

Alexandria Gazette Packet

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MAY 8, 2025



Students journalists at Alexandria City High School are fighting back against a policy proposal that would allow school administrators to silence investigative journalism.



Students say members of the School Board should protect students' First Amendment rights rather than deny them in a policy now under consideration.

Censoring Students

School Board to consider policy that could shut down investigative reporting by student journalists.

BY MICHAEL LEE POPE
GAZETTE PACKET

All that news that's fit to censor. That might be the new policy at Alexandria City Public Schools, where members of the Alexandria School Board are considering a proposal that would allow the principal of Alexandria City High School to spike stories submitted by student journalists. The controversial prior-restraint scheme emerged after the high-school newspaper Theogony published stories critical of the "high school project," an ambitious attempt to shuttle students across multiple campuses.

"The school system does not like that we've shed a light on some of the issues they are facing and that we've forced them to respond," said James Libresco, co-editor of Theogony, in an interview. "They would rather operate in silence, which is why they are bringing forth this new regulation and pol-

icy."

Instead of accepting editorial control from the principal, students are fighting back. In a counter-proposal they call "Voices Unbound," student journalists at Theogony are encouraging School Board members to protect the First Amendment rights of students rather than revoke them. At the heart of their proposal is language identifying the faculty advisor as the person who has the final say over publication rather than the principal.

"Our advisor has been trained in media and media ethics, which is something that our principal does not have," said Casey Donahue, co-editor of Theogony, in an interview. "We feel that the advisor provides us with guidance that a principal would not be able to give."

THE PRIOR RESTRAINT policy presented by school bosses outlines an approach that would let administrators pull the plug on investigative journalism anytime

they feel threatened. The draft policy proposal creates a process for censoring "material the staff believes may be in violation of the ACPS Journalistic Principles or ACPS policy or regulation." During a Governance Committee meeting last week, School Board member Tim Beaty expressed a preference for the principal or a school administrator having the final say.

"What we are talking about here is where the buck stops, who makes the final decision on something that's in doubt," said Beaty. "I think the buck should stop with the principal."

School Board member Abdulahi Abdalla disagrees with that approach. During the Governance Committee meeting when the censorship policy was on the docket, he said he could not support the draft policy proposal submitted by administration staffers. Instead, he said, he believed the faculty advisor is the adult who has the training and the experience to make decisions about what gets published and what does not.

"The principal can shut it down at the end of the day, and I don't like that," said Abdalla. "I don't think the principal should have any say of editorial changes."

THE DEBATE OVER the school system's regulation of the high-school publication comes at a time when the school system is on a kind of communications lockdown, denying interviews and relying on written statements from the School Board chairwoman. All nine School Board members either declined to be interviewed for this story or ignored requests for comment. School Board Chairwoman Michelle Rief declined multiple requests to be interviewed for this story.

"We support our students and the community in advocating for student voices," wrote Rief in part of a written statement. "It is important to emphasize that neither the current nor the proposed policy includes language that censors students."

Advocates for press freedom worry about giving school administrators the power to censor student journalism, and they say faculty advisors are in a better position to make decisions about publication than administrators. They warn that if the principal is the editor of Theogony, it's not a student newspaper but a division newsletter. Ultimately, they say, the policy drafted by staff should be rejected.

"I would ask that they remind themselves why they got into this business in the first place," said Mike Hiestand, legal counsel for the Student Press Law Center. "If you're really just concerned about district PR, then vote for this policy. But if you're looking to make sure that we are teaching the next generation about the importance of a free press, then you need to vote this policy down."

ONE OF THE ISSUES that has become part of the policy discussion involves students publishing in publications that are not controlled by the school system, including legacy newspapers as well as new media startups. One of the draft proposals circulated among School Board members online includes language that would punish students "who perform research for an ACPS publication and then use the results of that research to write, collaborate on, or in any other way contribute to the material published in a non-ACPS publication may lose journalistic privileges."

Experts say they've never seen anything like it.

"It's retaliation for protected speech," said Ian Kalish, an attorney.

SEE CENSORING, PAGE 2

WWW.CONNECTIONNEWSPAPERS.COM

Never Forgotten

City remembers victims of Holocaust.

BY JEANNE THEISMANN
GAZETTE PACKET

The Holocaust of World War II saw the genocide of six million Jews across Eastern Europe under the regime of Nazi Germany's Adolf Hitler. On April 24, the City of Alexandria honored the memory of those victims during the 36th

said Rabbi Steven Rein of Agudas Achim Congregation. "Eighty years after the liberation of Nazi concentration camps we stand here today to remember not only the immense tragedy but also the heroism that arose from it reflecting on the choices made in those dark times."

During the ceremony, State Sen. Adam Ebbin led elected officials and dignitaries in lighting a candelabrum that was donated to the city by the late Charlene Schiff, a Holocaust survivor, and her husband, Brig. Gen. Edwin Schiff. The lighting of six candles represented the six million Jews who perished

"We stand here today to remember not only the immense tragedy but also the heroism that arose from it reflecting on the choices made in those dark times."

— Rabbi Steven Rein

annual Days of Remembrance ceremony in Market Square.

"These are challenging times for our nation and our world no different than any generation before,"

during the Holocaust.

The 54-inch high, solid brass candelabrum was donated in memory of Schiff's parents and sister, SEE NEVER FORGOTTEN, PAGE 13



Virginia State Senator Adam Ebbin (D-39) lights the first candle on the candelabrum donated to the city by Charlene Schiff, a Holocaust survivor, and her husband Brig. Gen. Edwin Schiff during the Days of Remembrance ceremony for victims of the Holocaust April 24 at Market Square.



Rev. Dr. David Glade, Christ of King Anglican Church, gives the opening remarks at the Days of Remembrance ceremony April 24 at Market Square.



Cantor Jason Kaufman of Beth El Hebrew Congregation and Hazzan Elisheva Dienstfrey of Agudas Achim Congregation perform the interlude Acheinu by Abie Rotenberg during the Days of Remembrance ceremony April 24 at City Hall.

PHOTOS BY JANET BARNETT/GAZETTE PACKET



Nancy Siegel, chair of the remembrance committee, talks with guest speaker Richard Brietman following the Days of Remembrance ceremony April 24 at City Hall.



Mayor Alyia Gaskins makes remarks at the Days of Remembrance ceremony April 24 at Market Square.



Rabbi Steven Rein of Agudas Achim Congregation lights a candle at the Days of Remembrance of ceremony April 24 at Market Square.

MOTHER'S DAY 2025

Celebrating Mom

Families share what makes their mother so special.

BY JEANNE THEISMANN
GAZETTE PACKET

As Mother's Day approaches, some would say that one day is not nearly enough to honor and celebrate the mothers and maternal figures in our lives.

According to the History Channel, the celebration of mothers and motherhood dates back to the ancient Greeks and Romans when festivals were held for Rhea and Cybele, the mother goddesses.

In the U.S., when well-known Civil War social activist and community organizer Anna Jarvis died on May 9, 1905, her daughter Anna Marie Jarvis made plans to honor her mother each year on the anniversary of her death. The idea of celebrating mothers spread and led to the official recognition of a Mother's Day holiday by President Woodrow Wilson in 1914.

Closer to home, as families are preparing to celebrate mothers across the city, children share what makes their mother special.

PHOTOS BY
JANET BARNETT
GAZETTE PACKET



Zorhreh Khoshnamak and son Nik Pirouz

Nik: "My mom taught me to not give up on my hopes and dreams. Because of this I've reached many goals I never thought I would achieve. She is fundamental to my success and I admire the time and dedication she has given to help the city of Alexandria grow. She's the best mom ever."



Jane Hughes with son George, daughter-in-law Jessica and daughter Margaret

Margaret: "My mom has been my biggest role model. She taught me everything I know about being an adult. I love watching her be so involved in our community. She's a great person to look up to and an even more wonderful mom."

Jessica: "Jane is the best mom and best woman. She is one of the strongest, smartest and most independent women I have ever met. I am proud to call her my mother-in-law and very grateful for the family that she raised."

George: "She's an amazing lady and been a wonderful mom. She is so involved in the community."



Hazel Barksdale with grandson Frank Barksdale III and son Antione Barksdale

Antione: "My mother is the rock of the family. We wouldn't be where we are in life if it weren't for her. She put a lot of work into us."

Frank: "My grandmother has done so much for our family. It means so much being able to be living here with her."



Arminta Wood and son Jason Wood

Jason: "My momma is special because she is kind, she's giving, she's understanding and so importantly she's my best friend. She has always given so much of herself to others. She has lots of children – she just didn't birth them."



Angela Harris with daughter Ashia Hall and 4-year-old granddaughter Alaia

Ashia: "She is the best mother in the world. I would choose her in every lifetime."

Alaia: "I love her."

MOTHER'S DAY 2025

PHOTO BY JANET BARNETT/GAZETTE PACKET

Elisheva Dienstfrey with sons Lev and Leo

Leo: "Mom is the greatest person to ever exist. We are so lucky to have a mom as great as her that can balance both her work and home life so beautifully. I am grateful to have such an amazing mom. I love her so much."

Lev: "What he said."



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IN THE KITCHEN

Meet the Chef Anthony Chillum

PHOTOS BY SHIRLEY RUHE/ALEXANDRIA GAZETTE

Mother's Day favorites of the staff at Vermilion.

BY SHIRLEY RUHE
GAZETTE PACKET

Executive Chef Anthony Chillum has set out a tray in the kitchen at Vermilion on King Street with ham, goat cheese, local honey, home-made red onion marmalade and coddled eggs. He is making the Mother's Day special, which was a favorite of the French mother of his sous chef Franklin Sivac. Chillum says the upcoming Mother's Day menu is focused on the Mother's Day favorites of the staff at Vermilion.

Since the restaurant is farm-to-table with the freshest local and domestic ingredients, Chillum says the ham is a domestic prosciutto from a farm in Kentucky, the Goot Essa ash goat cheese is from Pennsylvania, the sourdough is from Bread and Water in Alexandria and the honey from Earth and Eats in Franklin County, Pennsylvania. The olive oil which is sprinkled on as the grand finale is from Georgia Farm where they grow and press the olives.

Chillum cuts a thick slice of sourdough bread and tosses several generous pats of unsalted butter in a cast iron pan on high heat. Then in goes the slice of sourdough bread. "Usually we would grill this but Franklin called his mother in France, and his mother said she wanted the bread buttered. "So I will toast the bread in the skillet about a minute on each side, just long enough to warm the inside and caramelize the outside." He adds a couple more pats of butter.

Chillum takes the toasted bread to his work counter and carefully arranges several slices of the prosciutto on the top of the slice. He cuts two chunks from the roll of Goot Essa ash goat cheese and cuts each in half. Then with a vision, he arranges them in and around the prosciutto.

"I'll make a small space here on the side for the coddled egg. " He has cooked the egg 5 minutes in boiling water, drained it and immediately plunged it into ice water. "Then you peel it immediately." This gives you the coddled egg which is the perfect place between a soft boiled egg and a hard boiled egg. He carefully breaks open the egg on the plate and the yolk drips

around the edges of the prosciutto. He sprinkles on a little Maldon sea salt.

Chillum tucks small dollops of red onion marmalade in the crevices around the prosciutto and goat cheese. He has made the marmalade by chopping purple onions finely, adding local honey, brown sugar, red wine vinegar, and a little citrus and cooking it for about 20 minutes. "It adds a little sweet and sour. It is very rich."

Finally he garnishes the dish with purple watercress "which adds a little heat, bitterness" and then sprinkles a few mustard blossoms around the top. He says this is one of the four appetizers, five entries and two desserts on the Mother's Day menu.

Chillum has been at Vermilion for a year and a half but it was a return for him after spending 5 years at Vermilion before heading to Irongate in DC for 12 years. Chillum says he grew up on Kent Island where he remembers going crabbing and shucking oysters in the backyard. But he says his parents weren't really culinary experts, and he got his first real experience with food when he was 17 years old working for a talented young chef in a neighborhood place. "I learned a lot from him, and it was the first time I thought of cooking as a potential career."

His next step was a move to San Francisco where he worked for James Beard award-winning chef Donald Link who he says was his biggest influence. "It was the first time I was away from home, my family and friends. I had to make it on my own. It was a pivotal experience, and I had to make money to survive in the big city. He ran a very strict ship, and it was here I learned a lot about the difference between a neighborhood and a high end restaurant."

Chillum says being a chef is a big challenge. It is about a lot more than preparing food. You have to manage people and also the costs. He explains about 30 percent of restaurants will go out of business in the coming year. Chillum also thinks times have changed, and chefs want more balance in their lives. "It is a tough job. I want to give my staff good wages and a balanced life. I want to see my ten-year-old son's baseball games."

Chillum has earned a number of culinary awards including a Best New Restaurant nod from the Washingtonian at Notti Blanche, Rising Culinary Star of the Year when at Vermilion the first time as Executive Chef with recognition as the Best Upscale Casual Restaurant



Vermilion Executive Chef Anthony Chillum



Chef Anthony Chillum has laid out the tray of farm to local ingredients for his Mother's Day special



Chillum cuts thick slices of sourdough bread which he will grill in a cast iron skillet



Chef Chillum grills the sourdough in butter to satisfy the French chef's mother



Slices of domestic prosciutto are added to the buttered sourdough



Slices of Goot Essa ash goat cheese are arranged with an artful eye



A coddled egg is broken open and placed on the edge of the plate with purple onion marmalade tucked in the crevices. A garnish of purple onions and a sprinkling of mustard blossoms complete the dish.

with three stars from the Washington Post.

As for the Mother's Day favorite in Chillum's family. "Well, you

see the porterhouse steak on the menu. That is always the favorite of my mother-in-law. She requests it at every occasion."



Chef Chillum with piece de resistance for Mother's Day menu



Burke & Herbert Bank presents NVFS, the Bank's Goals for Good recipient, with a \$28,800 donation. From the left: Angie Zirk, Burke & Herbert Bank; Kathleen McMahon, NVFS; Phil Quintana, Burke & Herbert Bank; Sara Kreitzer, NVFS; Yvette Golladay, and Jane Petty, Burke & Herbert Bank.

Burke & Herbert Donates \$28,800 to Support Local Families

Goals for Good Recipient, NVFS, receives record high contribution.

Burke & Herbert Bank representatives presented Northern Virginia Family Service (NVFS) with a check for \$28,800 at the conclusion of the Bank's annual Goals for Good Program. The amount is the highest presented to an organization in the program's ten-year history. NVFS amassed this sum by receiving \$100 from the Bank for each goal scored by the Washington Capitals during the 2024-2025 National Hockey League (NHL) regular season.

"Thanks to a great hockey year, we're delighted to provide our highest donation in our Goals for Good program's ten-year history to Northern Virginia Family Service," said David Boyle, Burke & Herbert Bank Chief Executive Officer, "NVFS is doing the heroic work needed to build self-sufficiency and empower our local neighbors in need. Our historic bank remains committed to supporting the communities where we do business."

Through this partnership with Monumental Sports,

the Bank has raised awareness and funds for a variety of worthy not-for-profits in the DC Metro area since 2014 including Capital Youth Empowerment Program, Willing Warriors, GrandInvolve, Operation Renewed Hope Foundation, Homestretch, Inc., Rebuilding Together DC-Alexandria, Connect our Kids, Inc., Alice's Kids, Inc. and Most Valuable Kids, Inc. In all, the bank had donated over \$225,000 to support children, housing and veterans in our community.

Burke & Herbert Bank's Goals for Good program supports NVFS in reaching over 40,000 families in the past year. "Every day, NVFS is at the forefront serving our community, creating pathways to health and economic wellbeing for our neighbors," said Stephanie Berkowitz, president and CEO of Northern Virginia Family Service (NVFS). "We are grateful for this partnership and for Burke & Herbert Bank's dedication to making a real difference in the lives of so many."

Northern Virginia Family Service's (NVFS) works to empower more than 40,000 individuals to achieve self-sufficiency. With these essential resources, our community is better equipped for future success and engagement among all of our neighbors. NVFS celebrated 100 years of service in 2024. Learn more at nvfs.org.

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Play Ball! Miracle League begins 14th season.

PHOTOS BY JANET BARNETT/GAZETTE PACKET

BY JEANNE THEISMANN
GAZETTE PACKET

The Miracle League of Alexandria opened its 2025 season as special needs youth from across the region took to the Kelley Cares Miracle Field April 23 at the Nannie J. Lee Recreation Center.

Volunteers from Saint Stephen's & St. Agnes served as "Angels in the Outfield," joining the Miracle League players and assisting them on the field. Opening day for the adult players was held on April 12.

"Today is opening day for our kids ages 5 and up," said Mac Slover, board president of the Miracle League of Alexandria. "Players received their jerseys and hats as part of our partnership with the Washington Nationals Team Up Program."

Joining in the festivities were participants in the Nannie J. Lee afterschool program.

"The Nannie J. Lee afterschool program was here to cheer the players on," Slover said. "A special thanks to Miss Jackie [Person] and her staff. The therapeutic rec staff are so supportive of our Miracle League players as well as all the parents."

The Miracle League of Alexandria started in the spring of 2011 and is now in its 14th year. The organization provides opportunities for children and adults with any physical or cognitive disabilities that cause them to be excluded from conventional baseball leagues. The league uses the volunteer buddy system that pairs each player with an able-bodied peer to help the athletes.

Slover, who retired from the Department of Parks and Recreation in 2018, was a driving force behind establishing the Miracle League of Alexandria. Along with Bill Rivers, the two helped raise awareness and funds to build the Kelley Cares Miracle Field, a rubberized field that allows those with special needs to safely play baseball. Both Slover and Rivers have been honored as Living Legends of Alexandria for their efforts in bring-



Players and volunteers gather for a group photo prior to the start of the Miracle League of Alexandria game April 23 at the Kelley Cares Miracle Field.

"The therapeutic rec staff are so supportive of our Miracle League players as well as all the parents."

— Miracle League board president
Mac Slover

ing the Miracle League and Miracle Field to Alexandria.

The Miracle League is a national program founded in 2000 in Atlanta and has grown to over 300 teams from the United States, Canada and Puerto Rico.

"We are very thankful for our many wonderful players, parents and Angels in the Outfield Buddies who have participated with us through the years," Slover said.

For more information or the 2025 season schedule, visit www.miracleleagueofalexandria.com.



A Miracle League player goes to bat during the MLA game April 23 at the Nannie J. Lee Recreation Center.



A Miracle League player heads to home after a great hit on opening day for the Miracle League of Alexandria.



Angelica Perez with grandson Sebastian Coto, Audrey Cunningham with son Cameron and Lindsay Braden with daughter Capri at the Miracle League game April 23.



Nannie J. Lee after school program cheerleaders cheer for the Miracle League players April 23 on opening day.



Volunteers participate in the clean up of Charles W. Hill Park March 22, the 36th anniversary of Officer Corporal Hill's death in the line of duty.



APD officers listen to the story of the events leading to the death of Corporal Charles Hill in the line of duty March 22, 1989.

'History Matters'

Park cleanup honors slain officer Charlie Hill.

By JEANNE THEISMANN
GAZETTE PACKET

Members of the Alexandria Police Department descended on Del Ray March 22 for the annual Charles W. Hill Park clean up in memory of Hill, the last APD officer to be killed in the line of duty.

"History matters," said APD Lt Jason Story. "Remembering days like March 22, 1989, is very important. It's about honoring Corporal Hill and honoring his family."

March 22, 1989, began as a routine workday for Hill and his family. A member of the Special Operations Team with the APD, Hill was home early playing with his two sons when he was called to respond to a hostage situation in Old Town. During the standoff, Hill was fatally shot, becoming the last APD officer to be killed in the line of duty.

Thirty-six years later, members of the law enforcement community turned out for the annual clean up and beautification of the Del Ray park named in Hill's memory.

"Charlie was killed on March 22, 1989, in the line of duty saving hostages," Story said. "We're here to remember him, his sacrifice and the family's sacrifice."

A 13-year-member of the Alexandria police force, Hill was killed when 34-year-old Jamie Wise had taken several hostages in the 300 block of Hopkins Court to collect on a drug debt.

After a five-hour standoff, Wise emerged with a sawed-off shotgun pointed at the



Members of the police department are joined by volunteers and members of the Hill family on March 22 as part of the Corporal Charles Hill Park cleanup day. Hill was killed in the line of duty on March 22, 1989.

head of a teenage hostage. A police sharpshooter shot Wise but not before he was able to fire off two rounds. One fatally wounded Hill and the other severely injured Hill's partner, officer Andrew Chelchowski.

Just one month earlier, Hill had celebrated his 40th birthday. In 1993, Chelchowski, Hill's partner that day, died of suicide after suffering from PTSD from the incident four years earlier.

Joining the APD officers were student volunteers from Episcopal High School.

"We wanted to be here to do something positive in the community and to learn about the service of Officer Hill," said EHS student William Jacoby.

Added Story, "Many retirees are here because they lived through it. It's about keeping alive Corporal Hill's memory and sacrifice."

"We're here to remember him, his sacrifice and the family's sacrifice."

— Lt. Jason Story on slain officer Corporal Charles Hill



Ginny Hill Obranovich with sons Robert and Charles at the cleanup of the Charles Hill Park March 22 in Del Ray.



Corporal Charles Hill's granddaughters at cleanup day March 22 at Charles Hill Park in Del Ray.

Youngkin Fails to Collaborate

Youngkin's four-year total of vetoes: 437; surpasses McAuliffe prior record of 120.

BY SEN. SCOTT SUROVELL

Last week, Gov. Glenn Youngkin completed action on the state budget and legislation from the General Assembly after we took action on his first round of proposed amendments and vetoes. The actions bring a conclusion to four years of an usual style of dealing with the General Assembly and a disappointing end to this budget cycle.

Governor Youngkin vetoed an additional 38 bills bringing this four-year total to 437 vetoes which broke the prior record of Governor McAuliffe by 317. None of Governor Youngkin's budget vetoes were discussed with the General Assembly in advance and the pure number of vetoes and amendments was unprecedented. Prior governors such as Mark Warner and Tim Kaine governed with legislatures controlled by the other party and typically vetoed less than 10 bills per session.

This behavior is contrary to the Governor's campaign promises to work towards bipartisan compromise. For example, he vetoed many bills that passed unanimously and one of my procedural cleanup bills that received just two negative votes after four committee hearings and six floor sessions. Most of these vetoes came with no notice or dialogue prior to announcement.

The Governor also made 37 "line item vetoes" to our state budget and claimed it was necessary because the Commonwealth needs to reduce spending and reserve funds due to



economic uncertainty. While I appreciate the Governor's recognition that the Trump Administration has created extraordinary risk to the Virginia economy, his line item vetoes were unusual in many respects.

First, the Governor vetoed \$900 million of capital spending – most of which he proposed in his December budget. This is the second year that Governor Youngkin has rejected

budget proposals that he initially proposed. It is impossible to cooperate with someone who cannot agree with his own proposals.

Second, the Commonwealth currently has the largest combined revenue reserves we have ever held in the history of the Commonwealth — \$4 billion. These are a combination of constitutionally required "Rainy Day Fund" deposits and a General Assembly established revenue reserve fund we created consistent with our conservative budgeting which maintains our triple A bond status that keeps borrowing costs low for taxpayers.

He also gave no notice that he wanted to cut this spending and engaged in no dialogue. In addition, construction spending is exactly what economists recommend in economic downturns because of the broad impact it has on various sectors. The Trump Administration's tariffs are also likely to make these projects more expensive if the Commonwealth delays them even six months.

The Governor also cut much needed and merited spending including a new first time

homebuyer program and renter's assistance to help young people with affordable housing.

Governor Youngkin also rejected our proposal to lower the body mass index required to obtain new weight loss drug regimes funded by Medicaid. The General Assembly proposed a BMI of 35 or more or 30 if someone has diabetes. A BMI of 30/35 equals about 200/235 lbs. for a 5'10" person. His rejection of the lower BMI proposal saves taxpayers only \$7 million while forfeiting \$40 million in federal matching funds, and will cost taxpayers millions more in obesity-related healthcare expenses. He also vetoed additional investments in Geriatric and Dementia services for elderly in nursing homes.

We also saw line item vetoes for community violence reduction grants and over \$20 million towards our \$400 million state park deferred maintenance needs. He also vetoed tens of millions in storm water mitigation, Hurricane Helene relief money, and environmental education programs.

Other than actions we will likely have to take this fall to triage The Trump Administration's proposed massive cuts to Medicaid, education funding and climate change policy, this was Governor Youngkin's last chance to reach bipartisan compromise in our regular budget cycle before his term ends. He has continued to attempt to govern as a partisan candidate and make decisions based on his next Republican primary or act unilaterally like a business executive rather than work with the legislative branch of government to reach consensus. I am hopeful our next Governor will not make the same choice.

Sen. Scott Surovell is Virginia Senate Majority Leader & State Senator from 34th District of Virginia

Stroke Awareness Month Act FAST

BY DEL. PAUL KRIZEK

May is recognized as National Stroke Awareness Month. It is a time dedicated to raising awareness about strokes, their symptoms, prevention, the importance of swift treatment, and support for survivors and their families.



brain attack, happens when blood flow to an area of the brain is blocked or when a blood vessel in the brain bursts. Blood carries oxygen to cells in the body. When brain cells are starved of blood,

strokes: Ischemic, caused by a clot, and Hemorrhagic, caused by a rupture. A Transient Ischemic Attack (TIA) or "warning stroke" is caused by a temporary blockage. Each year, approximately 800,000 people in the U.S. suffer a stroke. Even though some people

are at higher risk for stroke, like stroke survivors and people with unmanaged AFib or high blood pressure (hypertension), strokes can happen to anyone, at any age. In fact, stroke is the fifth-leading

SEE KRIZEK, PAGE 11

A stroke, sometimes called a they die. There are two types of

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A Connection Newspaper

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Virginia
PRESS
Association
Award Winning
Newspaper

OPINION

Krizek

FROM PAGE 10

cause of death and a leading cause of serious, long-term disability in the U.S. Women face a higher risk of stroke, with risk factors such as pregnancy, preeclampsia, and birth control use, especially if they also smoke. In the United States, 1 in 5 women between the ages of 55 and 75 will have a stroke. Among women, Black women have the highest prevalence of stroke.

A helpful acronym to remember the symptoms of stroke is F.A.S.T., which stands for face drooping, arms weakening, speech difficulties, and time to call 9-1-1.

My late mother had a stroke before she later passed away in 2021, and our ability to quickly identify these symptoms allowed us to get her to the emergency room at INOVA Mount Vernon Hospital, where there is a dedicated Stroke Medical Director, for the emergency treatment she needed as soon as possible. Some treatments for stroke work only if given within the first 3 hours after symptoms start. A de-

lay in treatment increases the risk of permanent brain damage.

There are many ways to reduce your risk of stroke. Don't smoke or vape and avoid secondhand smoke. Eat healthy foods low in saturated fat, trans fat, and sodium, and reduce your intake of sugary drinks. Do regular physical activity. Keep a healthy weight and take your medications as prescribed. Limit alcohol to one drink a day for women and two drinks per day for men. Get your blood pressure checked regularly and work with your health care professional to manage it if it's high. Make sure to get adequate sleep and reduce stress levels when possible. Talk to your doctor about what plan is best for you.

When you spot a stroke warning sign, it is important to act fast. Recognizing the stroke warning signs and calling 9-1-1 immediately may make the difference between a strong recovery for the patient or long-term disability, and ultimately between survival or death. Remember, time lost is brain lost. Visit www.stroke.org for more information and resources.

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. Or email to calendar@connectionnewspapers.com

VOLUNTEERS WANTED

Alexandria Families for Safer Streets - Executive Assistant to AFSS Board of Directors. The agency is seeking an executive assistant to help coordinate a diverse group of tasks necessary to keep us on track and moving forward. Someone with office manager skills would be the ideal candidate. www.volunteerallexandria.org

ALIVE! Volunteers are needed to assist with multiple programs relating to their Food Program, ALIVE! House, and Alexandria Eviction Prevention Partnership Program will distribute food at Mobile Pop-ups and Truck to Trunk events, etc. <https://www.volunteerallexandria.org/ALIVE>

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

Join Friends' Board. Those who care about mental health, the Alexandria community, and col-

laborating 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 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 donaledge@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

SEE BULLETIN, PAGE 13

The United States Air Force Band

2025

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ENTERTAINMENT

SPECIAL TOUR

All Lit Up Like a Japanese Lantern



The Japanese Aesthetic in
Frank Lloyd Wright's Pope-Leighey House

All Lit Up can be seen on Saturday, May 17, 2025 at Woodlawn & Pope Leighey House in Alexandria.

NOW THRU JUNE 1

Enduring Roots by David Myers. At Multiple Exposures Gallery, Studio 312, Torpedo Factory Art Center, Alexandria. Featuring a visual meditation by David Myers on resilience, time, and the relationship between people and the land they tend. Alongside the collection of more than 30 photographs in the exhibition, Myers' book *Wandering Among Them* offers further depth, featuring 13 images, some of which are exclusive to the book and not part of the gallery display. The limited edition book will be available for viewing and purchase at the gallery throughout the exhibition.

NOW THRU MAY 24

The Alexandria City High School Titan Student Art Exhibition. At Del Ray Artisans, 2704 Mount Vernon Avenue, Alexandria. Join for the Opening Reception on Friday, May 2, from 7-9 p.m., and enjoy ACHS Performing Arts students' live chamber music performances and the ACHS Visual Arts Award Ceremony. Gallery hours are Thursdays 12-6 p.m., Fridays 12-9 p.m., Saturdays & Sundays 12-6 p.m. (closed May 25). Details: DelRay-Artisans.org/exhibits.

THURSDAYS, MAY 8 & 22

Spring Garden Tour & Tea. 1-3 p.m. At Green Spring Gardens, Alexandria. (Adult) Take a tour of the beautiful demonstration gardens with an Extension Master Gardener docent. Find inspiration in our horticulturists' plant choices and garden bed designs. Hear about our 18th century origins and our mission today, then step inside for afternoon tea. Garden tours run rain or shine. \$42 (lecture + tea).

FRIDAY/MAY 9

Wright at Twilight. 6:30-9 p.m. At Woodlawn & Pope-Leighey House, 9000 Richmond Highway, Alexandria. Enjoy the iconic Pope-Leighey House, designed by Frank Lloyd Wright, at twilight! Sit back with complimentary snacks and a glass of wine, as you watch

the changing light bring out the beautiful architectural details of the house. Play games in the yard, listen to period music, and tour the house at your leisure as the sun slowly sets. Tickets are \$30, with one drink included in the price of your ticket. Call (703) 780-4000 or email woodlawn@savingsplaces.org. Visit the website: <https://www.woodlawnpopeleighey.org/upcomingevents>

SATURDAY/MAY 10

Watercolor Workshop – Botanical Watercolors. 10 a.m. to 4 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. (16-Adult) For the beginner or advanced student, artist and instructor Dawn Flores will share watercolor techniques through exercises that help you understand color, composition and improve brush control. Learn about the history and types of paper used in botanical art. Basic drawing skills are helpful for drawing the plant specimen from which to paint an elegant botanical portrait. A supply list will be emailed before class. Bring a lunch. \$107 per person. Register online at <http://www.fairfaxcounty.gov/parks/parktakes> or call Green Spring Gardens at 703-642-5173. Code 6CZ.1HHF

SUNDAY/MAY 11

Mother's Day Tea. 1:00 to 3:00 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. (Adult) Celebrate mothers everywhere with a festive, art-themed bingo game presented by Historic House interpreter Karen Heyda Jackson. Explore artistic depictions of motherhood by well-known artists from around the world while playing an entertaining game of bingo. Prizes and teatime favors included. \$48 (lecture + tea); \$23 (lecture only).

WEDNESDAY/MAY 14

Northern Virginia Bird Alliance Birdathon. At Monticello Park, Alexandria. Please consider joining anytime Wednesday, May 14 (Rain date May 15) – you don't have to



The Old Town Festival of Speed & Style will be held on Sunday, May 18, 2025 in Old Town Alexandria.

commit the whole day! Birders of all skill levels are welcome. They are hoping to see more than the 58 species (18 warblers) they saw last year. And whether or not you can join – consider donating. This is a fundraiser – and the contributions will go to Stretch Our Parks program – in Monticello Park and at the other sites - and to other NVBA activities. Visit the website: <https://donorbox.org/birdathon-2025/fundraiser/libby-lyons> Contact Libby: email (libbylyons99@gmail.com) or text/call (202-415-4946.) Russ: email (rrussell.bailey@gmail.com) or text/call (571-606-5534.)

SATURDAY/MAY 17

Spring Garden Day - The Big Plant Sale! 9 a.m.-3 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. (All ages) Local garden vendors descend on Green Spring Gardens with beautiful and unusual plants to fill your spring gardening needs. Growers and Extension Master Gardeners are on hand to help with plant selection and offer gardening advice. Home-baked goods and treats will be available at the bake sale at the Horticulture Center. There will also be a used book sale. This annual event is sponsored by the Friends of Green Spring (FROGS). Free. No registration needed.

SATURDAY/MAY 17

All Lit Up. 12-1 p.m. At Woodlawn & Pope-Leighey House, 9000 Richmond Highway, Alexandria. Discover how Frank Lloyd Wright incorporated his love of Japanese art, architecture, and philosophy into Usonian homes, and how this East Asian influence shines in Wright's Pope-Leighey House. Visit the website: <https://www.woodlawnpopeleighey.org/upcomingevents>

SUNDAY/MAY 18

Dvořák Side-by-Side. 3 p.m. At the GW Masonic National Memorial.

Featuring the Washington Metropolitan Philharmonic & Washington Metropolitan Youth Orchestra.

SUNDAY/MAY 18

Old Town Festival of Speed & Style. 10 a.m. to 3 p.m. The Old Town Festival of Speed & Style, presented by Burke & Herbert Bank, celebrates its sixth year in Old Town Alexandria. This high-profile event features an impressive lineup of rare supercars and vintage motorcycles, a live fashion demonstration at noon, live music, family-friendly fun, and a judged car awards presentation. The Festival draws thousands of visitors, boosts local business, garners media attention, and donates all proceeds to local nonprofits: ALIVE!, Community Lodgings, and the National Breast Center Foundation. Visit www.festivalofspeedandstyle.com.

TUESDAY/MAY 20

Saving Pope-Leighey House. 7-8 p.m. Virtual/Online. Join virtually at 7 p.m. on May 20th to learn more about the efforts of Marjorie Leighey and how she saved her Frank Lloyd Wright home from demolition. Visit the website: <https://www.woodlawnpopeleighey.org/upcomingevents/2025/5/20/virtual-program-saving-pope-leighey-house>

SATURDAY/MAY 24

Drawing Workshop – Trees and Leaves. 9:30 a.m. - 3:30 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. (16-Adult) Use your basic drawing skills to accurately render realistic drawings of trees and their leaves. Artist and instructor Caroline Hottenstein shows you how to use the media of your choice - a micron pen, watercolor, graphite, or colored pencils to capture and highlight details. Previous drawing experience encouraged. A supply list will be emailed before class. Bring a lunch. \$107 per person. Register online at <http://www.fairfaxcounty.gov/parks/parktakes>

fairfaxcounty.gov/parks/parktakes or call Green Spring Gardens at 703-642-5173. Code T2H.4J73

SATURDAY/MAY 24

Inalienable Rights. 10 a.m. to 4 p.m. At Woodlawn & Pope-Leighey House, 9000 Richmond Hwy., Alexandria. Woodlawn welcomes Joe McGill and the Slave Dwelling Project for a day of free programming with living historians and storytellers sharing the lives and history of people enslaved in Virginia. Visit the website: <https://www.woodlawnpopeleighey.org/upcomingevents>

SUNDAY/MAY 25

I Like Coffee, I Like Tea. 1:00 p.m. - 3:00 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. (Adult) Tea and coffee are the most popular beverages in the world, and both have legendary pasts. Learn about the history, provenance and health benefits of these flavorful, and competing, brews as we compare and contrast them. Regardless of your preference, you may change sides in the battle of the cup. \$42 (lecture + tea); \$18 (lecture only).

THURSDAY/MAY 29

Jane Franklin Dance. 7 p.m. At The Athenaeum, 201 Prince Street, Alexandria. Jane Franklin Dance and Northern Virginia Fine Arts Association at the Athenaeum Present Farewell Athenaeum. Tickets: \$23 thru May 27 (a ticket purchase supports JFD & NVFAA); \$25 starting May 28, \$28 at the door. Visit www.janefranklin.com or call 703-933-1111.

SATURDAY/MAY 31

Watercolor Workshop - Using Grids Creatively. 9:30 a.m. - 3:30 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. (16-Adult) In this class you will use a grid to turn your drawings

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WWW.CONNECTIONNEWSPAPERS.COM

Never Forgotten

FROM PAGE 3

and others who perished in the Holocaust.

Mayor Alyia Gaskins reflected on the significance of the city's Days of Remembrance ceremony.

"We come together as a community because we want to remember, we want to recognize and we want to do the important work of preserving our freedom, promoting human dignity and confronting hate wherever and whenever it occurs," Gaskins said.

Rabbi David Spinrad of Beth El Hebrew Congregation told the story of a young Hugo Gryn, a survivor of the holocaust who went on to become a prominent Rabbi. During his imprisonment Gryn witnessed his father's unwavering hope as they secretly observed Hanukkah in the concentration camps.

"Gryn understood that even in the midst of profound tragedy the flame of hope has to continue to burn," Spinrad said. "The range of the extremes of human behavior that we are capable of both on the side of perpetrators but also on the side of the resilience of some of the victims who are lucky to survive shows the alarming results of anti-Semitism and racism carried to extremes."

Other officials participating in the ceremony included Sheriff Sean Casey, Alexandria Commonwealth's Attorney Bryan Porter, and the Hon. Greg Parks. Historian Richard Britman, Distinguished Professor Emeritus at American University, was guest speaker.

The U.S. Holocaust Memorial Museum leads the nation in the weeklong Days of Re-



PHOTO BY JANET BARNETT/GAZETTE PACKET
Rabbi David Spinrad of Beth El Hebrew Congregation lights a candle at the Days of Remembrance ceremony April 24 at market Square.

membrance commemoration, in accordance with Congressional mandate.

"We are all faced with daily choices as individuals, as families and as citizens, Rein said. "This ability to exercise our own free will is not just the measure of our humanity is the very thing that makes life worth living."

BULLETIN BOARD


FROM PAGE 11

- Society to take cancer patients to treatment in Northern Virginia. To volunteer, call 1-800-227-2345 or go to cancer.org/drive.
- RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.
- Mentors Wanted. Two creative programs that help transform the lives of Alexandria's preteens are seeking volunteer mentors. SOHO, which stands for "Space of Her Own," and "Space of His Own," serves vulnerable fifth graders in Alexandria. The programs pair men and women with youth in need of positive adult role models, to help support and guide youth in making healthy choices and succeeding in school and in life. Visit www.spaceofherown.org and www.spaceofhisown.org. For more information on how to become a SOHO mentor, contact Sarah Maroney at sarah.maroney@alexandriava.gov or phone at 703-746-4687.
- Farmer's Market Volunteers Needed. To volunteer for the Farmer's Markets, email Brian Morreale, brianmorreale@gmail.com

SUPPORT GROUPS

- Postpartum Support Virginia sponsors a free, bi-monthly support group for women suffering depression and/or anxiety during pregnancy or in the first year following childbirth. Meets on the 2nd and 4th Wednesdays of each month at Inova Alexandria Hospital, Health Education Center, rooms 1-2, 4320 Seminary Road. Contact co-moderator Susan Doyle at suzjdoyle@gmail.com or 571-403-0673.
- The Parkinson's Disease Support Group of Alexandria meets the 1st Wednesday of each month at 2 p.m. At the Hollin Hall Senior Center, Room 109, 1500 Shenandoah Road. All Parkinson's patients and caregivers are welcome.
- The Caregiver Support Group is facilitated by the Alexandria Department of Community and Human Services Division of Aging and Adult Services. Meetings are held the first Wednesday of each month at the Adult Day Services Center, 1108 Jefferson St., 4-5:30 p.m. Participants are full- or part-time caregivers providing care locally or long distance to a family member or friend. Participants share their experiences, provide support for each other and receive resources to assist them with caregiving. The next Caregiver Support Group meeting is June 7. For more information or to register, contact Jennifer Sarisky at 703-746-9999 or email DAAS@alexandriava.gov.
- FACE Center Support Groups provide parents with a space to share their daily parenting frustrations and triumphs while offering new strategies for helping parents to cope, build positive parent-child relationships

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Legals

Legals

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

BE IT RESOLVED, that the City of Alexandria, Virginia Sanitation Authority d/b/a AlexRenew, hereby signifies its intent to change certain rates, fees, and charges to become effective **July 1, 2025** and hereby sets the date of **Saturday, May 17, 2025 at 9:30 a.m.** at AlexRenew's administrative office, 1800 Limerick Street, Alexandria, VA 22314 for a public hearing to receive comment regarding same. The meeting will be held in person and broadcast on Microsoft Teams.

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

The proposed rates, fees, and charges are:

Description	Meter Size	Current Effective July 1, 2024	Proposed Effective July 1, 2025	Proposed Effective July 1, 2026
Individually Metered Residential Service Wastewater Treatment Charge	All Meters	\$10.26	\$10.77	\$11.38
Commercial Service – Wastewater Treatment Charge				

Description	Meter Size	Current Effective July 1, 2024	Proposed Effective July 1, 2025	Proposed Effective July 1, 2026
Residential Base Charge	All Meters	\$14.57	\$15.29	\$16.16
Commercial Base Charge	5/8 inch	\$43.68	\$45.87	\$48.48
	3/4 inch	\$43.68	\$45.87	\$48.48
	1 inch	\$109.19	\$114.68	\$121.20
	1-1/2 inch	\$218.38	\$229.35	\$242.40
	2 inch	\$349.41	\$366.96	\$387.84
	3 inch	\$655.14	\$688.05	\$727.20
	4 inch	\$1,091.90	\$1,146.75	\$1,212.00
	6 inch	\$2,183.80	\$2,293.50	\$2,424.00
	8 inch	\$3,494.08	\$3,669.60	\$3,878.40
Minimum Deposit Based on Meter Size	-	\$0.00	\$0.00	\$0.00
Residential Customer Activation Fee	-	\$15.00	\$15.00	\$15.00

The new rates and charges shall be effective on July 1, 2025, and shall remain in effect until further revised. Any rates, fees, or charges not revised herein shall remain in effect until further revised.

Comments on AlexRenew's proposed Fiscal Year 2026 budget will also be received at the public hearing. The proposed Fiscal Year 2026 budget and AlexRenew's audited financial statements are available for examination by the public online at www.alexrenew.com. Copies will be made available upon request – phone (703) 721-3500 ext. 2260.

AlexRenew
Rebecca Hammer
Secretary – Treasurer

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BULLETIN

FROM PAGE 13

and best support their children's learning.

- ❖ Support Group in English, every Monday, 6-7:30 p.m. at ARHA Main Building, 401 Wythe St.
- ❖ Support Group in Spanish, every Wednesday, 6-7:30 p.m. at Community Lodgings Brookside Center, 614 Four Mile Road.

Registration not necessary. A light dinner and childcare services provided free. Contact Krishna Leyva at 703-619-8055 or krishna.leyva@acps.k12.va.us for more.

Divorce Workshop for Women.
Second Saturday of each month, 9 a.m.-1 p.m. at Hilton Alexandria Old Town, 1767 King St. The workshops are designed to provide education on the legal, financial, family and personal issues of divorce in a logical, yet compassionate way. The workshop fee is \$25. Visit www.novasecond-saturday.com for more.

ONGOING

Backflow Preventer (BFP) Assistance Program. The City of Alexandria has reinstated its sewer Backflow Preventer (BFP) Assistance Program for homeowners in designated areas that historically experience basement back-ups or flooding. The program reimburses homeowners for up to 50 percent of the cost of installing a BFP device by a licensed plumbing contractor, up to a maximum of \$2,000. The current program period is through Dec. 31, 2019. Alexandria homeowners should call the Department of Transportation and Environmental Services at 703-746-4014 or visit www.alexandriava.gov/tes.

Robust Walking. Mondays, Wednesdays and Fridays at 9 a.m. at Mount Vernon Recreation Center, 2701 Commonwealth Ave. Free 55+ robust walking 1-hour exercise class (with chair exercise option). No class on holidays. Contact jjkingconsulting@yahoo.com.

Seeking Donations. Computer CORE, which is dedicated to helping low-income adults become computer literate is seeking donations. Visit www.computercore.org/contribute.

Senior and Job Programs. 8:30 a.m.-1:30 p.m. Queen of Apostles Church, 4650 Taney Avenue, Alexandria. St. Martin de Porres Center offers senior and job placement programming Monday through Friday at the parish. Email Kathryn Toohey, ktoohy@ccda.net.

Be Heard at the City's Monthly Public Hearings. A schedule of the meetings can be found at www.alexandriava.gov. Voice opinions, speak about something on the docket or just speak about something you are concerned about. Sign up in advance to speak through the city's website. Anyone is welcome at any of the public hearings.

Public Space Recycling. Alexandria has placed more than 80 bright blue recycling containers next to public trash cans in the commercial districts along Mount Vernon Avenue and King Street, as well as other public spaces, including parks, recreation fields, and other high-traffic pedestrian areas. Visit alexandriava.gov/Recycling.

Composting and Food Waste. Alexandria now has Resource Recovery Stations, located at the City's

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ENTERTAINMENT

FROM PAGE 12

and/or photographs into a creative composition with the direction of artist and instructor Mar-ni Maree. Then you will use watercolor to paint it! A supply list will be emailed before class. Bring a lunch. \$107 per person. Register online at <http://www.fairfaxcounty.gov/parks/parktakes> or call Green Spring Gardens at 703-642-5173. Code 01X.L4GY

SATURDAY/MAY 31

Architecture of Woodlawn & Pope-Leighey. 12-1:30 p.m. At Woodlawn & Pope-Leighey House, 9000 Richmond Highway, 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. Visit the website: <https://www.woodlawnpopeleighey.org/upcomingevents>

MAY 31 TO JUNE 1

Armed Forces Cycling Classic. The weekend kicks off on Saturday, May 31, with the Amazon Armed Forces Cycling Classic's Challenge Ride. The Challenge Ride offers a 21km closed course that welcomes cycling enthusiasts of all skill levels, and will now start and finish in our Nation's Capital. Participants will enjoy the opportunity to ride against the backdrop of Washington, DC, and Arlington's most iconic landmarks.

Participants can aim for gold, silver, or bronze medals, awarded based on the number of laps completed during the three-hour event. The weekend's activities also include two days of races, featuring the nation's top Pro/Am men's and women's cycling teams. Saturday's race will be held on a short, spectator friendly course in DC, utilizing the same start/finishing area as the Challenge Ride. On day two, the racing moves to Arlington, VA, for the 27th edition of the Clarendon Cup Pro/Am bike races. cyclingclassic.org.

SATURDAY/JUNE 7

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

SATURDAY/JUNE 7

Old Town Arts & Crafts Fair. 10 a.m. to 5 p.m. At Waterfront Park, 1 Prince Street on the Potomac River. Presented by Volunteer Alexandria, the fair features local and regional artisans who

showcase their pieces across various mediums including pottery, stationery, fabrics, paintings, jewelry, photography and more. Over 90+ vendors joined us last year, including food and drink to purchase. For more information, visit Volunteer Alexandria | Arts and Crafts Festival

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.

MAY

Wed. 7: Madeleine Peyroux: Let's Walk Tour 2025 \$59.50
Thu. 8: UK Folk Legends Martin & Eliza Carthy \$29.50
Fri. 9: Countess Cabaret with Luann de Lesseps \$69.50. SOLD OUT!
Sat. 10: BoDeans \$39.50
Sun. 11: A Tribute To Frankie Beverly featuring Junie Henderson & Paul Bumbry \$39.50
Mon. 12: Living Colour \$49.50
Tue. 13: Sara Evans "Unbroke Tour" \$69.50
Thu. 15: Stella Cole \$35.00
Fri. 16: Keiko Matsui \$55.00
Sat. 17: Pat McGann "Keep Going" \$35.00
Sun. 18: Norman Brown \$59.50
Tue. 20: Five for Fighting with String Quartet w/ Lace and Lee \$45.00. SOLD OUT!
Fri. 23: The Mannhattans featuring Gerald Alston \$69.50
Sat. 24: Chrisette Michele \$69.50
Sun. 25: Corinne Bailey Rae \$69.50. SOLD OUT!
Fri. 30: Colin Mochrie & Brad Sher-

wood (From TV's 'Whose Line Is It Anyway?') \$69.50
Sat. 31: Walter Beasley \$55.00
JUNE
Tue. 3: Steve Earle: Solo & Acoustic 50 Years of Songs & Stories w/ Zandi Holup \$69.50
Wed. 4: Scott Thompson is "Buddy Cole" in The Last Glory Hole \$39.50
Sat. 7: The Smithereens with guest vocalist John Cowsill \$45.00
Sun. 8: Happy Together Tour 2025 Featuring The Turtles, Jay & The Americans, Little Anthony, Gary Puckett & Union Gap, The Vogues, and The Cowsills \$109.50. SOLD OUT!
Tue. 10: Happy Together Tour 2025 Featuring The Turtles, Jay & The Americans, Little Anthony, Gary Puckett & Union Gap, The Vogues, and The Cowsills \$109.50
Thu. 12: Robert Glasper \$79.50. SOLD OUT!
Fri. 13: TWEET \$49.50
Sat. 14: Tarsha Fitzgerald Presents VOICES OF MOTOWN Father's Day Anniversary Show! \$45.00
Mon. 16: The Musical Box performs Genesis Live \$59.50
Wed. 18: Acoustic Alchemy \$35.00
Thu. 19: Tower Of Power \$89.50
Fri. 20: AJ Ghent & His Singing Guitar \$45.00
Sat. 21: Ohio Players \$79.50
Sun. 22: Stacey Kent \$39.50
Wed. 25: Tartan Terrors \$29.50
Thu. 26: Peter Asher: A Musical Memoir of the 60's & Beyond \$49.50
Fri. 27: Pieces Of A Dream \$55.00
Sat. 28: Kasey Chambers w/ Sunny Sweeney \$39.50
Sun. 29: Joshua Redman \$49.50

BULLETIN BOARD

FROM PAGE 14

Farmers' Markets (Old Town, Del Ray) to collect food waste. More than 270 people have participated in the food waste program over the last several months. Participants drop off items weekly, over eight tons of waste has been collected, to be composted to make a natural fertilizer. To learn more about composting visit alexandriava.gov/YardWaste.
English as a Second Language Class. Charles E. Beatley, Jr. Central Library, 5005 Duke St. Tuesdays and Thursdays, all levels 10 a.m.-12 p.m., intermediate workshop 3-5 p.m. All classes free. Call the information desk, 703-746-1702.
The Talking Book Service at Alexandria Library will now operate Monday-Friday, 10 a.m.-3 p.m. Patrons may also reach the service at 703-746-1760.
Digital Magazines. Patrons of Alexandria Library will have unlimited access to read digital magazines, which can be viewed on most Internet-enabled devices inside or outside of the library. Accessible through www.rbdigital.com/alexandriava/zinio.
Eligible low income households can now use their SNAP benefits to buy local foods at the Old Town Farmers' Market. SNAP customers are able to use their electronic benefits transfer cards to purchase fresh fruits, vegetables and other eligible food products at the market. The Old Town Farmer's Market is located at 301 King St., and is open on Saturdays, year round from 7 a.m. to 12 p.m.
Opera NOVA has begun collection of used musical instruments. Any instruments welcomed, regardless of type. Snare drums, clarinets, and violins are just some of the instruments that could bring joy to a home or school. Any recorders

donated will be sent to an orphanage in Haiti in order to build a musical presence there. Opera NOVA has tax-exempt status. Contact Miriam Miller at 703-536-7557 or mcdm1@verizon.net to arrange for delivery.
Free Medicare counseling is available for City of Alexandria residents through the Virginia Insurance Counseling and Assistance Program (VICAP) to help individuals understand and navigate Medicare insurance programs. VICAP Medicare counselors will be available on Thursdays from 1-5 p.m., by appointment only, at the Alexandria Department of Community and Human Services, located at 2525 Mount Vernon Ave. Speakers are also available to present information on Medicare Basic to community groups. Call 703-228-1726.
VCE Master Gardener Help Desk. 9 a.m.-12 p.m. Monday-Friday. Bring fresh samples of problem plants, weeds or insects to ensure accurate identification. VCE recommends carrying samples in plastic bags or other clear containers. No live insects. All clinics and Help Desk are free. 703-228-6414 or mgarlalex@gmail.com.
Five-Star Toastmasters, Club # 9623. Tuesdays, 5:30-7 p.m. at the Pentagon Conference Center. Toastmasters can help participants sharpen their speaking skills, boost their confidence and energize their leadership skills in a team-oriented atmosphere. Visit fivestart.toasthost.com or Club President Charlie DeWitt at 202-997-5087 or Club_President@fivestart.toasthost.com.
Connect with T&ES on Facebook. The City of Alexandria's Department of Transportation & Environmental Services (T&ES) is on Facebook. The T&ES Facebook page will share information on topics such as transportation planning, trash and recycling service, road work and maintenance, traffic, infrastructure and engineering projects, Eco-City Alexandria

and environmental initiatives, emergency cleanup efforts, and more. Visit alexandriava.gov/SocialMedia.
Training Courses. The American Red Cross in the National Capital Region will host training courses in CPR, First Aid, and AED in the Alexandria and Fort Belvoir offices. These classes offer a two-year certification. Classes range from \$70-\$110 and will be held on Tuesdays, Wednesdays, Thursdays, or Saturdays, dependent upon the participant's choice. Advance registration is required. To register for a class or find another class in your area, call 1-800-RED-CROSS or visit redcross.org/takeaclass.
Internet Offered for Low-income Families. Internet Essentials is an adoption program designed to help close the digital divide for low-income Americans. A household is eligible to participate if it is located where Comcast offers Internet service; has at least one child who is eligible to receive either a free or reduced price school lunch under the NSLP; has not subscribed to Comcast Internet service within the last 90 days; and does not have an overdue Comcast bill or unreturned equipment. Any household that qualifies will remain eligible for Internet Essentials if at least one child eligible for either a free or reduced price school lunch remains living in the household.
Plant Clinics. 10 a.m.-1 p.m. Thursdays at Alexandria Lee Center, 1108 Jefferson St. From late-April to late-October, the Master Gardeners of Northern Virginia will be holding a plant clinic for the community. Gardeners also staff the Horticulture Help Desk, 9 a.m.-noon weekdays year-round at the VCE office in the Fairlington Community Center, 3308 S. Stafford St. Contact 703-228-6414, mgarlalex@gmail.com or www.ext.vt.edu.

Vegging Out in Print



By KENNETH B. LOURIE

During my "formative years," childhood to now, other than baby food vegetables my late mother no doubt fed me (they didn't/don't have cream cheese and American cheese sandwiches - my go-to food staple, in a jar), other than Green Giant corn niblets and/or seasonal corn on the cob, I never, and I mean never, ate vegetables. Now whether it was my maternal grandmother's Eastern European cooking or my mother's need to clean up the kitchen by a certain time, I was never made to eat or even exposed to many vegetables while eating at home. (When my mother did cook a vegetable - primarily for my father, she used a pressure-cooker. Whatever life those vegetables had going into that pot, they came out limp and lifeless.)

As my eating habits have evolved (even cavemen and women evolved), I have occasionally had vegetables on my plate. Never a large portion but enough that I wasn't the object of ridicule. Mostly I have come to semi-tolerate green vegetables, even spinach believe it or not, Popeye cartoons notwithstanding. Apparently, vegetables, as I learned later in life, are not necessarily supposed to be cooked in a pressure-cooker or squeezed/eaten out of a can. And when prepared properly, some vegetables actually taste okay.

In summary, I've become mostly civilized when it comes to food. Nothing to brag about and nowhere near normal. If the dinner was not prepared/selected, off the children's menu, it's likely most choices I won't eat for any number of reasons: name, look, smell, texture, country of origin, et cetera. I don't own any big-boy pants, so yours truly is more often than not, yours stupid/stubborn.

Recently however, I crossed the line between me and normal. Inadvertently, due to availability, I bought some pre-packaged French green beans. After eating them I found their "pencil thin mustache" width appealing in taste and appearance and not because they reminded me of Ricky Ricardo, as sung by the late, great Jimmy Buffett. As with Mikey, from those old Life cereal television commercials, Kenny likes it.

Unfortunately, ever since that first unintentional purchase and subsequent serving for dinner, in repeated trips to our local Sprouts supermarket where I originally bought these fancy green beans, I have been too late. The beans are all gone. After my third unsuccessful venture into their store/produce section, I did the first of two actions I've never done before. First, I asked a produce employee about a vegetable's availability, since during my mid-afternoon arrivals, the beans were always gone. Her answer was that the French beans are popular, and they usually run out. She then suggested I return in the morning.

This brings me to the second action. Never, ever, have I made a special trip - in the morning no less, to a supermarket/produce stand, whatever, to buy a vegetable. This kind of "special" action typically is reserved for an Entenmann's or a Ben & Jerry's ice cream sale, but a vegetable? To invoke one of my wife Dina's favorite quotes: "Hardly." I can't say I'm proud of my behavior, but neither am I embarrassed. As my father-in-law so often says: "It is what it is."

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

corcoran

MCENEARNEY



Old Town
509½ S Fairfax Street

\$1,850,000 | One of Old Town's celebrated Painted Ladies, this 3-bedroom, 2.5-bathroom Victorian townhome with a spacious floorplan is a rare opportunity to own a piece of Alexandria's rich history, so make it yours!

Jillian Hogan Homes : 703.951.7655
JillianHoganHomes.com



Eddington Terrace
2929 Eddington Terrace

\$1,799,000 | Stunning & sophisticated, impeccably maintained, 4-bedroom, 3.5-bath brick Colonial nestled in an exclusive enclave off King Street. 2-car garage, 3 gas fireplaces, hardwood flooring, & sprawling primary suite.

Heidi Burkhardt : 703.217.6009
RealtorHeidiB.com



OPEN SUN 5/11, 2-4PM

Old Town
622 S Pitt Street

\$1,550,000 | 3-bedroom, 3.5-bath townhome offers contemporary design, hardwood floors, wood burning fireplace, sleek kitchen, and a loft area. Zen-like interior patio and an enormous backyard with mature landscaping.

Babs Beckwith : 703.627.5421
OldTownAlexandriaLiving.com



Ballantrae
1417 Kingston Ave

\$1,449,000 | Beautifully updated Colonial on a 0.5-acre lot in 22302. Traditional floor plan with spacious living, eat-in kitchen, finished lower-level suite, screened porch & more. Walk to shops, parks, and schools. Minutes to Old Town.

Sallie Seiy : 703.798.4666
SallieSeiy.com



Fords Landing/Old Town
9 Franklin Street

\$1,300,000 | Exceptional 3-bedroom, 2-bath townhome just steps from the river features 2 gas fireplaces, hardwood floors, new roof, new windows with plantation shutters, and a stainless kitchen. 2 car off-street parking.

Babs Beckwith : 703.627.5421
OldTownAlexandriaLiving.com



Old Town
614 N Pitt Street

\$1,299,000 | Beautifully maintained 3-bedroom home with 2-car garage, elegant finishes, spacious layout, multiple living areas, and top-floor suite. Walk to shops, parks, dining, and enjoy unmatched neighborhood amenities.

Sue Feintheil : 703.819.1964
SueF4Homes.com



OPEN SAT 5/10, 1-3PM

Yates Gardens/SE Old Town
915 S Saint Asaph Street

\$1,200,000 | Charming and spacious 3-bedroom (2 on upper level), 3-bathroom townhome. 2022 addition includes a family room that doubles as guest bedroom. 1 parking space included. Pristine condition!

Sarah Bobbin : 571.225.8716
SophisticatedLivingNOVADC.com

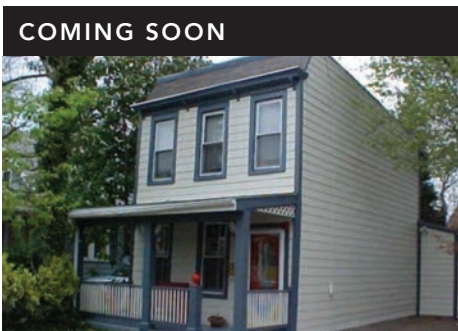


OPEN SUN 5/11, 2-4PM

South Arlington
1549 11th Street S

\$995,000 | Fully renovated 3-bedroom, 3-bathroom home with amazing outdoor space: decks, hot tub, fire pit, and patio. Features open main level, gourmet kitchen, main-floor suite, and walk-out lower level with bar.

Wendy Santantonio : 703.625.8802
WendySantantonio.com



COMING SOON

Del Ray
104 E Oxford Avenue

\$950,000 | Come see this charming, 2 bedroom, 2 bath home in the heart of Del Ray! Thoughtfully updated with classic details, a lush backyard, and unbeatable walkability to shops, dining, and parks.

Betty Mallon : 703.989.8548
Miriam Miller : 703.598.6619



OPEN SUN 5/11, 2-4PM

SW Old Town
731 S Alfred Street

\$750,000 | This delightful 2-bedroom, 2-bathroom row home has a brand new beautiful, opened kitchen, a lovely updated bathroom, and so much more! Super convenient location!

Sarah Bobbin : 571.225.8716
SophisticatedLivingNOVADC.com



OPEN SAT 5/10, 12-2PM

Mt Vernon Valley
8205 Glyn Street

\$625,000 | Nestled on a quiet street, this beautiful home sits on a spacious lot with mature trees, offering perfect serenity! The location is superb, with easy access to all that Northern Virginia has to offer.

Jillian Hogan Homes : 703.951.7655
JillianHoganHomes.com



COMING SOON

River Towers
6641 Wakefield Drive #309

\$255,000 | Coveted balcony condo with views of the beautiful grounds. Sun-filled 2-bedroom, 1.5-bath corner unit; fully renovated kitchen, large picture windows, & hardwood flooring in amenity rich community. Just south of Old Town.

Heidi Burkhardt : 703.217.6009
RealtorHeidiB.com

live who you are

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ACM ATLANTIC COAST
MORTGAGE