimer's and their families and caregivers, while also contributing to advancing critically needed research."

In addition to the Walks in DC and Northern Virginia this weekend, the chapter will hold Walks in Old Town Manassas on Oct. 19 and at the National Harbor and in Winchester on Oct. 26. Participants will learn about resources, support and volunteer opportunities. They also participate in a poignant Promise Garden ceremony — an experience that signifies the solidarity of the Walk participants in the fight against the disease as each person holds a Promise Garden flower representing their personal reason to end the disease.

Participation in Walk to End Alzheimer's is free. Walkers are encouraged to raise funds. Visit alz.org/ncawalks or call 800.272.3900.

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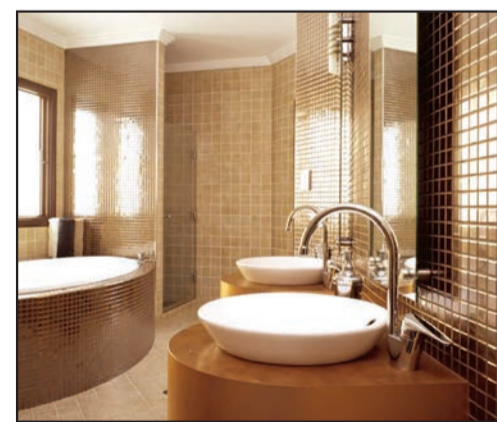
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Obituary

Obituary

Linda Miller Whitton, 81, of Rehoboth Beach Delaware, formerly of Alexandria, VA, passed away on September 12, 2024. She was predeceased by her husband Monroe "Chip" Whitton, her father Frank Miller Jr, her stepfather Dr. Marshall J. Waple Jr, her mother Nancy Waple, her sister Anne Waple DeNitto, and her brother Braxton Waple. She is survived by her brothers Marshal J. Waple III, Joseph V. Waple, and James R. Waple, her beloved nephew Peter A. DeNitto, and over a dozen nieces and nephews.



Linda was born in Baltimore, Maryland and raised in Alexandria, Virginia, where she graduated from Hammond High School. After spending time at the University of South Florida, she worked as a secretary in Alexandria, where she met her husband, Chip.

She eventually became the executive secretary for the Alexandria Redevelopment and Housing Authority for 22 years. During that time she also served as the recording secretary for the Alexandria City Council.

In addition to her professional work, she served for 20 years as the Chairwoman of the Alexandria Sister Cities committee, helping to foster great ties with Dundee, Scotland. She was a member of the Honorary Board Alumni for Sister Cities International. She volunteered with the Alexandria City Y and the Campagna Center, acting as the treasurer for the Alexandria Scottish Walk.

With her family, she volunteered with the Little Theatre of Alexandria, as stage manager as well as costume sewing and design. Gadsby's Tavern also saw her work behind the scenes for their Christmas Carol shows. In addition, she served on the board of directors for the Washington Daffodil Society.

Services were held in Lewes, DE, on September 20, 2024.

In lieu of flowers, memorial contributions can be made to the Monroe "Chip" Whitton Scholarship program at the Global Education Office at George Mason University.

Please visit Linda's Life Memorial at www.parsellfuneralhomes.com

Obituary

Obituary

Earl Sheffield Reed

02/04/1944 - 08/19/2024

Alexandria -- **Earl Sheffield Reed Jr** passed away on August 19, 2024. Earl is survived by his wife Dorothy, brother Sumner, children Jennifer and John, and grandchildren Jessica and Aidan. Earl was born on February 4, 1944, to father Earl Sheffield Reed Sr. and mother Lucibel Lord Reed in Bainbridge, GA. The Reed family later moved to Marianna, FL where they spent the remainder of Earl's youth. He attended Marianna High School and graduated in 1962. After high school, Earl attended the Citadel in Charleston, SC. Earl graduated from the Citadel in 1966 as a Second Lieutenant (Lt.) in the Air Force. Earl's boyhood dream of becoming a pilot began after graduation when he was assigned to Moody Air Force Base (AFB) in Georgia in 1967 to begin his training. Earl was trained as a pilot for the F-4 Phantom fighter aircraft and was later sent to Vietnam where he flew over 400 combat missions in his two tours in Southeast Asia during the Vietnam war. Upon his return from the war, Earl became a flight instructor for the F-4 Phantom and later the F-15 Eagle aircraft. Following his last tour at the Pentagon in Washington D.C., Earl retired from duty as a Lt. Colonel with over 21 years of service. During his career in the Air Force, Earl achieved numerous accommodations and honors, to include seven (7) Distinguished Flying Crosses, twenty-two (22) air medals, and five (5) Meritorious Service Medals amongst others. Following his retirement, Earl made his home in Alexandria, VA and transitioned to careers in international business affairs and consulting. Earl was also an active member of the community through his membership in the Rotary Club, and volunteer efforts with his church and the Mount Vernon estate. His love and passions included country music, car shows, car races, watching sports with his children and grandchildren, and traveling the world with his wife Dorothy throughout his military career. Earl will be remembered by his family and friends as a loving family man with a quick wit and wonderful sense of humor. A Celebration of Life and burial at Arlington National Cemetery are yet to be determined.



Legals

PUBLIC NOTICE

Notice is hereby given that Hallowing Alexandria Seaport Foundation. (VMRC #2024-2000) is requesting a permit from the Virginia Marine Resources Commission to install a floating dock on an existing community pier adjacent to Thompsons Alley along the Potomac River in the City of Alexandria. You may provide comments on this application (VMRC #2024-2000) at <https://webapps.mrc.virginia.gov/public/habitat/comments/> We will accept comments by the USPS provided they are received within 15 days of this notice to: Marine Resources Commission, Habitat Management Division, 380 Fenwick Road, Bldg. 96, Hampton, VA 23651.

CALENDAR

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ENTERTAINMENT

FROM PAGE 5

lawn overlooking the Potomac River, and enjoy concessions available for purchase from the Mount Vernon Inn Restaurant. Note that the Mansion will not be open during this event. Visit mountvernon.org.

OCT. 4-26

The "Artificial or Intelligence?" Art Exhibit. At Del Ray Artisans Gallery, 2704 Mount Vernon Ave., Alexandria. Features art that explores what the future might look like with AI and whether machine learning feels artificial or intelligent at the present moment. Opening Reception: Friday, October 4 from 7-9 p.m. Open Thursdays 12-6 p.m., Fridays 12-9 p.m., Saturdays and Sundays 12-6 p.m. (Closed October 27). Details: DelRayArtisans.org/exhibits

SATURDAY/OCT. 5

29th Annual Art on the Avenue. 10 a.m. to 6 p.m. At Mount Vernon Ave. between Hume Ave. and Bellefonte Ave., Alexandria. The 29th Annual Art on the Avenue festival held in Del Ray features more than 300 juried artists, from quilters to card-makers to cartographers, displaying their one-of-a-kind wares. Arrive with an appetite and grab a bite from dozens of food vendors while soaking up live music (Irish, folk, rock-n-roll, country and more) along the avenue. Plus, kids activities abound with pumpkin painting, screen art weaving and more. Please note parking is extremely limited. Trolley transportation will be available from the Braddock Road Metro.

SATURDAY/OCT. 5

Fairy House Festival. 10 a.m. to 2 p.m. At Woodlawn & Pope-Leighey House, 9000 Richmond Highway, Alexandria. Build your own tiny fairy house using materials found in nature. Special activities will take place throughout the day including story times and crafts on the grounds of the Pope-Leighey House. The Pope-Leighey House was designed by architect Frank Lloyd Wright as a small, affordable home that was built in

harmony with the nature around it. Perfect for children, families, and nature lovers of all ages!

SATURDAY/OCT. 5

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.fairfax-county.gov/library/branches/friends-of-sherwood-regional>

SUNDAY/OCT. 6

Chamber Music Series. 6 p.m. At Alexandria History Museum at the Lyceum, 201 S. Washington Street, Alexandria. Presenting The President's Own United States Marine Band. Free.

SUNDAY/OCT. 6

Candidate Forum. 1:30-4 p.m. At Charles E. Beatley Jr. Library, 5005 Duke Street, Alexandria. The League of Women Voters is hosting a candidating forum in Alexandria. Each candidate will sit at a separate table, and voters will have 10 to 15 minutes with each candidate to ask questions. Once the 15 minutes is up, voters will rotate to a new table until all voters have had a chance to meet the candidates. This means you'll have direct access to the candidates to talk about the issues you care about the most. Questions? Email at lwvarlington@gmail.com.

FRIDAY/OCT. 11

Book Signing. 7 p.m. At the Athenaeum, Alexandria. Depression Made Me Write This, by C. Alexandria-Bernard Thomas. Join in an inspiring book signing event with poet, orator, and teaching artist, C. Alexandria-Bernard Thomas, the author of the powerful new work, Depression Made Me Write This. At first glance, the title might suggest a narrative of glorifying struggle, but Thomas's writing takes an entirely different path. Instead, this book invites readers to see themselves as a collection of

experiences, each shaping the landscape of their lives.

SATURDAY/OCT. 12

Designing American Living. 3-4:30 p.m. At Woodlawn & Pope-Leighey House, 9000 Richmond Hwy., Alexandria. Woodlawn & Pope-Leighey House provide a unique opportunity to put two American styles of architecture - separated by over a century - in conversation with one another. Take a close look at both houses to examine what it was that the architects who built these homes were trying to convey about the people who lived here, the period they lived in, and what they thought the future held. Visit the website:

<https://www.woodlawnpope-leighey.org/upcoming-events/2024/10/12/designing-american-living>

SUNDAY/OCT. 13

The Carpenter's 20th Anniversary Cook-Off. Noon to 3 p.m. At The Birchmere, 3701 Mount Vernon Ave., Alexandria. Indulge in an afternoon of food and fun while supporting Carpenter's Shelter! Attendees will enjoy tastings from 20 area restaurants, bid on hot ticket items during the live and silent auctions, and listen to live music. Restaurants to Date: Hard Times Café, Hen Quarter, Nando's Peri Peri Chicken, The Majestic, The Royal, What the Chef, Mystic BBQ & Grill, Bittersweet Catering, Landini Brothers, Misha's, The Warehouse, The Wharf, Pork Barrel BBQ. General Admission (Now until October 11): \$75 Adults, 25 Children (12 and under). At the Door Tickets (on October 13): \$100 Adults, \$30 Children (12 and under). All proceeds from this event will support Carpenter's Shelter, which now operates two homeless shelters in Alexandria, VA and serves 909 people total—248 children, 67 families and 500 single individuals experiencing homelessness.

WEDNESDAY/OCT. 16

Yacht Haven Garden Club Benefit. Yacht Haven Garden Club's 40th annual Fashion Show, Silent Auction and Luncheon fundraiser "40 Years of Friendship, Fash-

ion and Flowers," will be held at the Mount Vernon Country Club in Alexandria. Fashions will be provided by Sara Campbell. Tickets are \$60.00. Deadline is October 9. For reservations, contact: Joyce Tami at yachthavengardenclubva@gmail.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 Workhouse 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>

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.

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Thu. 26: Phillip Phillips \$49.50

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Sun. 29: Jonathan Coulton and Paul & Storm \$39.50

OCTOBER

Tue. 1: Eric Hutchinson with Dan Rodriguez \$39.50

Wed. 2: Victor Wooten & The Wooten Brothers \$55.00

Thu. 3: The Lone Bellow: By Request Only Tour, with Taylor Ashton \$45.00

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The Positive Effect



By KENNETH B. LOURIE

What a difference a week can make. Meeting with my oncologist this past Monday, we listened anxiously, and what we heard was a great report: "No PET/CT evidence of disease progression or new disease." If it wasn't the best ever scan result, then it was in the top two (we once received a "partial stable remission" during the heavy-duty chemotherapy daze when grasping at straws, euphemistically speaking, became a way of life - and avoidance of death) but I'm not quibbling or keeping score.

We were pleasantly surprised - and extremely happy, as the oncologist reviewed some of the details that led to the radiologist's finding (see above). The scan - and lab work were both compared to previous data. Dina and I were both kind of giddy, incredulous almost as to what we were hearing. In addition to the scan results, recent lab work was also discussed. It showed improved kidney function (which meant the threat of dialysis was not nearly so imminent) and a reduction in my thyroglobulin (a measure of cancer activity) from a previous peak, was yet another indicator that my thyroid cancer cells were trending in a good direction - for this moment anyway. It seems, my oncologist said, that the new medicine he prescribed is having the desired effect. I'm not cured, but neither is my body, specifically my lungs and kidneys, breaking down.

The report and the oncologist's demeanor while sharing/explaining all this encouraging news was way more than Dina and I could have hoped for. Having ridden this emotional rollercoaster for 15-plus years, we're sort of committed to a Goldilocks-type of anticipation/outcome: not too high and not too low. I take my medical results; the good, bad and the ugly, in a sort of stride.

However, 15 years and seven months of this worry has kind of thinned out our capacity to take it all in that stride. Given the added burden of treating the underlying thyroid cancer without exacerbating my new chronic kidney disease (an unfortunate side effect of the previous papillary thyroid cancer medicine I took for three years - which was working until it wasn't) seemed at the outset a bridge/outcome too far to cross. Apparently, it isn't and this most recent "Impression" from the radiologist indicates for the moment at least (oh, what a moment!), there's more life ahead than death.

As for that life, we're finishing up this appointment, with smiles all around as the oncologist exits the examining room to retrieve our visit paperwork from the printer. A few minutes pass until he returns. He knocks on the door and pokes his face into the room as he hands us our paperwork. Smiling broadly, he points to the top of the first page where has written and circled A+ and once again expresses his happiness at this initial result. Never before during our 15+ years in the cancer wars has anything of real substance like this happened where the oncologist seemed happier and more encouraged than we did. We were on cloud 9-ish as he left and said good-bye. Bounce in our step? More like walking on air. I have to admit, I'm not taking that news/grade in stride. It's too much. Besides, I deserve it. I've been on the front lines of death since Feb. 09. I'm going to allow myself to bask.

The only minor problem: I may not know how to bask. When you've repressed/locked in the vault something as bad as a non-small cell lung cancer, stage IV with a "terminal" prognosis of "13 month to two years," it's challenging to say the least to open the spigot of that emotion and see the positive. But as my late brother Richard would say: "I'll take a win whenever I can get one." And so shall I. Who says you can't teach and old dog new tricks?

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

PACE Can Help Elders Age at Home

FROM PAGE 4

well as patient costs. Participants are not burdened by co-pays, out-of-pocket expenses, or deductibles, as all costs related to their care are covered by the program.

Patients and families often tell us that PACE is long-term care's best-kept secret. Anyone who has cared for a chronically ill family member knows how quickly the experience can become overwhelming. The PACE team alleviates caregiver burden by promoting social interaction at the adult day center, providing an accessible health-care team, and offering services such as home care and transportation.

Despite its advantages, PACE has not yet reached its full potential. To expand access for more older adults in our community, lawmakers must implement reforms to increase awareness and availability of alternative care options like PACE.

Thankfully, Virginia state lawmakers have recently taken a significant step by passing two critical pieces of legislation: HB 729 and SB 620. Now that they are in effect, these bills will streamline the applicant screening process for PACE providers, creating a more seamless enrollment experience for older Virginians and their families.

I applaud the Virginia legislature for its efforts to improve access to PACE services. I also urge Senators Tim Kaine and Mark

Warner to support the PACE Anytime Act at the federal level. If passed, this legislation would further expedite the enrollment process, ensuring that more older adults in our community can benefit from this comprehensive model of care.

With the demand for at-home care increasing, it is imperative for lawmakers to enact reforms that empower older adults — and their caregivers — as they age. Expanding access to PACE is a crucial step to ensure our community's seniors can enjoy the dignity and comfort of aging at home.

Rachel Schoenburg, MD, is Medical Director at Cherry Blossom PACE in Alexandria

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