

Mount Vernon Gazette

MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER

OCTOBER 3, 2024

A \$5 Million Boost for River Farm

The donation from Marcia Zech establishes an endowment, key to supporting American Horticultural Society's River Farm headquarters.

BY GLENDA C. BOOTH
MOUNT VERNON GAZETTE

River Farm, the national headquarters of the American Horticultural Society in Mount Vernon, received a \$5 million donation from long-time Board of Directors member Marcia Zech to establish an endowment, AHS officials announced at their Sept. 21 gala.

Zech was one of the five board members, dubbed "the faithful five," who opposed selling the 25-acre Potomac River property in 2020 when the Board announced they would sell it and merge with the American Public Gardens Association. A public outcry erupted and a year-long battle ensued with the five board members who supported selling the property eventually resigning. The property was taken off the market.

Zech, a resident of Mercer Island, Washington, started serving in 2011 and chaired the board from 2021 to 2022. She helped mobilize the successful campaign to save River Farm by reaching out to the public, the media and elected officials.

"Her gift is a tremendous vote of confidence in AHS, that she would make such a generous gift and investment in our future," said Suzanne B. Laporte, AHS President and Chief Executive Officer. "An endowment is a sign of a strong nonprofit organization, which we haven't had until now. We are unbelievably grateful to Marcia for her belief in the mission of AHS and her trust in the current board and staff."

After the crisis, AHS was "not in good shape financially," Laporte explained in an interview. She took over in 2022 and sees her mission as "building back, stabilizing the organization and creating an operating model that will pay for itself." Her hope is that the endowment will generate investment income to supplement other revenues needed for their operating budget.

"AHS hopes to grow the endowment to \$10 million and welcomes donations," said Laporte. Jane and George Diamantis, who live in Tennessee, have already donated \$75,000 directly to the endow-



Long-time board member Marcia Zech receives the AHS Gold Medal award from current Board Treasurer Tim Conlon.



Gala Co-Chairs Skepp Calvert (AHS board member) and Lauren Bishop toast a successful evening celebrating River Farm.

ment, said Laporte. The gala, with 230 guests, raised \$225,000.

At the event, Zech received the AHS Gold Medal award, the highest award for outstanding service to the Society. Zech also donated \$1 million to AHS a few years ago.

Laporte hopes the endowment will generate enough revenue to help AHS cover its expenses. Maintenance of the buildings and grounds cost around \$1 million a year, she noted.

The River Farm property is open free to the public six days a week and often rented for weddings and other events. "We have 26 acres that have to be maintained and we are maintaining it because we want the public to enjoy it, but it is not a county park. It is a private, nonprofit," Laporte said. The Society has public events like the spring garden market and holiday open house in December.

Virginia Electeds Came through Too

The Virginia legislature provided the American Horticultural Society a one-time \$2 million grant for public access enhancements at River Farm, including restrooms and a trail compliant with the Americans with Disabilities Act, "to increase access to the property for everybody," Laporte offered. She credits state Senators Scott Surovell and David Marsden and Delegates Paul Krizek and David Bulova with getting the General Assembly's and governor's support



PHOTO BY GLENDA BOOTH

American Horticultural Society's national headquarters at River Farm.

for the grant.

Mount Vernon Supervisor Dan Storck has also been "tremendously supportive" of River Farm, she said.

Revitalizing Staff

Part of Laporte's strategy is hiring new staff. Daniel Vincent has come on as Director of Membership and Communications. Rochelle Greayer is the new editor of

the Society's magazine, the American Gardener. Citing the publication's "science-based articles," Laporte said that Greayer will "build on what David has done," referring to David J. Ellis who will retire at the end of this year after 30 years with AHS and managing over 200 magazine issues.

"It's a very exciting time at AHS between the improvements we are

able to do, new staff and new programs we are rolling out. We are incredibly optimistic about the future of AHS," Laporte commented.

Find Out More

River Farm, once George Washington's northernmost farm of his five, is at 7931 East Boulevard Drive, Alexandria 22308. Visit www.ahsgardening.org.

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To learn more about our Associates and our firm, visit www.WeAreAlexandria.com



Old Town | \$2,450,000

Just blocks from King Street and the Waterfront, this 4-level end-unit townhome in Old Town Alexandria offers over 3300 sq ft of living space. Featuring 4-bedrooms, 4.5-bathrooms, off-street parking for 2 cars, high ceilings, a renovated kitchen with premium appliances, and built-in shelving. The upper levels include a primary suite, guest room, walk-in attic, and versatile bedroom. The walkout lower level has an exercise room, office, and workroom. 418 S Royal Street
Mary Kern 703.994.5246
www.MaryKernHomes.com



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1 block off waterfront and King Street. This 3-bedroom brick home with 4th bonus space, 3-full, and 2-half bathrooms, features refinished hardwood floors, built-in cabinetry, fireplace, and spacious private patio. 124 Cameron Mews
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www.DarleneDuffettRealEstate.com



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This light-filled, 2-bedroom, 1.5-bathroom home features a remodeled kitchen, wood-burning fireplace, French doors to a private terrace, refinished hardwood floors, and a large backyard with potential for expansion. 815 S Royal Street
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www.RealtorHeidiB.com



Collingwood Estates | \$830,000

With many new updates and thoughtful details, this home is a must see. Located in the idyllic and popular Fort Hunt area, a short walk from Waywood Elementary this lovely home offers 4 bedrooms, and 3 updated full baths. 8317 Fort Hunt Road
Crombie & Olsen 706.575.7926
www.CrombieAndOlsen.com



Lakewood Hills | \$800,000

Long time owner has taken excellent care and is now downsizing. Updates include new roof in 2019; windows, wood floors, kitchen, deck, HVAC. Split level floor plan has 4 bedrooms and 3 bathrooms. Fresh paint and carpet. 9121 Beachway Lane
Gordon Wood 703.447.6138
www.GordonWoodRealtor.com



Rosemont | \$799,900

Charming 2-bedroom, 2-bathroom, all-brick row house with 3 finished levels. Hardwood floors, built-in cabinetry, large dining room, and kitchen opening to patio. Lower level includes office, laundry, and full bath. 34 E Rosemont Avenue
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Hollindale | \$795,000

Charming 3-bedroom, 2-bathroom cottage nestled on a gorgeous landscaped corner lot. Features hardwood floors, built-in bookshelves in the living room and den, separate dining room and a spectacular covered porch. 1600 Hollindale Drive
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Last week, the VA-TF1 team loaded up the trucks to head south.



The VA-TF1 search and rescue team has to drop everything and load up when they are deployed.



Flashlights are a must in rescue operations

Local Fire and Rescue Teams Battled Helene in Florida

BY MIKE SALMON
THE GAZETTE

After packing up 30 tons of equipment, the Fairfax County Fire and Rescue team VA-TF1 headed off for Florida to meet Helene last week. Hurricane Helene gained strength to Category 4 (out of possible 5) wreaking havoc on the houses and people of the sunshine state.

The individual members of VA-TF1 might be at home watching the storm on the television news, but when the phone rings, “it is get up and go,” said John Morrison, the team’s spokesperson.

There are a total of 220 members and dogs on the team but for this effort for Helene, 80 people and four dogs were sent. The team also consists of doctors and engineers. How long they stay and what the conditions are going to be like are things they don’t know but typically it’s about two weeks, Morrison said. The county officials behind the effort work with the Federal Emergency Management Agency, familiarly known as FEMA.

The storm was still in the Gulf of Mexico stewing before heading inland on Friday, Sept. 27. The path on the weather forecasts showed it going inland instead of up the coast but it’s never a sure thing. According to a National Weather Service report mid-day on Friday, “HELENE is forecast to move inland, heading northwestward to the Ohio Valley, and slowly weaken by Saturday. Showers and thunderstorms with heavy rain will develop over parts of the Southern Appalachians and southern Mid-Atlantic.

Around the same time, four members of the swift water res-



In Florida, the VA-TF1 team is briefed on their next step.

cue team from the City of Fairfax responded to the Floyd County, Va. area in anticipation of heavy rains and flooding from Hurricane Helene. They have been evacuating residents, completing welfare checks, and conducting damage assessments along the New River in southwestern Virginia.

On Sunday, Sept. 29, the team was mopping up after the storm fizzed out in the Midwest, but it had left much damage in Florida where the Fairfax County Fire and Rescue team was located. They kept in touch through social media and as of “Update #6,” on Sunday morning, “all VA-TF1 team members are safe and well in Orlando,” the report said.

Next up is named Kirk, predicted at 90% chance of becoming a cyclone within 7 days, but whether it or other storms could pose a problem for particular areas on land still remains to be seen.



On Saturday, VA-TF1 members conducted primary searches on buildings in Treasure Island, Fla., checking for damage and any victims needing assistance. The team has been reassigned north and is traveling to the Carolinas to provide additional assistance.

Virginia Parks, Natural Area Preserves Closed Due to Storm

Nine Virginia State Parks and four natural area preserves are closed or partially closed following significant damage caused by Hurricane Helene. These closures will allow for thorough assessments and necessary repairs to the affected areas. All dates are subject to change.

Virginia State Parks

- ❖ Grayson Highlands: Closed through Oct. 14.
- ❖ Hungry Mother: Closed through Oct. 14.
- ❖ Natural Tunnel: Closed. Will reopen on Oct. 3.
- ❖ New River Trail: Closed until further notice. All campgrounds are closed through Feb. 28, 2025.
- ❖ Seven Bends: The park (both access points) is closed until further notice.
- ❖ Claytor Lake: All boat ramps inside the marina and other public boat ramps on the lake are closed due to excessive debris. Swimming and launching kayaks and other small watercraft are not allowed.
- ❖ Clinch River: Riverside Trail at the Sugar Hill Unit and the day-use cartop boat launches at Artrip, Carbo and Old Castlewood in Russell County are closed until further notice.
- ❖ James River: The Green Hill picnic area, Branch Pond Road and Branch Pond Campground are closed until Oct. 4.
- * Powhatan: River Launch Rd., Launch A and the primitive/canoe-in campground are closed until further notice. All trails are closed to bikes and horses until further notice.

Natural Area Preserves

- ❖ The Channels: Closed.
- ❖ Pinnacle: Closed.
- ❖ Buffalo Mountain: Closed through Oct. 14.
- ❖ Cleveland Barrens: Closed beyond Tank Hollow Falls.

For guest safety as well as the safety of DCR staff and emergency response workers, visitors should not attempt to access any parks, preserves or areas that are closed.

Virginia State Parks will contact guests with overnight reservations impacted by these closures. Visitors with questions about trail conditions, special events and educational programs should check the park’s webpage for more information at virginiastateparks.gov/find-a-park. To learn more, see dcr.virginia.gov/closures.

New Food Bank Distribution Center in Newington

BY MIKE SALMON
THE GAZETTE

In one of the most wealthy sections of the country, there are still those that go hungry in Fairfax County. Recently the Capital Area Food Bank opened an expanded food distribution center in the Newington area in a 43,000 square foot building on Cinder Bed Road.

The Fairfax County Board of Supervisors allocated \$5 million for the project which is a building that can store not only non-perishable goods, but refrigerated and frozen food as well.

Chairman Jeff McKay joined Supervisor Rodney Lusk and other officials last week to cut the ribbon on the new building.

"I am proud that the Board of Supervisors allocated \$5 million for this massive project that will positively impact so many people across the DC metropolitan area," said Lusk.

The new facility is named the Bedford Falls Foundation Northern Virginia Distribution Center, in recognition of a leadership gift given to the building fund from the foundation of long-time Capital Area Food Bank supporter Bill Conway. The



Supervisor Rodney Lusk with Del. Mark Sickles and Del. Kathy Tran at the new Capital Area Food Bank warehouse.

new distribution center is roughly 3.5 times larger than the previous building, which was torn down last year to rebuild on the same

site. The added size and upgraded technology now allow Capital Area Food Bank to distribute more than twice the amount of food

in Northern Virginia, including more fresh produce and frozen protein. The expansion also provides more space for CAFB's partner nonprofits, and enables the food bank to offer volunteering opportunities in Northern Virginia for the first time, they said.

A CAFB-NORC general population survey found that 37% of households experienced food insecurity in the year prior to the survey from May 2023 to May 2024. That number is up five percent from the previous year. Although it may be 37 percent in the whole DMV area, the numbers for Fairfax County only have 27 percent in the "food insecure," category. In the City of Alexandria, there are 36 percent and 23 percent in Arlington.

A grocery receipt from June 17, 2020 is \$25.01 for basic household foods, but those same foods cost \$32.73 on June 23, 2024, according to the food bank website.

The warehouse is at 6833 Hill Park Drive in Lorton, VA. Although technically it's a Lorton address, it's right off Newington Road in the Cinder Bed industrial area. They are looking for volunteers too. To reach out, go to <https://volunteer.capitalareafoodbank.org/>

Accotink Pump Station Rehabilitation Groundbreaking

On Thursday, Sept. 26, the Accotink Pump Station Rehabilitation Project at 9201 Richmond Hwy, Fort Belvoir, ceremonially broke ground for the new station and Force Main replacement. The \$71.7M project will rehabilitate the existing pump station.

The project marked Virginia's first local government Project Labor Agreement. Fairfax County awarded the contract to Northeast Remsco Construction, Inc., and it is included in the FY 2025-FY 2029 Adopted Capital Improvement Program (with Future Fiscal Years to FY 2034). The construction contract for this project includes a Project Labor Agreement, and all wages and fringe benefits



SCREENSHOT YOUTUBE

Jeffrey C. McKay Chairman, Fairfax County Board of Supervisors, James R. Walkinshaw, Braddock District Supervisor, Fairfax County Board of Supervisors, Greg Ackerman President, Baltimore/DC Metro Building Trades and others participate in the \$71,699,000 Accotink Pump Station Rehabilitation Project groundbreaking.

meet or exceed the PLA's Collective Bargaining Agreements or the Commonwealth of Virginia Prevailing Wages, whichever is higher.

At completion, the pump station will replace 6,600 feet of force main, boost its daily capacity from

37 million to 45 million gallons, and upgrade the odor control system. All work will be completed while maintaining continuous pumping operations throughout the project duration using supplemental and bypass pumping. The new force

main will be built in a cross-country easement on Fort Belvoir land adjacent to the old pipe.

Fairfax County owns and operates Accotink Wastewater Pump Station and Accotink Force Main. As the county's largest pump sta-

tion it conveys sewage from over 63 square miles of Fairfax County and Fort Belvoir.

The construction is anticipated to take 48 months to complete.

— MERCIA HOBSON

Walking to End Alzheimer's Returns

Improving treatment through pharmaceuticals and care for the growing population through legislation.

BY MERCIA HOBSON
THE CONNECTION

The 829 registered participants from 156 teams in Sunday's Walk to End Alzheimer's Northern Virginia, held at Reston Town Center, understood that each dollar they raised and each step they took that day would support the Alzheimer's Association's fight to #ENDALZ. More than likely, they were aware that the FDA-approved pharmaceutical treatments, such as aducanumab and lecanemab in 2021, could play a role in slowing down the cognitive decline of Alzheimer's. Still, the pharmaceuticals are not cures for Alzheimer's, that results in loss of brain cells and function.

Alzheimer's disease is the sixth leading cause of death in the United States, according to the CDC. Alzheimer's disease is eventually fatal. There is no cure. According to the Alzheimer's Association, Stages of Alzheimer's, the average life expectancy for someone living with Alzheimer's disease is four to eight years after diagnosis. However, some people may live for as long as 20 years or more.

Some participants, like Susan

Coyle, Kate Coyle and Lynn Anderson of Great Falls, said it was "fantastic to be at Walk for Alz supporting the cause." They carried purple Promise Flowers, which are for those individuals who have lost someone to the disease. Susan Coyle said her husband died of the disease in 2021. "He had it for three to four years," she said.

Standing at the microphone under the Reston Town Center's open-air pavilion, speaker Congressman Gerry Connolly told how Alzheimer's disease is a leading cause of death in the United States. Facing him, walk participants created a meadow of 800 plus raised Promise Garden flowers, everyone crammed in tight under the pavilion and spilling over onto the sidewalks and streets. Each participant was given a Promise Garden flower in the color that best represented their diverse connection to the disease. A blue flower represents someone living with Alzheimer's or another dementia.

According to Connolly, over 6 million Americans now live with Alzheimer's, and 1 in 9 people aged 65 and older has Alzheimer's disease. Because baby boomers live longer, the Alzheimer's Association estimates that number will

triple by 2050.

In the crowd stood Thad Nowak and Connie Shirey, members of the Polish Power Walkers team, both holding blue flowers.

Connolly said it was critical to provide the necessary resources to help tackle the demands of Alzheimer's disease and the disease itself. Connolly said that his grandmother received a diagnosis of Alzheimer's and watching her fade away before his eyes was one of the most difficult things he had to deal with growing up. Connolly explained that he couldn't fully comprehend the toll it was taking at the time, not only on her but also on his family.

Thad Nowak and Connie Shirey did not stand alone holding their blue flowers. Gathered close to them, Benji Nowak, Tim Nowak, Connie Nowak, and Mark Shirey held yellow Promise Flowers, representing walkers currently caring for or supporting someone with Alzheimer's disease or dementia.

According to Connolly, this year alone, the cost estimate for providing care to individuals with Alzheimer's and dementia was over \$345 billion, and by 2050, these costs could rise to nearly \$1 trillion. Connolly said for Fiscal Year



PHOTOS BY MERCIA HOBSON/THE CONNECTION

From left, Thad Nowak, Benji Nowak, Tim Nowak, Connie Nowak, Mark Shirey, Carol Shirey. "Impressive, positive energy at the walk. The Polish Power Walkers team had a great time."

2025, he requested increases of \$318 million for Alzheimer's research at the National Institutes of Health and significant investments in the BOLD Infrastructure

for Alzheimer's Act, which bolsters the public health infrastructure for Alzheimer's and dementia.

Connolly said he has tried to do
SEE WALKING TO, PAGE 9



Walking for four loved ones who died.

WWW.CONNECTIONNEWSPAPERS.COM



Susan Coyle, Kate Coyle and Lynn Anderson of Great Falls



PHOTO BY ANH "AP" PHAN

<cl>U.S. Rep. Gerry Connolly

FALL FUN

It's Fall Y'all

Pumpkin Patch, Art on the Avenue top list of things to do.

BY JEANNE THEISMANN
GAZETTE PACKET

It's that time of year again with crisp air, pumpkin lattes and leaf-peeping upon us. While bidding farewell to flip flops and barbecues, the change in seasons brings out some of the most beloved Alexandria traditions the city has to offer.

The nationally acclaimed Art on the Avenue in Del Ray makes its return Oct. 5. Along with the annual Immanuel Church-on-the-Hill Pumpkin Patch on Seminary Road, the two lead any list of top things to do to make the most of the season in Alexandria.

Held the first Saturday of October on Mount Vernon Avenue between Hume and Bellefonte Avenues, Art on the Avenue showcases hundreds of local artists against the backdrop of the vibrant Del Ray community. The event, considered one of the top arts events in Northern Virginia, is entirely volunteer-run, with support from the Del Ray Business Association and the local business community.

In addition to the artists and craftsmen, four entertainment stages feature live music from Blues to Bluegrass, Irish, Country and Rock and Roll.

Alexandria is also home to the region's largest Pumpkin Patch as Immanuel Church-on-the-Hill operates its month-long fundraiser to support local charities.

In addition to pumpkins, also for sale are gourds, home-made soups and baked goods, and autumn-Halloween-themed crafts. All Patch profits go to more than 25 local, national and international charities that directly support feeding, housing, educating and caring for vulnerable communities.

In Alexandria, supported organizations include Carpenter's Shelter, ALIVE!, Senior Services of Alexandria, Community Lodgings, and Child and Family Network Centers among others. The pumpkins are grown on the Navajo Indian Reservation in New Mexico and are distributed and consigned to Immanuel and over 1,300 other churches of various denominations throughout the country. These partnerships support over 300 jobs on the reservation and the programs of participating churches nationwide.

Visit both to kick off a colorful fall season then join in a variety of

events to enjoy all Alexandria has to offer.

10 Things to See and Do this Fall

29th Annual Art on the Avenue - A multicultural arts and music festival for and by locals. Entertainment, art activities and a pie-baking contest along with 350 artisans displaying and selling their work. 10 a.m.-6 p.m. Oct. 5 on Mount Vernon Avenue between Hume and Bellefonte Avenues. www.ArtontheAvenue.org.

31st Immanuel Church-on-the-Hill Pumpkin Patch fundraiser for charity is going on now through Oct. 31. The pumpkin patch offers all sizes of pumpkins grown by Navajo farmers, from small handheld "spookies" to large pumpkins for jack-o-lanterns; prices start at \$1 and go up based on size. 3606 Seminary Road

Paws in the Park - Join the Animal Welfare League of Alexandria at Alexandria's biggest fall festival for animal lovers Oct. 13 at Oronoco Bay Park from 11 a.m. to 4 p.m. Paws in the Park brings together shopping and vendors, live music and entertainment, food and drink,



PHOTOS BY JANET BARNETT/GAZETTE PACKET

Maya and Ashton Ratwani select pumpkins Sept. 29 at the Immanuel Church-on-the-Hill Pumpkin Patch. Benefitting local charities, the pumpkin patch is open daily through Oct. 31.

kids' activities, and adoptable animals. The event is free to attend and leashed, well-behaved dogs are welcome. Event proceeds benefit the Animal Welfare League of

Alexandria (AWLA). www.pawsintheparkva.com.

Arts Safari - Free hands-on arts and crafts activities for children. Oct. 13 from noon to 4 p.m. at

the Torpedo Factory Arts Center. Children will enjoy the Clay Experience, Arts Safari Painting, Fabric Collage, Origami Art, Giant

SEE PUMPKIN PATCH, PAGE 7



Remi Dave, 1, with mom Ruby Parikh and grandmother Rina Parikh Sept. 29 at the Immanuel Church-on-the-Hill Pumpkin Patch.



An assortment of gourds and autumn crafts is available at the Immanuel Church-on-the-Hill Pumpkin Patch.

FALL FUN

Pumpkin Patch, Art on the Avenue Top list of Things to Do

FROM PAGE 6

Paper-Mache Animal, and more. Torpedo Factory Art Center, 105 N. Union St. www.torpedofactory.org.

Think Pink! – Ninth annual Walk to Bust Cancer Oct. 20 at Fort Hunt Park. Sponsored by the National Breast Center Foundation. www.walktobustcancer.org

28th Annual Del Ray Halloween Parade - Join in the fun Oct. 27 at 2 p.m. by either participating or just watching the decorated strollers and costumed kids, adults and pets parade along Mount Vernon Avenue for this annual tradition. Sponsored by the Del Ray Business Association, they also collect and distribute costumes to children in need. www.visitdelray.com.

18th Annual Alexandria Film Festival - Explore the world without leaving town. Set to be held Nov. 7-10, the festival will show an eclectic collection of films from a handful of countries around the globe. At locations throughout the city. www.AlexFilmFest.com

Fall Harvest Family Days - Mount Vernon Estate welcomes the autumn season with Fall Harvest Family Days Oct. 19 and 20 from 9 a.m. to 5 p.m. Wagon rides, wheat



PHOTOS CONTRIBUTED

Art on the Avenue takes place Oct. 5 in Del Ray.

treading in the 16-sided barn, 18th-century dancing demonstrations, apple-roasting, corn husk dolls demonstrations and ear-

ly-American games and music. www.MountVernon.org.

Del Ray Turkey Trot - A Thanksgiving Day tradition for 49 years, the Nov. 28 race will also feature a food drive for the Alive! food bank. www.visitdelray.com/turkeytrot

See a Show – Just in time for Halloween the Little Theatre of Alexandria debuts the award-winning musical Jekyll and Hyde. Loosely based on the 1886 novella The Strange Case of Dr Jekyll and Mr. Hyde by Robert Louis Stevenson, the production features music by Frank Wildhorn, and a book by Leslie Bricusse. Oct. 19 - Nov. 9. www.thelittletheatre.com



The Torpedo Factory will host its annual Arts Safari Oct. 13.



Paws in the Park supports the Animal Welfare League of Alexandria. It will be held Oct. 13 at Oronoco Bay Park.



The Walk to Bust Cancer will be held Oct. 20 at Fort Hunt Park.

ENTERTAINMENT

ONGOING

Alexandria Ghost Tours and

Haunted Pub Crawls. Alexandria Ghosts offers guided ghost tours and adults-only haunted pub crawls nightly that highlight the city's dark history and unique local lore highlighting Alexandria's haunted history. The tours feature stories from historic sites and iconic locations like the Carlyle House, Ramsey House, and the infamous Wilkes Tunnel. Each experience transports you to the city's eerie past, a time before it was a trendy place to live, work, and play. Alexandria has a tragic history so disturbing it's often hidden from tourists who descend upon the city daily.

The Four Terrifying Tour Experiences of Alexandria Ghosts:

1. Alexandria Ghosts: Phantoms of the Potomac: Explore Alexandria's haunted history as you follow in the ghostly footsteps of George Washington and other restless spirits in this colonial city.
 2. Alexandria Ghosts Boos and Booze Haunted Pub Crawl: Combine history, hauntings, and a lively pub crawl in Alexandria's haunted bars.
 3. Alexandria Ghosts Ultimate Dead of Night Haunted Ghost Tour: A deep dive into Alexandria's eerie past, from Native American history to Civil War hauntings.
- ❖ Meeting Locations: 323 Cameron St, Alexandria, VA 22314 (Phantoms of the Potomac); 138 N Royal St, Alexandria, VA 22314 (Pub Crawl & Ultimate Dead of Night Tour); 301 King Street, Alexandria, VA 22314 (Washington's Footsteps). Visit <https://alexandriaghosts.com>.

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/>

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 for attracting pollinators, birds



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

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!

NOW THRU OCT. 27

Alexandria Plein Air. At The Athenaeum, Alexandria. Six artists began regular outdoor painting sessions in and around Alexandria, VA to help cope with the pandemic. They have continued the practice and this exhibit displays their interpretations of local sites, natural and man made, in a variety of seasons. Featuring: Mary Anne Cochran-Fox, Calina Franzosa, Seana Gallagher, Renee Lachman, Theresa Miller and Karen Thuerner.

SEPT. 26 TO OCT. 6

Old Town Cocktail Week. At locations throughout Old Town Alexandria. Old Town Cocktail Week will feature spirited events, workshops and activities at shops and restaurants around Old Town. The festivities kick off at Art on the Rocks at the Heron Hotel on September 26 from 6 to 8:30 p.m. Guests can sample up to ten unique cocktail and appetizer pairings and vote for their favorite pairing while enjoying imaginative artwork, live music and more.

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 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.fairfaxcounty.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.

OCT. 9-10

Flower Show: "The Chemistry of Fall." Wednesday, 2 to 5 p.m.; Thursday 8-11 a.m. At River Farm, 7931 East Boulevard Drive, Alexandria. The 19 garden Clubs in District II from Northern Virginia are holding a flower show titled "The Chemistry of Fall" at River Farm. The public are invited to view the local horticulture grown by the garden club members as well as the beautiful designs and photography they have created. District II is one of the 4 districts in the National Capital Area Garden Club organization. There are currently 60 garden clubs with over 2,100 members in our area that covers northern Virginia, southern Maryland and the District of Columbia. Contact Anne Dremeluk at yachthavengardenclubva@gmail.com.

FRIDAY/OCT. 11

Book Signing. 7 p.m. At the Athenaeum, Alexandria. Depression Made Me Write This, by C. Alexan-

dria-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.woodlawnpopeleighey.org/upcomingevents/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, Fashion 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

Aware. 1-3 p.m. At the Athenaeum, Alexandria. Join in a family friendly, free event curated by the Athenaeum's Poet in Residence, KaNikki Jakarta. Aware is a community-based collaboration with a mission to entertain and inform

Walking to End Alzheimer's Returns

FROM PAGE 5

all he could during his time in public service to ensure that every family going through this struggle has better access to care, support, and more treatment options. Connolly supported the S.134 - Alzheimer's Accountability and Investment Act to ensure a strategy for all medical research dollars going into the search for Alzheimer's treatments and cures. This bill passed in the Senate on July 30, 2024, and goes to the House next for consideration.

Connolly backed the H.R. 7688 - Accelerating Access to Dementia and Alzheimer's Provider Training Act (AADAPT Act), which would bolster training on dementia and treatment to primary care providers to better detect, diagnosis and treat Alzheimer's and other forms of dementia and deliver high-quality, person-centered care in community-based settings. The bill is in committee. Connolly is a cosponsor of the S.626 - Comprehensive Care for Alzheimer's Act. It aims to improve care coordination for Alzheimer's patients, their doctors, and caregivers.

Pharmaceutical progress against Alzheimer's disease grows. Cindy

Schelhorn, senior director of communications and marketing for the Alzheimer's Association National Capital Area Chapter, said that FDA-approved Alzheimer's medications fall into two categories: drugs that temporarily ease some symptoms and drugs that change disease progression in people living with the disease. Lecanemab and donanemab, specifically, aim to decelerate the progression of Alzheimer's disease. Schelhorn explained, "This is why early detection and diagnosis of Alzheimer's is more important than ever."

According to a 2023 news release by Eisai, the manufacturers of LEQEMBI™ (lecanemab), the company announced that they set the U.S. launch price of the drug at \$26,500 per year. "Eisai continues to pursue a less frequent maintenance dosing regimen for LEQEMBI, such as monthly instead of current biweekly regimen, upon significant amyloid beta clearance to prevent re-accumulation of amyloid beta biomarkers while maintaining clinical efficacy," states the 2023 news release.

On July 2, 2024, the U.S. Food and Drug Administration granted

full clinical approval to Eli Lilly to market donanemab, brand name Kisunla. Eli Lilly announced they set the drug's price at \$32,000 a year. Unlike the other therapies in this class, the drug's testing aimed to stop the treatment once the plaques had cleared the brain. The treatment cost will vary depending on the patient and the length of treatment.

Shelhorn said the Alzheimer's Association Center for Dementia Respite Innovation (CDRI) funds new respite care innovation projects nationwide. "Over the course of five years, the CDRI will award \$20 million in competitive grants to local respite care providers to improve and increase the delivery of person-centered dementia care with a focus on innovation, collabora-

tion, outcomes, accessibility, affordability, and sustainability. We do not have a Fairfax County recipient in 2024."

There are two additional Promise Flowers. The orange one is for those who support the Alzheimer's Association's cause and vision of a world without Alzheimer's. The white one is reserved for the first person cured of Alzheimer's disease.

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A Connection Newspaper



ENTERTAINMENT

FROM PAGE 8

the community. Twelve (12) pre-selected poets, musicians, and storytellers will provide awareness artistically that focuses on important topics bringing forth their knowledge, personal experiences, and perspectives using the Power of Words and Voice to focus on such topics as: What it means to be Brave, Running Towards Love, Women's Mental and Physical Health, Kidney and Liver Health, Cancer, Musical Self-exploration, and more! Space is limited and RSVP is required. RSVP to greatpublishing@yahoo.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>

OCT. 24 TO DEC. 21

"A Focus on Nature." At Coldwell Banker Realty, 310 King Street, Alexandria. Opening reception Oct. 24 from 6-7:30 p.m. Art exhibit featuring the nature-themed photographs of Steven Halperson and mosaics of Nina Tisara. Steven Halperson, Tisara Photography, has



"A Focus on Nature" can be seen Oct. 24 to Dec. 21, 2024 at Coldwell Banker Realty in Alexandria.

over 30 years' experience in portrait and event photography. For this exhibit, he is returning to his roots in fine art photography and making use of digital camera software to create strikingly beautiful images. Nina Tisara retired from the photography studio in 2007 and began creating intricate mosaics which are now widely exhibited and collected. Nina is the founder of Living Legends of Alexandria. A portion of all sales will be donated to the Coldwell Banker Realty Cares Foundation, a program that helps support selected nonprofits in Alexandria and throughout the Mid-Atlantic region. For additional information, contact Rachel Carter, RCarter@

cbmove.com or Nina Tisara, Ninat@ninatisara.com.

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.

OCTOBER

Wed. 2: Victor Wooten & The Wooten Brothers \$55.00
Thu. 3: The Lone Bellow: By Request Only Tour, with Taylor Ashton \$45.00
Fri. 4: Phil Vassar "Hits & Heroes Tour" with Melissa Quinn Fox \$55.00

Sat. 5: Raven's Night: Alchemy \$39.50
Sun. 6: Ottmar Liebert & Luna Negra \$39.50
Mon. 7: The Mountain Goats - Rule of Three Tour, with Tift Merritt \$49.50 SOLD OUT!
Tue. 8: The Mountain Goats - Rule of Three Tour, with Tift Merritt \$49.50 SOLD OUT!
Wed. 9: Rickie Lee Jones \$55.00
Thu. 10: Gerald Albright \$55.00
Fri. 11: Bilal with Halima \$39.50
Sat. 12: TUSK - The World's #1 Tribute to Fleetwood Mac \$45.00
Sun. 13: Both Sides Now: The Music and Lives of Joni Mitchell and Leonard Cohen Starring Danielle Wertz and Robbie Schaefer \$39.50
Mon. 14: An Evening with Larry Wilmore: Comedy, Magic, and 'Merica \$35.00
Wed. 16: Debbie Gibson - Acoustic Youth: Songs and Stories from The Electric Youth Era \$59.50
Thu. 17: Yächtleý Crëw \$45.00
Fri. 18: The Whispers \$95.00
Sat. 19: The Whispers \$95.00
Sun. 20: Boney James \$95.00 SOLD OUT!
Wed. 23: Private Event
Thu. 24: AJ Ghent & His Singing Guitar \$35.00
Fri. 25: William Clark Green with Erin Kinsey \$29.50
Sat. 26: Tom Paxton & The Donjuans with sp. guest Noel Paul Stookey of Peter, Paul & Mary \$49.50
Sun. 27: Oleta Adams "Farewell Tour!" \$55.00
Tue. 29: The Robert Cray Band \$59.50

Brotherly Love



By **KENNETH B. LOURIE**

Even though it's my birthday (9/30)- or will have been by the time this column publishes, it is my late brother Richard's birthday (10/28) that I'm thinking about. Unfortunately, as the surviving Lourie of the Athelstane-Road-Louries, birthdays now are much less celebrations and more so recollections.

A little context. My brother and I had been living in the same area (the Metropolitan Washington DC Area) since I matriculated to the University of Maryland in late August 1972. Richard, being five years older than me, had already under-graduated from American University and was planning on attending Florida State University in Tallahassee, Fl. to earn a master's in criminology - which he did. However, Florida didn't take, and Richard returned to Washington DC after graduation where he lived until his extremely unexpected death in early Dec. 2022. Vanessa, his widow and I will never be the same. Richard was so much more than merely a husband and a brother, he was, as we say in the Jewish faith (Yiddish actually), a mensch. There is no higher praise. In short (very short) it means the best of the best. His death is not simply a loss, it's closer to a devastation. It's almost two years since his passing and Vanessa and I are still regularly exchanging memories of him for any number of unforgettable reasons.

As for the substance of this column, I mention Richard - aside from a thousand other reasons, because my birthday is in nine days and Richard won't be here to celebrate it. And that rarely happened while he was living because Richard was a great celebrator of other people's birthdays. Typically, we'd all (Dina and Vanessa of course) go out for a nice dinner with dessert and generous gifts to follow. Whichever date suited me, suited him. He was always available for me. Without my brother alive to share my birthday anymore, it's slowly becoming just another day, or if not just another day, then a very somber one. I used to look forward to my birthday, now I look backward.

And given that I've been a stage IV cancer patient since Feb. 2009 - which calculates to the last 13 years and 10 months of Richard's life, he always made an extra effort to understand, encourage and accommodate the demands of my diagnosis. He was certainly a part of Team Lourie and often attended my infusions (6+hours per treatment) and regularly attended doctor's appointments, especially when there was likely to be a discussion of changing medications, treatments, et cetera. He wanted to be a part of it all and I certainly welcomed it and appreciated his input. He was the type of support system every cancer/seriously ill patients need. He would liaise with the doctors and staff to make sure I was receiving the best care anywhere. If he couldn't attend my appointment, he was to be my first call after to provide any and all details. As much as anything, it gave him an opportunity to reassure me and infuse me with as much positivity as was appropriate. He made a difference in my life, and when you're a "terminal cancer" patient sitting in an infusion center for six to seven hours per treatment, having someone to count on is crucial. I was lucky to have him in my corner. Not having him there anymore is a huge loss.

As difficult as it was for Richard when he was diagnosed with cancer, it gave me the opportunity to help him navigate what was an unfamiliar path form him, but a very familiar one for me. Now he was living the cancer life as I had, and he had questions. As an experienced cancer patient, I had answers. And now I could help him - as he had so often helped me. The juxtaposition brought us even closer together.

The last time I saw my brother alive was on his birthday on Oct. 28, 2022. He had been home about a month after being hospitalized the entire summer. Now, he was rehabbing at home. He wasn't quite ready for prime time, but he was happy for the company at home - and the cake. I tried to be as encouraging and positive as he had always been to me. We had a great evening together. Five weeks or so later, around eight o'clock on a Saturday morning, Vanessa called me in tears. Richard had died sometime during the night. We'll never forget his death. But more importantly, we'll always remember his life.

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

BULLETIN BOARD

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

VOLUNTEERS WANTED

Assistance League of Northern Virginia is an all-volunteer non-profit organization that feeds, clothes and provides reading assistance and books to children in need. Assistance League's programs touch the lives of hundreds of children in Fairfax and Prince William Counties and the City of Alexandria. There are many volunteer opportunities for community members to contribute to helping those in need. To learn more, email info@alnv.org, or visit www.alnv.org.

Join Friends' Board. Those who care about mental health, the Alexandria community, and collaborating with fellow residents to make sure the City's most vulnerable residents have a chance to thrive, then consider joining the Board of Friends of the Alexandria Mental Health Center. The Friends Board is an all-volunteer group of residents that oversees the administration of one of Alexandria's top mental health charities. Friends has no paid staff, so Board members, working on average 10 hours per month, share the day-to-day work needed to accomplish its goals. Interested candidates should email FriendsofAMHC@gmail.com. STEM Professionals Needed. Help assist

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

ALIVE! offers numerous programs that aid low-income families in Alexandria that rely on volunteers: monthly food distributions, furniture, houseware and emergency food deliveries, and community food drives. Individuals, families and groups are encouraged to participate. Students can earn community service hours by participating. Visit www.alive-inc.org/volunteer.htm or contact the Volunteer Coordinator at volunteers@alive-inc.org.

Volunteer Drivers Needed. Drivers needed by the American Cancer Society to take cancer patients to treatment in Northern Virginia. To volunteer, call 1-800-227-2345 or go to cancer.org/drive.

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki

at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.

Mentors Wanted. Two creative programs that help transform the lives of Alexandria's preteens are seeking volunteer mentors. SOHO, which stands for "Space of Her Own," and "Space of His Own," serves vulnerable fifth graders in Alexandria. The programs pair men and women with youth in need of positive adult role models, to help support and guide youth in making healthy choices and succeeding in school and in life. Visit www.spaceofherown.org and www.spaceofhisown.org. For more information on how to become a SOHO mentor, contact Sarah Maroney at sarah.maroney@alexandriava.gov or phone at 703-746-4687.

Farmer's Market Volunteers Needed. To volunteer for the Farmer's Markets, email Brian Morreale, brianmorreale@gmail.com

<cal1>Support Groups

<cal2>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

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